

2022-2023 Team Quebec Program



GOLD program with Coaching - Athletes in Olympic classes aged 18 and over. Following the gold program with the appropriate level of development and performance.

GOLD program (with Coaching)

Annual program for athletes in Olympic classes aged 18 and over.

Program duration: November 1, 2022 to October 31, 2023.

Membership fees (taxable): Quebec athletes: 8 600 \$

Without boat transportation: 8 100 \$

Training partner (from outside Qc): 13 000\$

Training partner without boat transportation: 12 500\$

Payments:

1 single payment or 3 payments (50% on November 1, 2022, 25% on February 1 and 25% on April 1, 2023). Post-dated checks or a credit card number must be provided at registration for deferred payments. **The registration will be complete only when this information will be provided.**

Included in the GOLD program (with Coaching):

- Coaching costs and expenses as part of the athlete's program for 20 days of training (or club program²). After the approval of the annual plan.
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- Registration to the CSYS camp (Canadian Sailing Youth Squad Trials Camp).³
- Eligibility to financial support (expense coverage) when the performance objectives identified by Voile Québec and Sail Canada are achieved.
- Boat transport during winter. After the approval of the annual plan.
- Annual program submitted to Sail Canada coaches for approval and recommendation.
- Eligibility for athlete identification by the federation with the Ministry of Education and Higher Education (MEES).
- Team Uniform.
- Liability insurance in competition (athlete Elite and Releve).
- Fitness test (x2).
- Cover letters for absences, travels and application submission required by school programs.
- Integration into medico-sports partnership programs.
- Inscription to the Canadian Sailing Youth Squad Trials Camp. ²

Obligations:

- Follow an annual plan that meets the identification criteria, the minimum level of activity and the guidelines of the athlete development model.
- Submit personal annual plans, activity reports and budgets when prescribed.
- Respect the code of ethics prescribed to the athletes of the Quebec team.
- Respect the rules of the Quebec team regarding wearing the uniform and general dress code.

Not included:

- Regatta entry fees.
- Registration to Sail Canada events except CSYS trials.
- Expenses related to the athlete's personal travels.
- Out of program, extra transport required by the athlete or boat over the summer training season.
- Any inscriptions fees to out of program events, training or other athletic activities.
- Additional sport-medical costs.

1) Possibility to choose different clubs for the program during the school periods (May - June and September - Oct) and the summer period (July-August).

2) To be eligible, the program must be approved by the FVQ, meet the minimum activity criteria prescribed for the targeted athletes, be offered by an affiliated club and a certified trainer.

3) Only activities that have previously been approved by the coaches of the Quebec Team and the FVQ will be considered included in the athlete's program.

4) According to the events adapted to the class and the level of development of the athlete. As determined priorly by the coaches of the Quebec team and the Canadian team.

5) By invitation of Sail Canada Head Coach or High-Performance Director only.

2022-2023 Team Quebec Program



GOLD program without Coaching - Athletes in Olympic classes aged 18 and over. Following the gold program with the appropriate level of development and performance.

GOLD program (without Coaching)

Annual program for athletes in Olympic classes aged 18 and over.

Program duration: November 1, 2022 to October 31, 2023.

Membership fees (taxable): Quebec Athletes: 550 \$

Payments: 1 single payment on November 1st, 2022.

Included in the GOLD program (without Coaching):

- Eligibility to financial support (expense coverage) when the performance objectives identified by Voile Québec and Sail Canada are achieved.
- Annual program submitted to Sail Canada coaches for approval and recommendation.
- Eligibility to the Sail Canada Team Selection Process.
- Eligibility for athlete identification by the federation with the Ministry of Education and Higher Education (MEES).
- Team Uniform.
- Liability insurance in competition (athlete Elite and Releve).
- Fitness test (x2).
- Spring and fall FVQ training camp.
- Cover letters for absences, travels and application submission required by school programs.
- Integration into medico-sports partnership programs.

Obligations:

- Follow an annual plan that meets the identification criteria, the minimum level of activity and the guidelines of the athlete development model.
- Submit personal annual plans, activity reports and budgets when prescribed.
- Respect the code of ethics prescribed to the athletes of the Quebec team.
- Respect the rules of the Quebec team regarding wearing the uniform and general dress code.

Not included:

- Regatta entry fees.
- Coaching fees and coach expenses.
- Expenses related to the athlete's personal travels.
- Registration to Sail Canada events
- Boat transport
- Out of program, extra transport required by the athlete over the summer training season.
- Any inscriptions fees to out of program events, training or other athletic activities.
- Additional medical costs related to the practice of the sport.

1) Possibility to choose different clubs for the program during the school periods (May - June and September - Oct) and the summer period (July-August).

2) To be eligible, the program must be approved by the FVQ, meet the minimum activity criteria prescribed for the targeted athletes, be offered by an affiliated club and a certified trainer.

3) Only activities that have previously been approved by the coaches of the Quebec Team and the FVQ will be considered included in the athlete's program.

4) According to the events adapted to the class and the level of development of the athlete. As determined priorly by the coaches of the Quebec team and the Canadian team.

5) By invitation of Sail Canada Head Coach or High-Performance Director only.

2022-2023 Team Quebec Program

GOLD Program comparison (with or without coaching) -
Athletes in Olympic classes aged 18 and over



Gold Program	With Coaching	Without Coaching
Cost	8600 \$	550 \$
Coaching costs for the athlete program for 20 days of training (or club program ²).	Included***	Not included
Registration to the Canadian Sailing Youth Squad Trials Camp. (CSYS trials) *	Included	Not included
Coaching expenses as part of the athlete's program for 20 days of training (or club program ²).	Included	Not included
Eligibility of athlete identification with the Ministry (MEES) **.	Included	Included
Eligibility to the Sail Canada identification process.	Included	Included
Uniform.	Included	Included
Boat transportation for the winter program.	Included	Not included
Liability insurance in competition (athlete Elite and Releve)	Included	Included
Letters required by schools and academic programs.	Included	Included
Fitness test (x2).	Included	Included
FVQ Spring and Fall Camp.	Included	Not included
Eligibility to services offered to specific athletes (extra fees may be related).	Included	Included
Eligibility to financial support (expense coverage) when the performance objectives identified by Voile Québec and Sail Canada are achieved.	Included	Included
Integration into medico-sports partnership programs.	Included	Included

* CSYS (Canadian Sailing Youth Squadron)

** MEES = Ministère de l'Éducation et de l'Enseignement supérieur