



CitySail

Est 1871
APYC

150 years of sailing on Albert Park Lake

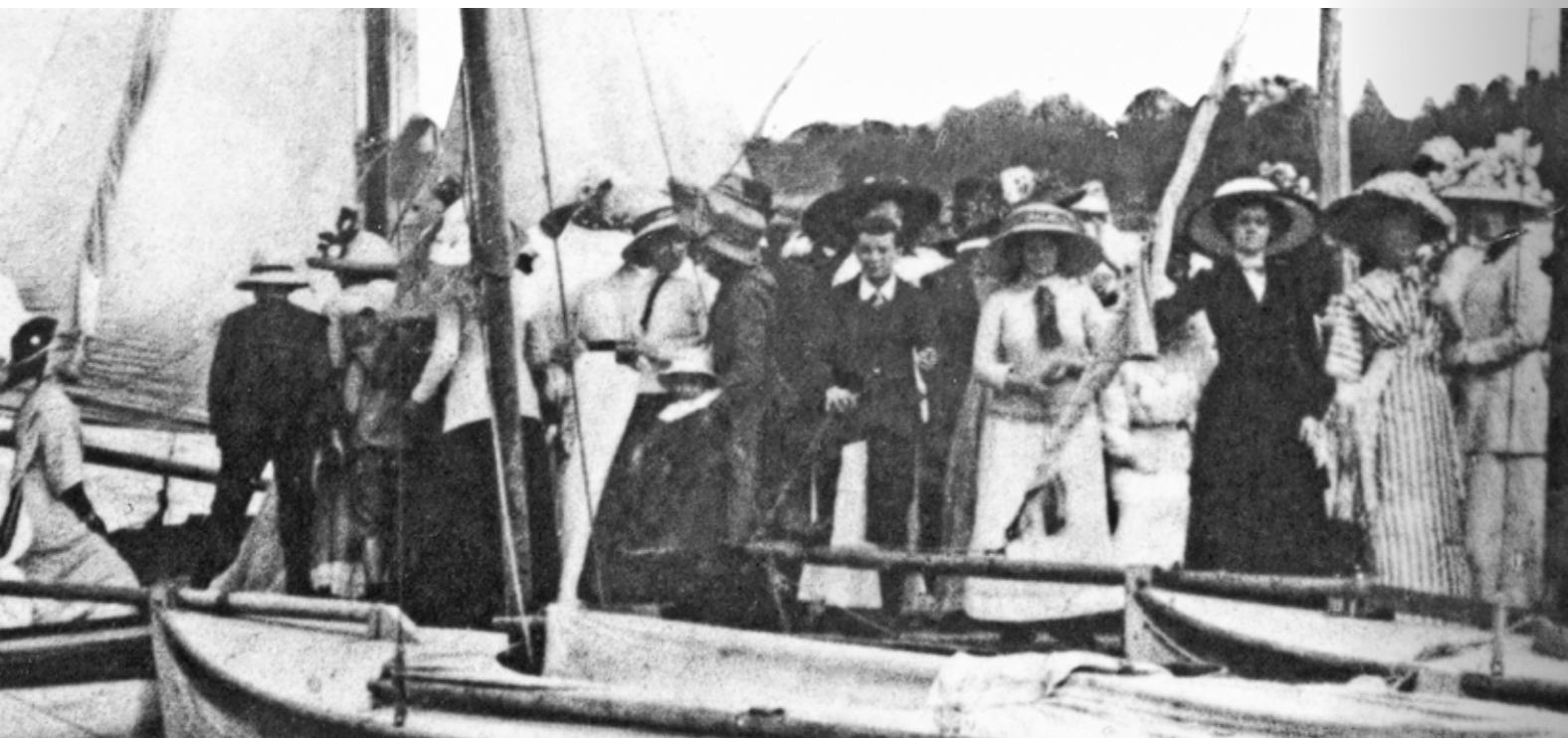


SAIL ON SISTERS

Sail on sisters!

I wish I could put the women in the image below into a time machine and bring them forward to today to see the group of capable, confident, skillful women sailing on the lake rather than only being able to stand on the lake to spectate.

I can imagine them, in their full length dresses, long white gloves, jumping and holding their huge hats as they cheer and wave to encourage such incredible women's endeavour.



Why CitySail

In Australia, women are under-represented in organised sport—as participants, coaches, officials, administrators, and board members—when compared to their male cohort. A variety of strategies exist to help equalise opportunities for girls and women, however, concerns continue on how gender bias may prevent them from receiving the full benefits sport and physical activity (PA) can offer.¹

Sailing currently has 30% female participants and in line with the Australian Sailing goals we want to achieve a 50% female participation rate by 2032.

