



HANDBOOK
FOR JUNIOR SAILORS
AND THEIR PARENTS/GUARDIANS



Niantic Bay Sailing Academy
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www.nianticsailing.org

Lesson Location
Niantic Bay Yacht Club
8 Shore Road
Niantic, CT 06385

WELCOME JUNIOR SAILORS!

On behalf of the Niantic Bay Sailing Academy and the Niantic Bay Yacht Club we are delighted that you've enrolled in sailing lessons. We welcome you into this sailing community and know that you will create fond memories, make great friends and learn to sail or learn to sail better. The lessons you learn here will serve you well in school, in other sports and in your life as an adult.

This handbook has been assembled to provide information for sailors and parents/guardians of sailors participating in the NBSA Junior Sailing Program. We have attempted to describe how the program operates, what is expected of sailors, guidance for and expectations of parents, recommendations for gear and equipment, and much more. This guide has information that is relevant to NBSA veterans and rookies alike. Please take the time to read it even if your junior sailor has been in the program before as some rules, policies, and procedures may change from year to year.

To make the most of this experience, we ask you to follow these guidelines:

- Sail for fun and the love of the sport - enjoy yourself
- Work hard to improve your skills
- Listen, ask questions, and watch others to see how you can better your skills
- Learn teamwork, sportsmanship, discipline, confidence and self-control
- Be a team player – get along with others
- Appreciate the contribution each person makes to the learning environment
- Learn the rules, and play by them
- Always be a good sport and set a positive example for others

Appropriate behavior will allow you to become a well-rounded, self-confident sailor and respected team member. NBSA expects the highest level of sportsmanship, teamwork, fair play, and good behavior. As a participant in this program you represent NBSA, yourself and your family. Your behavior, on and off the water, should be to maintain this level of sportsmanship and conduct, and make teammates proud to be a part of our program.

Goal of the NBSA Junior Program

Our overall goal is very simple – to provide a fun and safe learning environment for young sailors. We do this by offering an 8 week program providing instruction for children and teenagers ages 7 - 18 at all levels, from beginning sailing through competitive racing.

Other objectives include:

- To help youth sailors learn sailing, safe boat handling, seamanship, sportsmanship and environmental stewardship
- To help youth sailors learn techniques of one-design racing and cruising and to help them fully develop their one-design racing skills
- To promote youth sailing competition
- To educate our next generation of sailors on the importance of protecting our seas, shores and air through environmental sustainability and conservation

We have been a leader in junior sailing nationally and internationally for over 50 years. Hundreds of sailors have had the opportunity to experience sailing through this program. Sailors from NBSA's Junior Program have gone on to compete in high school, collegiate, National, World, America's Cup, and Olympic competition. Also important are the countless young men and women who have taken their experiences at NBSA and gone on to make sailing a lifelong passion whether it be cruising, racing, or otherwise just "messing around" in boats.

General Policies & Program Overview

The NBSA Junior Sailing Program is overseen by the NBSA Board of Directors who are responsible for the development of the overall objectives, goals, and policy guidelines governing the conduct of the Program and the selection of the instructional staff.

Our Program Manager and Head Instructor work together, under the direction of the NBSA Board, to oversee curriculum, day-to-day administrative operations and to assure organization and proper conduct of the Program within established policy guidelines and in accordance with approved objectives, goals, and safety requirements.

Safety of junior sailors, instructors and property is our highest priority. The Junior Program will be conducted in a fashion to eliminate or minimize the exposures to loss of, or injury to, persons or property. **The Niantic Bay Yacht Club Manager has final authority on matters of safety and of the NBYC facility.**

Junior Sailor Promise and Code of Conduct

While participating in our program we expect all sailors to follow a Code of Conduct. The promise statement below is posted for the junior sailors and parents/guardians to read in the main room of the Club. These guidelines are intended to ensure that everyone has a fun and safe summer here at Niantic Bay Sailing Academy.

