

2022-2023 Quebec Team program

Athlete development model – Foundations and objectives



Competing at a national and / or international level is a great experience and a good way to acquire skills useful in everyday life such as planning, physical activity, nutrition, mental strength, preparation, financial planning, logistics, and etc.

“Sailing is a passion for life!”.

In order to properly determine where the athlete is on his path and what his activity program should be, the class to choose, etc., we invite you to consult the FVQ's Athlete Development Model.

Here is a reminder of the foundations on which the development model for sailing athletes is based:

- A talented athlete must train for 8 to 12 years, or 10,000 hours in order to reach excellence. To achieve this, he must be in the appropriate coaching program for his given stage of development.
- Too often parents and coaches unfortunately adopt a strategy of short-term success when it is best to think ahead for the long-term.
- For sailing, the athlete's physiognomy is at the center of the choices regarding his path. It is very important that the Athlete takes into account his body weight, his physical condition and his stage of development, when choosing his sailboat.
- It is important to choose the right boat
- You have to learn to control the controllable elements: Il est important de choisir la bonne embarcation.
 - Annual planning;
 - The Training / Competition ratio;
 - Training on the water;
 - Physical preparation;
 - Mental preparation;
 - Nutrition;
 - Preparation of equipment;
 - Financing, planning and logistics;
 - The Olympic Campaign / Studies / Work reconciliation.
- The level of physical conditioning is the most easily controlled element in our sport. The level of physical conditioning is the most easily controlled element in our sport.
- Becoming an Excellence Athlete is a full-time job.
- Age is not a barrier to becoming a champion; the average age of Olympic medalists in sailing is 29 years old.
- It is important to choose your competition schedule wisely and to have the right training / competition ratio
- **Performance objective: the podium is ours in 2028 and 2032.**