

SSA Summer ILCA Race Team

Junior Program Director: Travis Carlisle +

Operations Manager: Madde Vachon

The Coach

- + Charlie Anderson; Head Coach
 - + St. Mary's College of Maryland
 - + ILCA 7 Competitor

The Schedule

ILCA Race Team	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 10th	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Off	Off
June 17th	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Off	Off
June 24th	Off/Training?	NYCC Junior Regatta	Practice at HYC?	HYC Junior Regatta	HYC Junior Regatta	Off	Off
July 1st	Sandy MacVickar	AYC Junior Regatta	Off (9am-1pm optional practice?)	Off	Off	Off	Off
July 8th	Practice at NBYC	Practice at NBYC	Practice at NBYC	Practice at NBYC	Practice at NBYC	NBYC Junior Regatta	NBYC Junior Regatta
July 15th	Off	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Off	Off
July 22nd	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Practice at SSA	Off	Off
July 29th	Practice at SSA	Practice at TBD	Practice at TBD	Practice at TBD	Practice at TBD	Off	Off
August 5th	Practice (Kingston, ON)	CORK	CORK	CORK	CORK	Off	Off

Communication

We use InstaTeam as the primary communication

- Code to join: VACGCW

We use WhatsApp for regatta communication

- Will create new group post registration and will send link

Summer Fees

The Summer Travel fee will be roughly \$1,000/sailor
(8 Sailors)



The Travel Fee covers:

Coach per diem, travel, and accommodations

Coach boat charter (when needed)



Sailor Expectations

+Respect

+Attitude

+Commitment

+Prepared

Parent Expectations

+Communication

+Respect

+Volunteer (Towing, providing snacks, ice, Regatta help)

Coach Expectations

- +Respect
- +Lead with the Corinthian Spirit
- +Quality Coaching
- +Communication