I Promise To Be:

- **Responsible**
 - I will take care of the sailing equipment, returning it to its proper place
 - I will keep the yacht club shipshape
 - I will pick up after myself
- **Prepared**
 - I will bring with me a life-jacket, sunscreen, a hat, shoes, a towel, sunglasses, raingear, and water
- **Safe**
 - I will keep myself safe
 - I will listen to my instructors
 - I will keep others safe
- **Kind**
 - I will practice good sportsmanship on and off the water
 - I will treat others with kindness, dignity and respect

Anti-Bullying Policy

The Niantic Bay Sailing Academy welcomes junior sailors of all abilities and creates an inclusive, safe, fun atmosphere designed to nurture learning and respect. NBSA does not tolerate bullying. Bullying is defined as conduct, gestures or comments which are insulting, intimidating, humiliating, hurtful, malicious, degrading or otherwise offensive to a another person, group of people and/or teammates, and which create a hostile or intimidating environment, or which negatively affects a junior sailor's physical and/or emotional well-being. Bullying is any written, verbal or physical act, or any electronic communication, whether it is a single incident or a series of incidents that results in intentional pain and distress to the victim. In the event that a junior sailor is experiencing bullying, junior sailor and parents/guardian are asked to report this behavior, in confidence, to a sailing instructor or a member of NBSA's Board of Directors.

Our Program

Instructional sessions will normally be held as scheduled, subject to weather conditions. When weather conditions make on-the-water activities impractical, instruction will consist of sailing or STEM lessons under the tent.

We are excited to offer an enhanced STEM (Science, Technology, Engineering, and Math) program to our sailing curriculum. Our instructors are trained through the US Sailing REACH Program for sailing instructors (See REACH/US Sailing.org). Our goal is to provide authentic, science-based learning experiences in order to inspire our junior sailors to embrace the science of sailing as well as a lifetime of environmental stewardship. We hope you enjoy learning from the various activities your sailor will be participating in this season.

Our program has specific goals for each sailing level, and the instructors work within a curriculum designed to achieve specific skill goals while being flexible to the needs of each junior sailor and the vagaries of the weather. NBSA offers three Junior Sailing Programs:

The Recreational Sailing Program is designed for the beginner/intermediate sailor. We strive to teach sailing skills that will provide for a safe environment on the water. The ultimate goal is to instill confidence in proper boat handling while keeping it fun. Once a suitable level of competence is achieved the junior sailor will be introduced to the sport of sailboat racing. They will learn the basic rules of racing and experience the thrill of competing. In addition to the single person JY Trainer, Laser and Optimist, NBSA also utilizes two person FEVAs and 420s. This gives junior sailors the opportunity to experience sailing as a skipper and crew member.

The Racing Program is geared for further development of sailboat racing skills. The minimum age is generally 9. A junior sailor must demonstrate advanced boat handling skills and show a desire for additional sailboat race training.

The Adventure Program is a non-racing track which features lifetime sailing skills including navigation, use of electronics, sailing rules, use of anchors, safety equipment, motors, lots of STEM and loads of fun. Each week of this eight week program features one full day to allow for extended sailing trips and one 1/2 day for skills workshops.

Start Times

Lessons will start promptly at the designated time. **Late arrivals are very disruptive and unfair to the instructors and other sailors. Junior sailors who arrive late may not be allowed to join the program if the instructors have already left the dock.**

Junior sailors should arrive early to rig their assigned boat and be ready to leave the dock at the start of class.

Please call or text the Head Instructor, if your child will be absent from class unexpectedly. If there is a planned absence, please let the instructor know in advance. We understand that your child may be involved in other activities or camps that may prevent them from attending one or more lessons. While we will be as flexible as possible, it is not our policy to offer make up lessons.

