

## RESILIENCE

Sailing can be a tough sport and it's important not to give up! Mistakes are a great opportunity to learn for the future.

## RESPECT

Respect your coaches, your teammates and your parents.

Respect your time at sailing training (be prepared and on time!).

Respect the equipment, both yours & the clubs gear.



## TEAMWORK

At Akarana everyone is part of the team - parents, sailors, volunteers & coaches! Help your friend launch, grab a trailer if someone is waiting, help your coach lift their marks up or wash their boat.

## ACADEMY

## VALUES

## RESPONSIBILITY

Take responsibility for your training and learning, sailing is a sport with lots of variables so the best way to learn is to hold ourselves accountable for what we can control.

“Control the Contrallables”

## ENJOYMENT

Sailing is a SPORT FOR LIFE! We want as many people sailing for as long as possible, the best way to do that is by having fun! That's why all our sessions are based around the “Safe, Fun, Learn” principles.