

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 - What time do we meet?

A - Morning class is 8:30 to noon on Monday; 8:45 to noon Tuesday through Friday
Afternoon class is 12:40 to 4 on Monday and 12:45 to 4 Tuesday through Friday
We need a little more time for Registration on Monday.

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 Capri 14.2. Once we see that a student is ready to "single-hand" we place them in an 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.

Q. What is the NSA Skills Ladder

A. NSA's SKILLS LADDER

· Beginner & Intermediate

- 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 main sheet on all points of sailing
- Reaching, running and beating techniques

Q. What are the 8 weeks of NSA Classes?

- Week 1: June 29 - July 3
- Week 2: July 6 - July 10
- Week 3: July 13 - July 17
- Week 4: July 20 - July 24
- Week 5: July 27 - July 31
- Week 6: Aug 3 - Aug 7
- Week 7: Aug 10 - Aug 14
- Week 8: Aug 17 - Aug 21

Q. What does the Racing/Tactics Class Cover?

- Racing starts - place on-line & timing
- The beat: covering, breaking the cover; wind shifts; lay line



- Back-winding; blanketing
- Mark rounding
- Tides and currents
- Tactics when behind
- Finish line approach
- The Rules of Racing

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 on August 18, 2017. Also, since the boats are on floats in the cove, participants get to learn the art of rowing a dinghy.

Q – Are there any requirements other than age?

A – As part of Monday’s orientation, participants are required to pass a rudimentary swim test. They must also have footwear which must be worn on land and in the boats, and a PFD (personal flotation devise/life jacket), which must 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 - What clothing should my child bring?

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

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 if space permits.

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 class in the clubhouse 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 to the clubhouse; if not, we head to the nearest land.

Q - Does NSA offer sailing lessons for adults?

A - Yes, private lessons can be arranged.

Please call (508) 255-6858 for details.