A Typical Day

- Junior sailors meet with the instructors to prepare for the day's lesson which on most days starts with "on-land" lessons, a.k.a. Chalk Talk
- Junior sailors and instructors then proceed to their boats and sail to a designated area for the day's sailing instruction.
- **Junior sailors in the racing program must arrive early to rig their boat so that they are ready to leave the dock after their "on-land" lesson**
- Junior sailors and instructors return to the dock and boats are put away
- Instructors typically give a "wrap-up" talk at the club house immediately after de-rigging to summarize the day and to ensure orderly dismissal

Swim Test

Every junior sailor will be required to pass a swim test during the first few days of the program. It will be conducted between the low dock just off the crane dock and the main 'T' dock, or a suitable alternate location. Junior sailors jump into the water and swim across to the other dock and then return. Upon return instructors will toss each junior sailor their US Coast Guard approved Personal Flotation Device (PFD). They must put their PFD on while in the water. Junior sailors who are not able to pass the swim test may, at the discretion of NBSA, continue with lessons but may also be recommended to enroll in NBYC swim lessons at the same time.

Please be sure junior sailors wear a bathing suit for the swim test and/or bring a spare change of clothing (shoes included) and towel the first day, as they will get wet.

Personal Equipment

Each junior sailor should come each day with the following:

- U.S. Coast Guard approved vest-type life jacket of proper size (also known as a PFD). **NO CHILD WILL BE ALLOWED TO GO SAILING OR EVEN ON THE DOCKS WITHOUT A PFD.**
- Whistle attached to the PFD (optional but required for most ECSA regattas)
- Hat or visor
- Sunglasses
- Sunscreen
- Water shoes or other foot apparel that can get wet while keeping feet safe. **NO BARE FEET OR OPEN TOE SHOES (I.E. FLIP FLOPS) ARE PERMITTED AT ANY TIME.**
- Change of clothes
- Water Bottle
- Raingear (when necessary)

Label your gear with your name and do not leave it lying around!

The parents/guardians of each junior sailor are responsible for ensuring prompt attendance, the adequacy of personal equipment, and proper personal conduct of their junior sailor and the seaworthiness, preparation, and maintenance of their boats.

NBSA Equipment

We encourage the private ownership of boats for use in the Program, as this is an excellent way to enhance the learning experience. We understand, however, that boat ownership may not be right for every family, particularly in boats sailed by two people.

NBSA owns a limited number of Optimists/JY Trainers, 420s, Ensigns, FEVAs and Lasers to be used by junior sailors in the Program. Use of NBSA boats and equipment is a responsibility not to be taken lightly. Please treat our boats as if they are your own. The better you treat our fleet the better fleet you have to sail. Please immediately report any damage or broken and missing parts to the Head Instructor.

Boat Storage at NBYC

Junior sailors using their own boat for lessons may dry store their boat in accordance with Niantic Bay Yacht Club Dinghy Regulations.

All junior sailors interested in storing their boat at NBYC for the sailing season must submit a Dinghy Storage Application to the Waterfront Director. All boats stored on club property must have a Boat Storage Label which will be issued upon approval of your application.

The Niantic Bay Yacht Club assumes no liability for any damage, theft, flooding, or other loss to a junior sailor's boat or vessel while in or out of the water at the NBYC facility.

Junior sailors will be responsible for their own property. They are also responsible for the general care and protection of Club property. If a junior sailor is involved in an incident resulting in damage to or loss of boats or property, he or she should immediately notify an instructor. On the water, there are clear rules of right-of-way but it is the responsibility of every skipper to avoid collisions even when in the right. Normal wear and tear breakage is the responsibility of NBSA.

Junior sailors in the NBSA Sailing Program using the waterfront facilities do so at their own risk and shall exercise due care to prevent accidents or damage to boats, docks and equipment.

If a significant storm is forecast it is recommended that boats be moved to more suitable shelter than the club dry sail area. In the event of a major storm and/or hurricane owners may be required to remove their vessels from the Club property at the direction of the Flag Officers and/or Waterfront Chairman. All boat owners SHALL leave contact information with the club and make himself /herself or a representative available to move their boat(s) if so directed. Failure to remove your vessel will result in the owner being charged for the damage caused by their vessel to club property.

