



MASTERS MATTERS

Executive's Message

At the 2013 AGM, the CMWA membership voted in favour of a changed role and operational dynamics for the CMWA. As a result, an Executive Committee of four members – Suzanne Roberge, Lauri Gregg, Stephanie Todd and Michael Keltz, was formed to consider a future which would involve collaborating more closely with other windsurfing entities such as Windsurfing Canada, the Toronto Windsurfing Club, Ottawa's Britannia Yacht Club, Club Multivoile, etc., as well as introducing more fun sailing activities for non-racers of all levels. A key to our success will be a multi-faceted website which clearly communicates information about all upcoming events and any other pertinent CMWA news. Consequently, a focus in 2014 will be to upgrade the current website so that it meets the needs of all members and attracts new ones.

For our spring and fall events, we have recruited the younger generation to help organize and run the event. Jamie Keltz will be the main liaison for the spring event with the help of Stephanie and Michael as well as the support of the CMWA members. We hope to make it a resounding success bringing in a program that will meet the needs of people of all ages and abilities. Please be sure to share the information regarding these

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The CMWA Masters Matters newsletter is distributed freely to all members twice a year. Participation by readers is encouraged! Original and previously unpublished material is welcome and will become the property of CMWA for the sole purpose of consideration as contributed material for publication of the Newsletter and therefore will be subject to editing as required. Material will be returned at a convenient time so as not to incur additional costs. CMWA is not responsible for: ideas and attitudes expressed in articles submitted to the CMWA; previously published or copied material solicited as original; opinions published in the CMWA Newsletter which are deemed to be in the best interest of CMWA members and the windsurfing community.

events with other people you know that have an interest in windsurfing and SUP or that simply enjoy the social activities. We hope to get other windsurfing/sailing clubs to join us at these events. Information will be posted on the website as soon as it becomes available.

Last year's Championship event at the Toronto Windsurfing Club was a great success, the wind co-operated and we had three days of great sailing. It was the first time the event was ever held in Toronto. The venue will be perfect for next year's event where it is planned to hold a separate race on a smaller course close to shore for the those new to racing and have a demo day utilizing the club's Learn to Windsurf equipment and instructors.

A tentative schedule for the next four years CMWA Championships has been decided upon by the executive as follows:

August 2-4, 2014 - TWC - Toronto, ON

August 1-3, 2015 - Britannia Yacht Club - Ottawa, ON

July 30-August 1, 2016 - Deep River Yacht Club - Deep River, ON

August 5-7, 2017 - Club Multi-Voile - Trois-Rivières, PQ

It was also decided to keep the newsletter going twice a year. Suzanne will continue with the task of gathering information and sending it to all members. The newsletter is also available on our website which should be updated as much as possible until a new website is developed. If you are travelling to various windsurfing destinations (for recreational windsurfing and/or racing) and would like to share the experience with your fellow sailors, please send Suzanne an article (with pictures if you have them) and you could see your article published!

Also, don't forget to send us your annual membership using the form provided. The CMWA is still going strong and membership is still mandatory to participate in our events.

Hoping to see lots of you at our next events!



Group photo from
the championships
2013.

NeilPryde Canadian Masters Championships 2013

Toronto Windsurfing Club - August 2-5th, 2013

Exerpt from Suzanne Roberge's Blog

For the first time in 25 years of existence, the Canadian Masters Windsurfing Association held its annual regatta at the Toronto Windsurfing Club (TWC). Stephanie Todd was our organizer extraordinaire with the help of a bunch of volunteers. We had 17 Konas racing, 2 youths on Bic Technos, 8 on open raceboards and 4 youth on RS:X and raceboard. A great group of people of all ages!

On Friday evening, we had registration and great munchies at the TWC. Saturday brought us sun and wind but very unstable wind that kept shifting too much to set a course. Our race officer, Anne Sanderson, was very patient and after lunch managed to set a course and sent us on 2 one lap races. I did those 2 races!

Sunday was also sunny with more stable winds. We did 3 races before lunch. We were set up close to the eastern gap and the wind was gusty so I had to hold on with all my might and also watch for slight wind shifts. After lunch, there were 2 races that I opted not to do because my arms and upper body were tired from the morning. I lent out my board to Jean-Robert Wilhelmy, from Makani Fins, for him to try as he had never been on one but had help design the new weed fin for the Kona.

Monday was our long distance race. Nice steady light wind, just for moi!! I had a good start and shortly after, I spotted Andrée and Bob going up along the far shore so I decided to follow them. It paid off because as I was approaching the finish, I could count only 4 Konas ahead of me. But a race is never over until you cross that finish line... and low and behold, Marco and Tom came from behind and finished just in front of me but by not much. After the race, the wind was nice in front of the club so I continued to sail for a while. Then in to pack up and have the awards ceremony.

I came home with a 2nd place in the Grand Master's women Kona class and a 3rd place in the Kona ladies class, behind my usual opponents, Andrée and Stephanie. All in all, a good weekend was had on the water and off the water.

