



NSA Junior Sailing FAQ's

Q - Where do we meet?

A - Participants will meet with the instructors at the Association's club house, 71 Keziah's Lane, in Orleans.

Q - Where are the classes held?

A - They begin in Frost Fish Cove, adjacent to Kent's Point, and progress into the River and Little Pleasant Bay. Frost Fish Cove is near Meeting House Pond, in Orleans, Ma.

Q - How is instruction organized?

A - It is our practice to have an Instructor or an Instructor-in-Training (IiT) (an advanced sailor) accompany 3 or 4 beginner sailors in a Catalina Capri 14.2. Once we see that a student is ready to "single-hand" we place them in an Optimist Dingy ("Opti") with instructors coaching from very nearby Whalers. Once the junior sailor has demonstrated they can sail the Opti, they often will return to the Capri with other sailors with a similar skill level, unaccompanied by an instructor, but with instructors nearby in a safety boat. Instructors will board individual sailboats to reinforce a teaching point, advance their skills, or help a struggling sailor, but our emphasis is on creating independence, and boat handling while having FUN!

Progression from Optis, or Capris (depending on the instructor's evaluation of skills) is into Club 420 sailboats, with a skipper and one or two crew. 420s, like Optis, are fun and responsive boats that are sailed all over the world, and are foundational to high school, and college level racing programs.

Q - Are there any requirements other than age?

A - As part of Monday's orientation, participants are required to swim 25 yards wearing a PFD and tread water for 5 minutes. Closed toe footwear (**no flip flops**) must be worn on land and in the boats, and a PFD (personal flotation device/life jacket (NOT the inflatable style), is required to be worn on the boats, the docks and in the water. There is a limited number of life jackets available from the club for daily use if the student forgets to bring one.

Q - Can observers watch the lessons?

A - Scenic Kent's Point provides a good vantage point for all the action.

Q - Are there non-sailing activities?

A - There is a supervised cookout for Program members every Tuesday evening and students get a progress evaluation from the instructors each Friday. Awards for outstanding sailors throughout the season will be presented at the Closing Ceremony. Also, on rainy days, instruction is onshore and involves learning and fun!

Q - What clothing should my child bring?

A - A swimsuit or other quick-drying clothing is appropriate, along with closed toe footwear suitable for water use. **Flip-flops are not considered safe boating shoes.** Also, a water bottle, towel, hat, sunglasses, and sunscreen are recommended. If it is windy or rainy, consider a light jacket/windbreaker, and a spare set of dry shorts/shirt.

Q - Can my child bring a cell phone?

A - Yes, they may, BUT they will be collected and stored from the beginning until the end of the day.

Q - Can my child bring a water bottle?

A - Yes, please label it with their name. Yes, but we do have fresh water for students.

Q - If my child is attending a morning class followed by an afternoon class, can they bring a lunch?

A - Absolutely, their lunch should be labeled and can be stored in our refrigerator. We recommend an insulated container. Staff will put it in and take it out of the refrigerator, as no students are allowed in the club kitchen.

Q - Does my child need a life jacket?

A - Each child must bring a properly fitting Coast Guard approved PFD (Personal Floatation Device), also known as a life jacket. They will be required to always wear it while on the water and/or docks. There is a limited number of life jackets available for daily use if a student forgets to bring one.

Q - What happens when the weather is bad or turns bad during the lesson?

A - If it is raining or the wind is too strong, we still have land-based class which includes video sailing instruction, sailing games and extended landside instruction. If a sudden storm comes while students are on the water, if there is time, we immediately head back to the club; if not, we head to the nearest land. On these days kids have fun as our staff is very creative and makes the time spent ashore FUN!

Q - Does NSA offer private sailing lessons?

A - Not currently.

Q - More Information needed? Please visit www.namequoitsailing.org or call (508) 255- 6858 for details, or email us at: juniorsailing@namequoitsailing.org