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APYC

WinterSail

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Port Phillip Rotary Club

150 years of sailing on Albert Park Lake

THE BEST SAILORS ARE MADE IN WINTER

Why WinterSail

It's safe to say that the success of any sport is built at grass roots. If we don't invest in the youth of today, there won't sailing in the future.

APYC took on running a youth winter regatta from Yachting Victoria in 2010, having hosted the event from the mid 1980s. This has helped drive the sport in the youth sector as well as highlight the possibility of winter sailing in Victoria. The lesson has clearly been learned as there is now a larger and growing number of winter sailing events around the state.

Our all-volunteer club has invested a lot of energy in winter youth sailing as it believes this grass-roots level of sailing is the only way to sustain and grow our sport. We need to tell better stories of the life long benefits of our sport and the positive learnings which youth take with them enriching the rest of their lives.

WinterSail then and now

Albert Park Lake became an established winter sailing venue in 1961 with APYC's inaugural Frostbite Regatta. The event grew rapidly to 144 boats in 1967, and then to 170 in 1980. Over subsequent years notable sailors including Olympians have honed their craft in the same exhilarating conditions experienced during WinterSail 2025.

WinterSail traces its origins to the Victorian Yachting Council (VYC) youth development regattas. Commencing in Aug 1984 until the end of the '90s, the VYC ran two annual youth development regattas, with the '84 winter event hosted by APYC attracting 94 boats. Selection at these regattas secured entry into preliminary state youth squads, with performance training by elite coaches.

In the late '80s, seeking to prepare their sailors for the Winter Youth Regatta, the Sabot Association began a weekend coaching event known as Sabotsail hosted by APYC. Subsequently this event was renamed as the WinterSail regatta. Recognising the value of WinterSail, in June 2003 Yachting Victoria (YV) and the Vic Sabot, Cadet, Laser, Minnow, and Optimist Associations agreed to run WinterSail jointly. 2010 saw YV award APYC authority to organise the WinterSail regatta.

Throughout WinterSail's history APYC has maintained a focus on engaging with Victorian class associations, while partnering with high performing coaches to nurture 'grass roots' sailing in an inclusive and fun environment.

APYC are grateful to our major sponsor the Rotary Club of Port Phillip, and supporters Ronstan, Officeworks Chadstone, and Bespoke Wire & Rope for enabling us to further the development of junior and youth sailors in Victoria through the WinterSail regatta.

Thank you to all the volunteers, coaches, sailors, and supporters who are now a part of the WinterSail story.

Rob Hart
WinterSail Manager

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SUCCESSFUL

OUTCOMES

Why we run WinterSail.
We want youth sailors to have the opportunity to develop their sailing skills on the water, to gain confidence, self reliance and grit.

Then to carry those attributes to their onshore lives.

BE YOUR BEST SELF

True grit. When the wind comes up and the conditions get tougher, believe in yourself, trust your skills, and dig deep. 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. Sailing is meant to be fun! While we pack so much into a single weekend, with on shore learning, coaching sessions on the water, and racing in the afternoons, it is paramount to make connections with other sailors.
The sailing community has so much talent and an appetite to share that experience, to mentor and to 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.

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 sky is 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.*

CREDIT WHERE CREDIT'S DUE

In 2025 APYC appointed Sophie Jackson as WinterSail Head Coach and she brought together an amazing, talented and experienced team, all of whom worked enthusiastically to pass on their knowledge and experience.

Sophie Jackson
Head Coach

Dean Addison
Coach

Grace Cockman
Coach

James Jackson
Coach

Aidan Simmons
Coach

Jack Lewis
Coach

Mel Hitchen-Haw
Coach

We couldn't run these events if not for the generous volunteers who give up their time to organise and coordinate behind the scenes, and help out during the regatta.

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! Finally a big shout out to the parents, the best cheer squad ever!

Rob Hart
WinterSail Manager

Graeme Cox
APYC Commodore

WinterSail

See you at the lake in 2026