



# Everything You Should Know About the NSA Junior Sailing Program

Established 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. That’s why we focus on a Skills Ladder (see description below) as the basic tool of instruction. Part of every Monday’s 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 four exceptionally well qualified and dedicated sailing instructors. Now aged fifteen to eighteen, they each learned to sail as Junior Sailors (one for 9 years!) with NSA before “graduating” to become certified instructors. These exceptional leaders are assisted in their duties by Counselors-in-Training to assure a student to teacher ratio of about 5 to 1. Our sailing staff is motivated to make every child's sailing experience as fun as it is educational.

### All of our instructors hold the following credentials:

- US Sailing Teaching Certifications
- Red Cross certifications in CPR/Lifesaving and Safe-Sport
- Coast Guard Boating Safety, Lifesaving and Launch Tender certifications

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

- Handling the helm and steering
- Point of luffing using the sheets
- Point of luffing using the helm
- Point of luffing handling both tiller and sheets
- Tacking and jibing
- Handling tiller and mainsheet on all points of sailing
- Reaching, running and beating techniques

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

- Racing starts - place on line & timing
- The beat: covering, breaking the cover; wind shifts; 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. Our trio of Capri 14.2's serves to introduce new 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). Sailors with some experience, 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 and college racing teams. We also have a 14' Topaz ARGO with the flexibility to be used in place of either a Capri or Club 420. Our four Boston Whaler power boats enable the instructors to provide continuous on-demand oversight of all Junior Sailors.

### **Covid-19**

We are committed to following COVID-19 recommended practices that will 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. We may adjust these policies and practices from time-to-time to remain in compliance with current Federal, State and Local guidelines. We will endeavor to notify you of these changes by email, or on the NSA website. For more on this subject please download and read "Our Covid-19 Safety Plan" which is also on our website