CMWA 2013 Awards:

Sailor of the Year – Bob Shuttleworth

President's Award – Stephanie Todd

Sportsperson of the Year – Andrée Gauthier



Our own John Darling relaxing!



Andrée Gauthier, Sportsperson of the Year.

Kona One Design News



Quotes from some of the participants in the Kona World Championship

Great fun and friendly event. High-point for me was the long-distance race on the St. Lawrence. I wish we had more events with the relaxed and friendly international atmosphere of that event. That event was almost enough to make me want to be a sailing-racer! Camping on the beach and racing off of the beach really feels like beach-culture. More more more yea! – Jack Feder

All I can say is that the event was organized on the highest level and not so much as a sport event but as a event which join people together and make them feel at home, make them feel that all this is for them, make them believe as they are part of something big. Anyway that is how I felt being there. Thank you and hope for more event to participate in of that kind. – Artem Lavrynenko

The Kona Worlds in Trois-Rivières brought people together from all over the world. New friends were made and old acquaintances renewed. Dominique and her family as well as her crew of volunteers did a fantastic job. Looking forward to the next time the worlds are in North America. – Stephanie Todd

I am glad I attended this regatta even if I did not do all the races as it was a great event, well organized and well attended. My first summer world event! Thank you Dominique and team of volunteers and sponsors. – Suzanne Roberge

I was really glad to be able to be on the water with sailors of that caliber. Everyone was open and friendly and Dominique had it truly well organized. So kudos to everyone who made it happen. – Reet Mae

Kona North Americans 2014 in Kingston!

In 2014, the Kona North Americans will be held in Kingston on August 16, 17 and 18. The Race Officer for the event will be Irene McNeil. The event may include a silver fleet for those who are new to racing or just want to go around one lap! Mark your calendars! Check the Kona website once in a while for more information - <http://www.konaone.com/Event/207/kona-north-american-championship>



Kona Breaking News!

The 2014 Kona One World Championship will be in the USA on Islamorada, Florida!
October 31 - November 1

Visit www.konaone.com in the new year for more information.

Windsurfing in France

By Olivia Mew

My name is Olivia Mew and I am an RS:X sailor from the Toronto Windsurfing Club. I am 17 years old and am currently taking the year off university to train full time with the goal of representing Canada at the 2015 Pan American Games.

I spent this past month training and competing in France. I trained with the Québec Fédération Élite Windsurfing Team composed of Jean-Sébastien Fugère, Laurence Bonneau-Charland, myself, and coach Dominique Vallée.

We started our trip off in Brest, France. This is where Dominique spent a lot of her training when she was competing. Brest was a very scenic place to train. We even got to train with some local RS:X sailors. It was such a neat experience seeing how popular windsurfing and RS:X sailing is in Europe. It's great to see that windsurfing is far from being dead! In addition to on-water training, we spent lots of time running, cycling, and rowing as well as time in the gym.

One week later, we headed off to La Rochelle, France for the Semaine Olympique Française (SOF) regatta. I enjoyed racing out of La Rochelle more than Brest. Although it took at least 1 hour to get out to the course I found the launching to be much easier.

The SOF regatta was very challenging and rewarding for me. The competition in Europe is very intense. Being only one of three RS:X youth females in the event, it felt amazing to be racing alongside some of the best RS:X sailors in the world.

My biggest challenge at the event was making the time limit in planing and sub planing conditions. As a result, most of the bottom third of the fleet placed DNF in these conditions. My best result at the event was placing a 23rd on the last day of racing. Here, the conditions were much lighter and I felt more confident in my racing abilities. Overall, the SOF regatta was a great experience for me to learn new skills and to race with the best RS:X sailors in the world.

Following the regatta, we headed back to Brest for one last week of training. It was useful to be able to identify my weaknesses at the SOF regatta and then work on them this last week. Along with training we also did a bit of sightseeing. We toured the coast of Brest and the downtown area.

During the trip I tried lots of new exciting food. We cooked oysters, scallops, mussels, and salmon – all fresh and local from the area. Our coach finally allowed us to eat crème brûlée and mousse au chocolate during the last week!

Overall, France was another amazing experience for me. I learned a lot about windsurfing techniques, the French culture, and what it takes to be a competitive RS:X sailor. I am now looking forward to my training in Cocoa Beach Florida up until the Miami Sailing World Cup in January.

For more updates about my winter, check out my website at oliviamew.ca. There you can find links to my facebook, twitter, instagram, and blog. I would like to thank all my supporters out there! My journey would not be possible without your support and enthusiasm!



Olivia in action!



CMWA Fall Wrap-Up 2013

By Stephanie Todd

This year was no different than many other years in the past. The weather cooperated somewhat and we did get out on the water. The food and company were excellent and we look forward to Jamie Keltz taking the reins in the spring for organizing the next event.