Rules and Regulations

It is expected that the conduct of every junior sailor and parent will be such as to maintain the proper decorum of the Club. Boisterous or rowdy conduct or violation of established House Rules and Waterfront Regulations will subject the junior sailor to disciplinary procedures.

The use of alcohol, tobacco and any illegal substance by junior sailors or instructors at any time during an NBSA Junior Sailing Program, on club property or during any Program sanctioned event is strictly prohibited and will result in immediate expulsion from the Program.

All parents/guardians must assume full responsibility for supervision of their junior sailor when they are not participating in a scheduled sailing class (i.e., before or after scheduled events).

Any suggestions or complaints concerning the club employees, rules and regulations, or operation of the Club should be submitted to the Manager of NBYC or the President of NBSA.

House Rules

- You are expected to clean up yourself
- Picnic tables, porch chairs and breakwater chairs are intended for everyone's use, not for storage of personal items
- You are not to store personal property (except registered boats) on NBYC property; abandoned personal items will be disposed of, including items left in the lost and found
- Bare feet, sandy shoes and wet bathing suits are not allowed in the clubhouse
- Bicycles are to be parked in designated areas only; no bikes, skateboards, rollerblades, Heelies, etc. permitted on the jetty, the picnic area or under the tent
- Dogs are only permitted on club property when leashed and being taken directly from the parking lot to a boat
- There is no parking in the dry sail storage area or on the club side of Shore Road; cars may be parked briefly in the turn-around area for loading and unloading but should not be left unattended
- Club furnishings, equipment, tools, etc., are not to be removed from the club premises; you are responsible for any damage to club property or equipment used
- Ads, announcements, petitions, etc., are not to be posted or circulated without the permission of a flag officer or the house committee chairperson; anything posted must be initialed and dated by the approving person
- Parents/ guardians are responsible for their childcare providers being aware of and enforcing the house rules

“A Memorandum of Understanding Between NBYC and NBSA to Promote a Smooth Running Junior Sail Training Program”

In a spirit of cooperation between Niantic Bay Yacht Club (NBYC) and Niantic Bay Sailing Academy (NBSA) the following operating procedures have been adopted.

The Niantic Bay Yacht Club manager shall be responsible in all matters regarding the use of Niantic Bay Yacht Club land, buildings, docks and boats. This responsibility means that the NBYC manager shall:

Require those employees, assistants and students of NBSA when those employees, assistants and students use NBYC land, buildings, docks and boats to return the NBYC land, buildings, docks and boats to the condition of cleanliness & orderliness found prior to use.

NBYC boats and other mobile assets shall be returned to their proper/assigned storage locations at the end of each use by the NBSA employees, assistants and students using the NBYC boats and other mobile assets.

Require that at the end of each use of non-NBYC owned assets that those assets are properly returned to their proper/assigned storage locations.

Those using NBSA or private boats and accessories are responsible for returning those boats and accessories to their assigned storage locations at the end of each use.

NBYC manager and/or stewards shall assist NBSA employees, assistants and students as necessary in the launching and retrieval of students' and coaches' boats in order to insure a smooth running youth sail training program.

As Safety is of the utmost importance, the NBYC manager and stewards shall be available to respond with aid as the need arises.



Ward Woodruff
NBYC [Former] Commodore



Harland Frederickson
NBYC, [Former] President

COVID-19 Protocols

Covid 19 will continue to have a presence for the summer of 2022. Staff, students and guardians will be required to follow all applicable guidelines established by the State of Connecticut and the CDC. As the Covid landscape is ever changing, we will endeavor to update our protocols accordingly.

