

Provincial Coach Report 2025

Submitted by Sophie Heldman

The 2025 season was a year of significant growth and development for ASA, with a strong focus on youth training leading up to the Canada Summer Games and a commitment to instructor development across the province.

Instructor Development

This season, ASA delivered eight instructor development opportunities in both the Calgary and Edmonton regions. Through these programs, more than 62 instructors received professional development, and 21 new instructors earned their qualifications for the 2025 season. This represents one of ASA's largest years for instructor training.

Training Camps and Member Engagement

ASA also hosted a series of free seminars and training camps for its membership. Across the summer season, more than 60 participants attended these sessions, benefiting from a combined 17 days of free on-water training. These camps played an important role in preparing athletes and strengthening community engagement across the province.

Event and Regatta Support

ASA provided on-water support at the Alberta Series events, including:

- Icebreakers at Calgary Yacht Club
- Founders at Wabamun Sailing Club
- Prairie Winds at Newell Sailing Club
- Provincials hosted by Wabamun Sailing Club

This support helped ensure safe and high-quality racing experiences throughout the Alberta racing season.

Canada Summer Games and Out-of-Province Support

ASA supported six sailors who competed at the Canada Summer Games hosted by the Royal Newfoundland Yacht Club. This was an important milestone for provincial athlete development.

ASA also loaned equipment to enable Alberta athletes to participate in several out-of-province regattas, including:

- Spring Dinghies at Royal Victoria Yacht Club
Sail West in Gimli, Manitoba
- Fall Dinghies at Royal Victoria Yacht Club
- Two Pumpkin Bowl weekends at West Vancouver Yacht Club

These opportunities provided valuable race experience and strengthened Alberta's presence at national events.

Looking Ahead to 2026

As ASA looks ahead to the 2026 season, the we hope to expand training and competitive opportunities for Alberta based athletes, continuing the momentum built throughout the 2025 season.

Thanks for having me as a coach for the second season at Alberta Sailing.