The key to a successful event is the people who join us at Port Bolster. There has been a tradition that will continue and with new twists based on the suggestions from the group. We hope that the members of CMWA will continue to bring new people to our events not only to grow the sport but to understand that the CMWA is not just about racing windsurfer but the social gathering of people who share a common sport.

See you on the water in the spring.



ISAF Youth Sailing World Championship

By Gabriel Verrier-Paquette of Montréal, Québec, recipient of the CMWA 2013 Youth Bursary

Last July, I had the opportunity to represent Canada in the RS:X category at the ISAF Youth Sailing World Championships in Cyprus. This event is held at a different venue each year, gathering the best sailors from over sixty countries in eight different classes.

When we first reached the sailing center in Limassol, Cyprus it felt like Christmas had come early, except for the 40-degree heat and the stifling humidity. Unlike many other classes that had to share material between male and female, every RS:X sailor received new (or almost new) material, and the excitement felt by everyone was palpable. Then it was off to the water, for one of the particularities of the ISAF Youth Worlds is the allotted time for training on site. To create an even field for all sailors, charters (which are mandatory) are given out no more than two days before the regatta. The two days of training sped by in a blur; sand this, tighten that, and most of all try to get comfortable as quickly as possible. Each country is only allowed to send one athlete in each category, which forced all the sailors to find new training partners; at the end of the second training day my little speed-tuning group consisted of a Brazilian, an Argentinean, a Mexican, and a Cypriot.

The night before the racing began, we were all loaded into a bus and driven to the opening ceremony. The Canadian team consisted of 10 athletes and three very experienced coaches, together representing all the sailing classes other than the mixed multi-hull. The 61 countries lined up in alphabetical order for the parade, and the Canadians got lucky to be near the front for we could hear the music leading the parade. After long discourses by the organizers, the crowd realized that the teams really were athletes, for instead of patiently waiting for the assigned buses to bring them to the hotel (and to bed) everyone jumped the fence and raced for the first bus.

The first start of the championships came as a shock; of 29 RS:X's, 28 were within 2 feet of the line and fully accelerated at go, and every board reached the windward mark within 45 seconds of the leader. At the end of the first day, I found myself sitting in 15th place. The second day brought the same conditions, but I found the starts harder than ever, and at the end of the day I had slipped into the 20th spot. The third day brought the strongest wind of the championship; staying steady between 14 and 18 knots. Even though I considered myself accomplished in heavier winds, I found that all the guys there had the same mindset, and at the end of the day I only gained 2 spots, placing myself in 18th overall. The last two days brought winds similar to the first two, with a thermal wind picking up at noon each day. From that point on I entrenched myself deeper into 18th place, and come the last race I had to settle with this position.

At the awards ceremony, every athlete in the crowd felt excited for the medalists; yet every single one of us wanted to be in that position. One of the things I found amazing in this championship is the closeness felt by all the athletes, and the will of everyone there to have the opportunity to return again.

I would like to thank everyone who made this trip possible, from my family, friend and supporters, to my team and coaches, Sail Canada, and the Canadian Masters Windsurfing Association.



2013-2014 Executive Committee	
Lauri Gregg, 905-953-8302	
Suzanne Roberge, 613-225-4216	
Michael Keltz, 416-482-4183, ext. 3	
Stephanie Todd, 905-953-8302	
2014 Championships	Toronto Windsurfing Club Michael Keltz, michael@mhkca.com

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Silent Sports



Bonaire Windsurf Place

Upcoming Events 2014

February 25-26 – Kona Camp, Banana River Resort, Cocoa Beach, Dominique Vallée,
can370@hotmail.com.

February 27-March 2 – Calema Mid-Winters, Merritt Island, Florida, www.calema.com.

May 30-June 1 – **CMWA Spring Get-Together**, Port Bolster, Ont., Jamie Keltz,
keltz.jamie@gmail.com or 416-574-7214.

August 1-4 – **CMWA Championships**, Toronto Windsurfing Club, Michael Keltz,
Michael@mhkca.com or 416-482-4183, ext 3.

August 9-10 – National Capital Regatta, Britannia Yacht Club, Ottawa, Suzanne Roberge,
roberge811@sympatico.ca.

August 16-18 – CORK, North American Kona, Kingston, Ontario,
<http://www.cork.org/events/cork-offshore-and-one-design>.

September 12-14 – **CMWA Fall Wrap-up**, Port Bolster, Ont., Stephanie Todd,
surfit@sympatico.ca or 905-953-8331.

September 21 (TBC) – Mammoth Marathon, TWC, Toronto

N.B. There will be a race series at TWC, once a month, starting in May to September, half days on Saturdays. No dates set yet.

How to Reach Us

Voice: (416) 482-4183, ext 3 Michael Keltz

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Or contact any member of the Board.

The next newsletter should be published in the spring 2014. We welcome all contributions. Please e-mail your articles and pertinent pictures to roberge811@sympatico.ca.