- All students in our program are eligible and encouraged to be vaccinated
- If fully vaccinated, masks are not required indoors or outdoors
- If not vaccinated, masks are required indoors and are required outdoors when social distancing cannot be maintained, for example in crowded areas; masks may be removed for water breaks and snacks as long as social distancing can be maintained
- Non-member parents and guardians of youth sailors are not permitted to remain on club property during lessons; please be sure your child has all of their equipment at drop off (see Personal Equipment); students should not share equipment
- As parents and guardians drop off their youth sailor, they should wait to ensure their youth sailor follows the necessary pre-lesson protocols and successfully joins their class
- If during class, a youth sailor exhibits a fever or other symptoms suggestive of possible COVID infection, they will be isolated from the other youth sailors and their parent or guardian will be contacted to take them home. (Please see the below CDC recommendations for symptomatic people.)
- If prior to or outside of class your junior sailor has:
 - A fever or symptoms of COVID
 - A positive COVID test
 - Exposure to someone who has tested positive for COVID or has symptoms of COVID

DO NOT BRING THEM ONTO NBYC PROPERTY until reviewing the CDC recommendations, as follows:

Anyone who is **symptomatic** should take a rapid antigen test as soon as symptoms appear. If the rapid test is NEG, it should be confirmed with a NAAT/ PCR test. If the confirmatory test is also NEG and you are fully vaccinated, then no further COVID precautions are needed. (You just have a bad cold.) However, if you are not fully vaccinated, home quarantine for 5 days is recommended even if your testing is negative. If the above tests return POS, please see the following section.

If you **test positive** for COVID, regardless of vaccination status, you should home quarantine for 5 days. After 5 day, if no symptoms develop, you may return to class, but will need to wear a mask for an additional 5 days. If you develop mild symptoms, you may return to class once you are fever free x24hrs without the use of fever reducing medication, but must also mask for an additional 5 days. If you have severe symptoms, you should home quarantine for at least a full 10 days.

If you have had **close contact** with someone testing positive or who has symptoms of COVID but are feeling well yourself with no symptoms, no home quarantine period is necessary if you are fully vaccinated. If you have not been fully vaccinated, you should home quarantine for 5 days and then obtain a rapid test. If the test is NEG you may return to class. However, if at any time after exposure you develop symptoms, please see the above section.

- Parents and guardians are advised that if their child has pre-existing health conditions which put them at high risk for COVID complications, they participate in our program at their own risk

Covid Addendum:

Symptoms of COVID: fever, chills, cough, shortness of breath, fatigue, muscle aches, headache, loss of taste or smell, sore throat, nasal congestion, vomiting, diarrhea or skin rashes.

Exposure to COVID: Contact with a person who has tested positive or is exhibiting possible symptoms of COVID defined as less than 6ft away for over 15mins or any distance over a continuous 24hr period. This is regardless of whether masks were worn.

Fully Vaccinated: 14 days have passed since completion of the initial vaccine series. (2 doses of the Moderna or Pfizer vaccine or 1 dose of the Johnsons and Johnson vaccine.) It is still highly recommended that you stay up to date with any recommended booster vaccines.

Disciplinary Procedures

NBSA Junior Program instructors are primarily responsible for enforcing the rules and will take appropriate action as outlined in the following Disciplinary Procedures. While away from NBSA and under the supervision of a parent/guardian the responsibility for enforcing the rules lies with the parent/guardian under advisement of the Head Instructor and NBSA.

An instructor or other member of NBSA or NBYC staff may initiate disciplinary procedures if a junior sailor or parent interferes with the learning, safety, or conduct of the Junior Sailing Program to the potential detriment of him/herself, others, equipment, or facilities. Offenders shall be subject to the following actions in ascending order. The initial action may start at any level depending on the gravity of the situation.

- Discussion between the junior sailor and instructor in charge at the time of the infraction; and/or notification of parent/guardian
- Discussion between the junior sailor and Head Instructor; and notification of parent/guardian
- Dismissal of junior sailor from class for remainder of day; parent/guardian will be called and instructed to pick up their junior sailor immediately
- Conference between Head Instructor, parent/guardian and junior sailor
- Suspension of junior sailor from class for one week by the Head Instructor or NBSA Board member; with no refund of fees
- Dismissal of junior sailor from the program for the remainder of the summer; with no refund of fees

For questions concerning your junior sailor's behavior, issues with the classes, or other administrative issues please contact the Vice President and Director of Programs.

