



For Immediate Release

Ontario Sailing and PCYC hire Thomas Fogh as Development Coach

April 11th 2017

On behalf of the Boards and staff of Ontario Sailing and Port Credit Yacht Club (PCYC), we are delighted to announce that Thomas Fogh will join the Ontario Sailing staff fulltime starting April 17th 2017.

Thomas will be working as a Development Coach stationed at Port Credit Yacht Club from mid April to Mid September each year. Thomas will work with the exceptional coaching staff at PCYC in helping to create a strong athlete centered coach led program.

During the winter Thomas will work with Ontario Sailing to strengthen our Double handed 420 program, and deliver in club programs such as "Ontario Sailing University" which was launched in 2016 and work to mentor Sailing Coaches in the province.

Thomas is a well know athlete and coach with top 3 World Championship results. He was a member of the National Sailing Team and Ontario Sailing Provincial Team. Thomas is a certified Sail Canada Coach and has coached at the Pan Am Games, Canadian Youth Championships and many Canadian and North American Championships.

Thomas will be joining Provincial coaches Chris Cowan and Chris Hewson along with contract coach Rob Frost and a team of coaches from Ontario's finest Clubs to help accelerate athlete results in Ontario and at the same time help offer coach mentorship not only at PCYC but across the Province.

Port Credit Yacht Club, founded in 1936, has an inspiring history and proud traditions and continues to evolve with tomorrow in mind. It is the home of the Lake Ontario Offshore Racing, including the Susan Hood Trophy Race, held annually since 1955. In 2017 PCYC will also be hosting the J 24 World Championship Regatta. Over the last several years, PCYC has devoted an unprecedented amount of resources into developing and growing the Learn to Sail program for youth and adults. PCYC is committed to bringing together the best group of coaches and instructors each year to inspire and develop the best sailing talent possible.

Ontario Sailing is a not-for-profit, volunteer organization committed to the promotion and development of all aspects of boating and sailing. Ontario Sailing consists of over 200 member clubs, sailing schools, camps, charters & affiliates who represent over 10,000 member families and services over 100,000 boaters.

For more information contact

Ontario Sailing:

Glenn Lethbridge

Executive Director

905-572-7245 ext. 224

glenn@ontariosailing.ca

Port Credit Yacht Club

Glenn Williams

General Manager

905-278-7911

gwilliams@pcyc.ca