



NAMEQUOIT SAILING ASSOCIATION

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.

Q - How is instruction organized?

A - There are four instructors teaching our classes. It is our practice to have an instructor or counselor in training (an advanced sailor) accompany no more than 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 level skill, unaccompanied by an instructor, but with instructors nearby in a safety boat. We find students learn faster when instructors are not on-board the student sailboat. Whenever helpful instructors will board individual sailboats to reinforce a teaching point or help a struggling sailor, but our emphasis is on creating independence. Progression from Optis is into Club 420 two-person sailboats, with a skipper and 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 pass a rudimentary swim test. Closed toe footwear (no flip flops) must be worn on land and in the boats, and a PFD (personal flotation device/life jacket), is required to be worn on the boats and in the water.

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, since the boats are on floats in the cove, participants get to learn the art of rowing a dinghy.

Q - What clothing should my child bring?

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

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. 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 - It is **mandatory** that each child bring a properly fitting Coast Guard approved PFD (Personal Floatation Device), also known as a life jacket. They will be required to wear it at all times while on the water.

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

A - If it's raining or the wind is too strong, we still have land based socially distanced 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.

Q - Does NSA offer sailing lessons?

A - Yes, private lessons can be arranged. Please call (508) 255-6858 for details.

Q – More Information needed?

A - Please call (508) 255-6858 for details, or email us at: juniorsailing@namequoitsailing.org