Media Release

Throughout the summer, videos and photographs may be used for various program activities and events. NBSA staff will photograph or videotape junior sailors in our program for use in printed or online publications. A parent/guardian may withhold permission to have their child photographed and/or videotaped during Niantic Bay Sailing Academy sponsored activities and events.

Parent/Guardian Involvement

Parent/guardian involvement is vitally important to the success of the Junior Sailing Program. Parents with junior sailors at all levels are highly encouraged to volunteer; there are suitable jobs for both sailors and non-sailors. The level of involvement needed does increase as junior sailors transition from basic sailing classes to racing teams. Contact our Parent Coordinator to find out more about how you can get involved.

NBSA Junior Regatta Support

NBSA plans to host its annual Junior Regatta (US Junior Olympic Sailing Festival/The Larry White Junior Regatta) on Thursday, July 14, 2022. This event requires volunteers to help in a number of ways ranging from event organization, registration, race committee, parking management, safety officers, and other as needed functions. All are welcome regardless of sailing knowledge level.

Work Parties

NBSA is responsible for ensuring Junior Sailing Program boats and equipment are maintained. Work parties are held to facilitate this. Junior sailors, parents/guardians and anyone interested in supporting the Junior Sailing Program are welcome to participate. The Head Instructor will typically announce the need for work parties via email.

Student and Youth Membership

NBSA welcomes junior sailors who do not hold Niantic Bay Yacht Club family membership. These sailors are considered Student Members of NBYC for so long as they are enrolled in sailing lessons offered by the NBSA. Membership privileges are limited to use of the club facilities during times when such lessons are being conducted or during a lesson related activity such as regatta, clinic or awards ceremony,

Those students may also apply for Youth Membership with NBYC. Youth Membership Dues will apply in addition to lesson fees. Youth Members shall have all the privileges and benefits afforded other club members, with some exceptions. Applications should be submitted directly to the NBYC Membership Committee.

Galley (Snack Bar)

The Slipper Shell, or Galley, at the Niantic Bay Yacht Club serves sandwiches, burgers, and other light fare. All junior sailors are welcome to eat at the Slipper Shell after the AM session, prior to the PM session or during junior regattas hosted by NBSA. Please note that at other times the club facilities may not be used by junior sailors unless they are a guest of a NBYC member.

Communication

We hope that you have taken the time to review this guide for it provides much of the information you will need to know about the program. Information will also be posted on the Junior Sailing Program bulletin board which is located inside the clubhouse to the right of the main club bulletin board. In addition, the instructors will be utilizing email to communicate curriculum activities, special events, accomplishments etc. Our plan is to keep you well informed of what is happening with our Junior Sailing Program. In addition follow us on Facebook and Instagram (@nianticbaysailingacademy) and on our website (NianticSailing.org)

Who's Who

Parents/guardians who have questions concerning the day-to-day operation and scheduling of the Junior Sailing Program; including questions concerning the performance of a junior sailor in class, class materials and other questions closely related to the instructor's role, please contact the Head Instructor or Program Manager.

Questions relating to the overall objectives and policies governing conduct of the program should be directed to NBSA President or Vice President & Director of Program.

Name/Role	Phone Number	Email Address
Caroline Healy Head Instructor	(860) 271-9067	Healy25@gmail.com
Pam Woodruff Program Manager	(860) 841-1012	pam@garyandpam.us
Bill Healy Vice President & Director of Programs	(860) 235-3567	william_healy@yale.edu
Ken Shluger President	(860) 205-9569	kshluger@hotmail.com
Robert Austin-LaFrance NBYC Club Manager	(860) 739-0558	rjaustinlafrance@gmail.com

If you would like to discuss an issue with an instructor, please make an appointment to do so outside of instructional time. Also, if you have concerns about the quality of instruction or any other complaint pertaining to the instructors or NBYC staff please direct these concerns to those listed above.