We feel positive that the growth in CitySail entries this year reflects the growth in female participation in sailing.

To get there, we will continue to work hard and not only promote the sport to women but adapt our approach to better suite how women and girls prefer to be involved in sport.

Albert Park Yacht Club on Albert Park Lake enjoy arguably the safest places to learn and improve your sailing. While we had some challenging periods of wind this weekend, we most likely would have had to cancel if we had been anywhere on the bay or open water. It's this semi protected area that lets us keep sailing all year round, so don't be a stranger, make the most of our lake, particularly through the cooler months.



1. clearinghouseforsport.gov.au/kb/women-in-sport

Our future - your future

This year has been a very busy and productive year for Albert Park Yacht Club with the many celebrations around our 150th Anniversary.

To conclude the year we have just been announced as the **Victorian Club of the Year** and are a finalist in the Australian Club of the Year to be announced in November. This success is a result of the hard work and welcoming attitude of all our members which had seen membership growth with an emphasis in female participation.

CitySail fits so well into our ambitions for the future and the inclusive culture which has existed for 150 years, so it is not surprising to see such growth in this fantastic regatta. We look forward to welcoming you back again next year as the club progresses with its vision for the future which will provide an even greater opportunity for all sailors to enjoy the safe yet challenging conditions of Albert Park Lake in the comfort of well-appointed facilities.

Good sailing



Peter Naismith
Commodore



Get some air in your hair!



CitySail 2016-2022

CitySail grew out of an idea to promote sailing for women and girls with a coaching and racing Regatta at APYC. The first Regatta was held in September 2016 with only a 6 week promotion period. We were delighted and amazed to receive 25 entries in that first year. This confirmed for us that the idea was sound and held merit in the sailing community.

From there we have seen CitySail grow year on year with participants coming from all around the Bay, East Gippland as well as Warrnambool, Portland in the far West and a regular now from Canberra. 2020 and 2021 were Covid Lockdown years which was a huge hit to our endeavour of having a yearly event that would grow each time.

Alas, we came back in 2022 with a vengeance, broadly promoted and supported by Australian Sailing resulted in 52 entries and 67 sailors. An absolutely fantastic weekend with great coaches, good sailing, lots of socialising and loads of fun. There was strong support from the regional south west - Portland, Port Fairy, Colac, and Derrinallum Yacht Clubs. We applaud such dedication by those women to developing their sailing abilities.

One of the highlights of CitySail has been to see the great way the girls interact with each other and the fostering of friendships. This is what sailing is all about!

We have had support from a huge team of our amazing volunteers. We could not do this without them. As well as the support from all the clubs to promote the event to their female membership who then travel so far to be part of this incredible sisterhood.

Thank you all so much.
Get some air in your hair. :-)

Norma Watt
Womens Development and Regatta Manager



SUCCESSFUL

OUTCOMES

This is 'why' we run CitySail, we want women and girls to develop their sailing skills but also feel part of the womens sailing fraternity and experience the support that group can give. Particluarly for the younger sail-ors, to have the oppourtunity to develop confidence on the water which will carry into their onshore lives with the self esteem that carries with it..

BE YOUR BEST SELF

True grit. When the wind comes up and the conditions get tougher, believe in yourself, trust your skills, grit your teeth if you have to. There is nothing you can't do. The coaches are there to help, guide and mentor you to achieve your best and most importantly, enjoy the journey.



Be social. It's meant to be fun. While we squeeze so much out of a single weekend, on shore coaching, training sessions on the water as well as racing in the afternoons, it is paramount to make the connections with the other sailors. The women's sailing community has so much talent and an appetite to share that experience, mentor and encourage each other.



BE YOUR BEST SELF

Self esteem. Believe in yourself, back your own abilities and lean on those around you for support when you need it. The things you achieve for yourself will definitely help with self esteem.



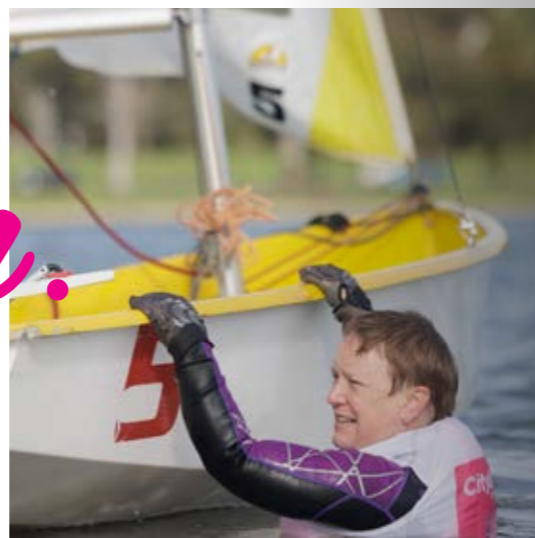
Confidence. You've got this, you've done the work, you've done it all before. There will always be more to learn and that's part of the beauty of sailing, the skies the limit. The skills and the confidence you gain and show in sailing will benefit you in every area of your life.



