



## **The Following outlines the NSA Junior Sailing Program for 2023**

The 2023 NSA Junior Sailing Program NSA was founded in 1950 - NSA has taught children to sail for over SEVENTY years!

### **Mission Statement**

NSA believes every child aged 8 and above - from total beginner to experienced skipper - should get instruction that builds progressively on her or his individual skills and experience, while having fun learning to sail, and race. That's why we focus on a Skills Ladder (see description below) as the basic tool of instruction. Part of Monday's (1<sup>st</sup> day) orientation is focused on determining where a child fits along the skills/experience spectrum. Our groups are small and our US Sailing certified instructors are trained to make each youngster the very best sailor he or she can be by moving them forward, skill by skill. Sailing Instructors & Interns

### **Our Instructors**

We are proud to have exceptionally qualified and dedicated sailing instructors. Who are aged sixteen to twenty-three. Many learned to sail as students (one for 9 years!) with NSA Junior Sailing before becoming US Sailing certified instructors at NSA. Junior Instructors assist Instructors and help to assure a student to teacher ratio of about 3-5 to 1. Our NSA Junior Sailing team is experienced at making students sailing experience fun, while learning boat handling, sailing skills, and self-confidence.

### **Our Club**

Is down an old cape cod road, far away from busy Route 28, on a small and protected bay, close to our club house with smaller waves than the bay, and winds tempered by the surrounding trees. It is a peaceful place to be and learn to sail. Students have fun at this 70+-year-old private club that is open to the public for sailing/racing instruction. Stop by for a visit!

### **Our Community**

Students have fun while learning to sail and race different types of dingy sailboats. Our environment is supportive of different personalities and approaches to learning. Further, students enjoy our Tuesday night cookout - where they can relax on shore, have some food as a group, and play games, or just laugh and talk! Attendance for the cookouts is optional, but about 90% of the students attend! Students make many new friends, and generally have a blast!

### **Senior Instructors hold the following credentials:**

- US Sailing Instructor Teaching Certifications
- Powerboat Operation License
- Red Cross certifications in CPR/Lifesaving, Stop-the-Bleed, and Safe-Sport
- Coast Guard Boating Safety, Lifesaving
- Some instructors have Lifeguard, and USCG Launch Tender certifications

### **NSA Skills Ladder Curriculum for Beginner & Intermediate Sailors:**

- Skippering – boat control, helm, and steering
- Role of crew and skipper – teamwork
- Points of sail - luffing using the sheets
- Points of sail - luffing using the helm
- Points of sail - luffing handling both tiller and sheets
- Tacking and jibing
- Handling tiller and mainsheet on all points of sailing
- Reaching, running, and beating techniques
- Safety on water, capsizing, sail/boat care, mooring, and docking techniques

**The Curriculum for Advanced Sailing / Racing & Tactics:**

- Racing - starting considerations - place on-line, wind angle, safety, rules, starting sequence
- Points of sail - beat to wind: covering, breaking the cover, wind shifts, rules, lay line
- Backwinding; blanketing
- Mark rounding
- Tides and currents
- Tactics when behind
- Finish line approach
- The Rules of Racing

**The Junior Sailing Fleet of Boats**

NSA utilizes three types of sailboats, each with a special purpose. The Catalina Capri 14.2 fleet (<https://www.catalinayachts.com/sport-series/14-2/>) serves to introduce sailors to the basics of sailing. Normally 3 or 4 beginners are accompanied by an instructor as they learn the ropes (or “lines” in sailing parlance) on the water or on land in our demo boat. Sailors with some experience, past students, or those that already show particular affinity for sailing are introduced to an Optimist Dinghy (aka “Opti”) which can be “single-handed” under the watchful eye of instructors nearby in Boston Whaler power boats. The more experienced Junior Sailors will pair up to sail Club 420’s, a faster and more responsive sailboat used by high school, college racing, and Olympic teams. Our four Boston Whaler power boats enable the instructors to provide continuous and on-demand oversight of Junior Sailors.

**Covid-19 / Flu**

We are committed to following COVID-19 and other CDC & State of Mass. recommended practices that protect our students, our employees, and our community. NSA members have devoted many hours as a team to develop and adopt procedures to ensure our sailing program is safe, educational, and fun. All our Instructors and the Director are vaccinated. We adjust these policies and practices from time-to-time to remain in compliance with current Federal, State and Local guidelines. Whenever possible we will notify you of these changes by email, or on the NSA website.

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