Name	Phone Number	Email Address
Graham Glander	(860) 910-5181	gramglander@gmail.com
Jack Redmond		jred22280@gmail.com
Kristen Healy	(860) 333-4075	Kristen.healy18@gmail.com
Libby Redmond	(860) 951-9442	e.redmond13315@gmail.com
Sarah Healy	(860) 941-3007	sohealy2@gmail.com
SaraBeth Bouchard	(860) 514-3613	sarabethbouchard@gmail.com
Siofra (she-fra) Collins		collins.siofra@gmail.com

Boats We Sail

All instructional sailing is conducted in Optimist/JY Trainers, RS FEVA, Laser, Ensign, and 420. These classes represent the standard for Junior/Youth racing in the United States. Between these classes of boats we can structure curriculums to suit all ages (7 -18), abilities, and sizes.

The Optimist is the largest junior racing fleet in the world and the international standard in junior instruction. The boat's simplicity and stability make it ideal for teaching young beginners while the popularity of the Optimist class makes the boat extremely challenging for pre-teen racers. A skipper can race Optimists until December 31st in the year they turn 15. On December 31st of that year, they age out of Optimists and can no longer race the boat. To promote participation across a wide range of skill levels and ages, Optimist racing events are typically divided into fleets.

Green fleet is a special fleet for beginners. Green fleters can be any age up to 15. A green fleet might have skippers who are as young as 6 and as old as 15, but sooner or later they'll move into their age-appropriate fleet. The purpose of the green fleet is to encourage novice sailors. To discourage sailors from staying in green fleet in order to win races and receive awards, the US Optimist Dinghy Association (USODA) policy is to present "Participation Awards" to all skippers sailing in the green fleet. By not crowning a champion, sailors and their parents are encouraged to move to the appropriate age fleet as they become more confident of their abilities. Green fleet typically sails relatively close to shore and on short courses. Sailors may be coached at any time including during a race.

After moving out of green fleet, skippers who are 10 or under will sail in the white fleet. Skippers who are 11 and 12 will sail in the blue fleet. Skippers who are 13, 14, or 15 will sail in the red fleet. In all fleets, the determining date is the skipper's age on the first day of the regatta not the skipper's age at the end of the current year. Skippers move up to blue fleet on their 11th birthday and red fleet on their 13th birthday. At most regattas, the red, blue, and white fleets all start at the same time and race on the same course. Coaching for the red/white/blue fleets is permissible before and after, but not during individual races. Coaches can observe the racing from designated areas and provide feedback to the sailors at the completion of the race(s) observed. The class website is www.USODA.org and contains a lot of helpful information.

The **JY Trainer** is the ideal first boat for the future Optimist racer. Its floor is 3 inches higher than the Opti so its dryer. Her gunwales are rounded for comfort and two kids or one adult fit comfortably. The boat was designed by Rodney Johnstone and built in East Lyme, CT.

The **Club 420** is the most popular and versatile double-handed junior boat in North America. The 420 is sturdy and safe while providing the challenge of having a spinnaker and trapeze. The boat is best suited for sailors 12-18 years of age and over 100 pounds. NBSA has a large fleet of Club 420s and one International 420 for use in the summer program. Additional information about the 420 Class Association is at www.club420.org

The **Ensign** is the largest class of full keel sailboats in North America, with over 2000 boats manufactured since 1962. Designed by Carl Alberg, its sustained popularity is due to very solid and durable construction, and a design that lends itself equally and admirably to comfortable family cruising, enjoyable day sailing, and close, strategic, tactical racing. The Ensign Class is one of the strongest national organizations, with numerous local fleets from coast to coast.

The **RS FEVA** is a double handed dingy designed in 2002. It is a great stepping stone boat as kids progress from Optimist to 420.

The **Laser** is a single handed racing dingy, sailed and raced at the club, college, national, international and Olympic level. There are over 200,000 Lasers in use in 140 countries. With a reduced size sail it is excellent for youth sailing.