THE SERIOUS
BUSINESS OF
having fun.

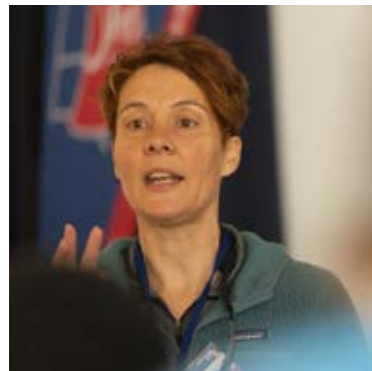


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having fun.



CREDIT WHERE CREDIT'S DUE

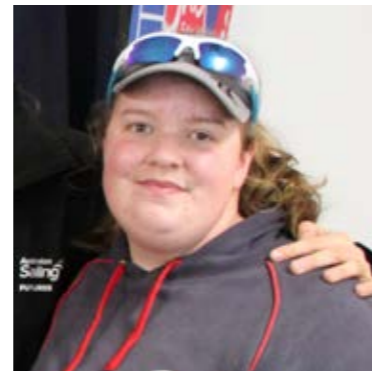
This year we appointed Jarka Kluth as Head Coach and she brought together an amazing group of talented coaching experience. They worked hard to pass on as much information and experience as possible and we hope you got a lot from them.



Jarka Kluth
Head Coach



Anna Cripsey
Coach



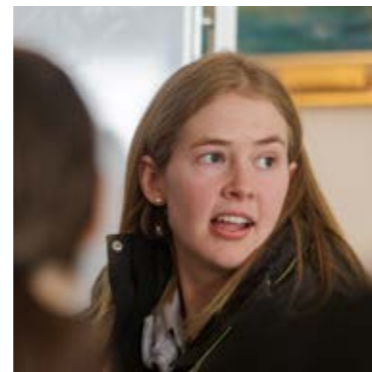
Imogen Weber
Coach



Lena Kluth
Coach



Michael Arnold
Coach



Hannah Danks
Coach



Dean Addison
Coach

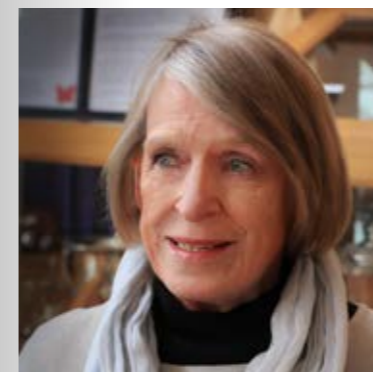
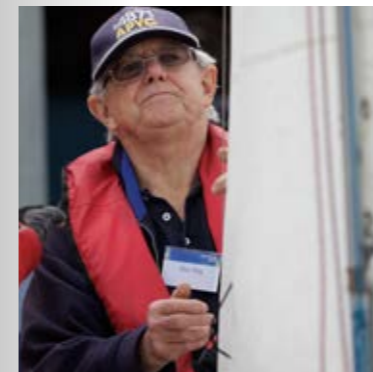
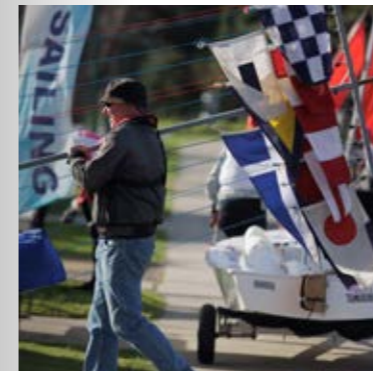


Olga Kost
Coach

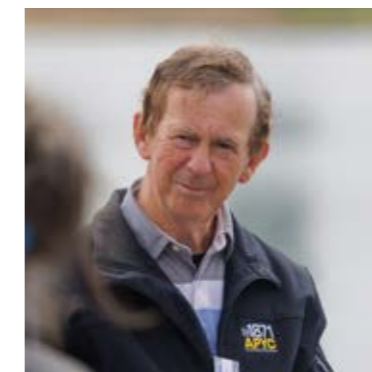


Glenys Hitchen
Regatta Race Officer

There is no way we could run these events if not for the generous volunteers who give up their time to organise, coordinate and help out on the days. It takes almost as many people to run the event as we have participate, so thank you all. What an amazing community we have in sailing!



Norma Watt
Women's development and
CitySail Coordinator



Peter Naismith
APYC Commodore



CitySail '22

Thanks for coming.

SEE YOU NEXT YEAR