

2024 NOVA SCOTIA SAILING TEAM



What is the NSST?

The goal of the Nova Scotia Sailing Team is to identify athletes in pathway classes with the potential for international performance, and support them as they train to become members of the Canadian Sailing Team.

What does the NSST offer?

Together with the Canadian Sport Institute Atlantic, Sail Nova Scotia offers a comprehensive sport science program, including strength and conditioning, mental performance and sport nutrition services.

Selection Criteria

Athletes are nominated to the NSST based on several factors including: commitment to training, results, future plans and long term goals. Below are the criteria (and some expectations) of all NSST sailors.

Prospect athletes are...

- Endorsed by a club race team or regional training group coach
- Training and competing in an age/stage appropriate pathway class
- Showing strong results at regional and national events

Performance athletes are...

- Training and competing in an age/stage appropriate pathway class
- Podium at regional and national events
- Showing potential for international performance

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Pathway Classes

Sail Nova Scotia is aligned with Sail Canada in athlete development, and will prioritize the following classes for NSST selection:

Prospect: ILCA 4, ILCA 6, ILCA 7, C420, 29er
Performance: ILCA 6, ILCA 7, 29er, 49erFX, 49er

Athletes competing in non-pathway classes are welcome to apply, all will be assessed on a case by case basis.

Training Volumes

NSST sailors are expected to meet the minimum training volumes as outlined below:

Prospect: 4-8 months (60-100 days on water)
Performance: 7-10 months (100-150 days on water)

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Targeted Events

Events will be prioritized during selection as follows:

Prospect:

1. National Youth Championships
2. Winter Events
3. Class Specific Events
4. Regional Events
5. Local Events

Performance:

1. Senior Worlds
2. Junior Worlds
3. Youth Worlds
4. National Youth Championships
5. Winter Events
6. Class Specific Events

Other Expectations

Athletes nominated to the NSST are required to sign the 'Athlete Agreement' and meet minimum training and competition requirements as outlined above. Athletes are subject to removal from the team if these requirements are not met.

Team Gear

Athletes are given a minimum of one piece of team gear per season. Additional NSST items may be available for purchase.

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Application Process

To apply for the 2024 Nova Scotia Sailing Team, please complete the application form at www.sailnovascotia.ca/racing/ns-sailing-team

More Information

For questions, please contact coach@sailnovascotia.ca

The application deadline is **September 15th, 2024**