

Facilitating the Evolution from Junior to Lifetime Sailing.

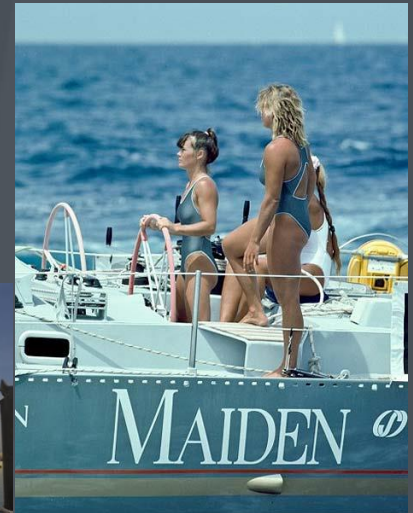
Integrating Club Programs & Adult Coaching.

Dawn Riley and John Fretwell

** Assisted by those 'living it'*

Dawn Riley

4 America's Cups
2 Round the World Races
America True
Oakcliff Sailing



Oakcliff's Programs



Tricks for Adult Integration

- Coaching during beer can races
 - Jr Coach or the actual juniors
 - Match Race Drills – rotate as umpires
- Pre Briefs De Briefs ... at the bar
- Intergration with ‘younger’ big boat teams
- Chicken of the Sea Regatta

Facilitating the Evolution from Junior to Lifetime Sailors

- Learning should never stop
- Fun and diversified – STOP over coaching!
 - Figure it out for themselves
 - Involved in the thinking not passive
- Add the adventure back -
 - Overnights
 - Bo Dream Team – set them free
- Boat ownership and responsibility
 - Apprentice
 - Self sufficient

John Fretwell

Jr. Sailing Director, SDYC

- Coach/Instructor
- Dinghy Racer
- Cruising/Liveaboard Veteran
- Sailmaker/Rigger/Boatbuilder/Bottom Sander!



John Fretwell

My Sailing Pathway

- Cruising and racing with parents
- Grass roots-level junior sailing - Laser
- University of Maryland – organized sailing team
- First Summer at SDYC, 1990
- Live aboard S&S Yankee 30 in 1990's
- International Snipe Regattas
- Wife, Aine, is an avid racer
- 3 sailors “on deck”!



Facilitating the Evolution from Junior Sailor to Lifetime Sailing.

- Interesting that junior and adult sailing have largely become two different entities.
 - Pro- Jr Sailing has become much more polished and pervasive
 - Con- We've sacrificed some of our favorite aspects of the sport!
 - Integration is key – Kids on big boats and RC, AND adults on dinghies!
 - Costs have changed especially for just post college
 - Student loans
 - More mass produced equipment, no garage boats
 - Easier to travel so you do ... more costs
 - Can always tack:
 - Racing dinghies
 - Short handed cruising
 - Regatta management
 - Restoration of classic yachts

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Challenged Positions:

- Juniors: Create multiple entry strategies
- Non-Racers: Big group, need program w/o racing focus
- Twenty-somethings:
 - Club Owned Boats
 - Less-than-all-weekend formats
 - Discounted Memberships – Especially when tied to service roles
- Parents
 - Family events
 - Reduced time period activities
- Seniors / Masters
 - RC, sure but also can be coaches
 - Masters events
- All- Don't force the "all or nothing" position!

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Speed Round from Evolving Sailors

Speed Round:

Those under 25 trying to sail for life

What's your biggest challenge?
What's your biggest success?

Questions?

Your Opinion Matters

Please open the **Sailing Leadership Forum app** and complete the **session survey** found in the **menu bar**.

Thank you for attending this session