NBSA Competitive Racing

Twilight Racing

As part of the Junior Sailing Program, junior sailors will have the opportunity to compete in informal races conducted by the instructors. Twilight races will be held once in the afternoon – instructors will provide additional details. While the junior sailors will race in Twilights as part of their lesson at that time, all junior sailors interested in racing should come out and participate in these informal races regardless of whether they have a lesson scheduled that day. Awards will be presented at the annual Awards ceremony at the end of the season.

Harriet Dower Trophy

Donated by Sydney Sewall in 1961 and awarded to a Junior Sailor (not yet 16 as of September 1 of the year of the race) for first place in a race to be designated by the Race Committee and sailed exclusively for this trophy. (Originally designated to the Zip Class). The winner will be presented with the perpetual trophy as well as a keeper trophy at the annual Awards ceremony.

Robert Wyllie Memorial Trophy

Donated by Daniel Miller III in 1970 and awarded to the junior sailor (NBSA member 15 years old or less) in a designated fleet chosen by the Fleet Captain and sailed exclusively for this trophy. (Originally designated Zip or other class boats). More details will be provided by the instructors. The winner will be presented with this perpetual trophy and keeper trophy annual awards ceremony.

Miller Trophy

Donated by the grandchildren of Daniel Miller, Jr. in 1977; awarded to the skipper of one race recommended by the Race Committee and to be rotated between one design classes (not exclusively for juniors). The Race Committee Chair will select the class and date of this event – if a junior class is selected, you will receive notification from Fleet Captain and/or instructors. This perpetual trophy is presented to the winner at the annual Awards ceremony.

NBSA Junior Sailing Awards

Colin F. Soule Award

Presented by Mrs. Colin F. Soule and daughters; first awarded in 1968 and presented annually to the Junior Sailor who shows the most sustained interest and improvement in seamanship. This is a perpetual trophy that is presented at the annual Awards ceremony.

Most Improved

This award is presented annually to the Junior Sailor who has shown the most improvement in the program year. A keeper trophy is presented at the annual Awards ceremony.

Catch Me if You Can

Donated in 1975 by Norman B. Peck Jr, this flag represents similar flags flown during the Revolutionary War by US colonial privateer ships. The Catch Me If You Can Flag served as a message and was flown from the rigging as a challenge to the British who had difficulty catching the smaller and faster US ships. This perpetual flag embroidered with past winners is presented to the skipper or team that has achieved the highest honors in National or International competition during the season. While not exclusively for juniors, this coveted award has been presented to juniors in the past.

Eastern Connecticut Sailing Association (ECSA) Competitive Racing

ECSA Team Racing

Six junior sailors from the Racing Program will be selected by the Race Coach each week to represent NBSA in the ECSA Team Racing series, which is normally held every Monday.

Team racing usually involves teams composed of three crews in three separate boats matched against three opposing crews in their respective boats. The goal is to have the majority of your team finish ahead of the opposing team. As in fleet racing the low point scoring system is used. A boat is awarded points based on the place it finishes a race. For example, a boat that finishes 1st earns 1 point, a boat that finishes 2nd earns 2 points, etc. In team racing the winning team is decided by adding together the places of all the boats in each team. The team with the fewest points wins. Team Racing is a very tactical and technical branch of sailboat racing, combining the need for boat speed with good teamwork, communication and understanding the rules!

ECSA Regattas

One of the purposes of ECSA is to encourage and promote sailing activities among the members of the Association. The Association's Junior Sailing Committee coordinates the junior regatta schedule for Association clubs. NBSA is a member of ECSA.

ESCA and Larchmont Race Week Regatta Fee Reimbursement

All 2021 ECSA & Larchmont Junior Regatta Fees will be reimbursed to junior sailors or their parents/guardians by NBSA. This is made possible thanks to our generous donors! Please see the Head Instructor for details.

Other Racing Opportunities at NBSA

NBYC conducts one design racing in several different classes of boats every weekend from Memorial Day through Labor Day and on Wednesday nights. All skippers are eager for new crew. Many of our sailors juniors have enjoyed extending their racing experiences by crewing on Atlantics, Lightnings, Ensigns, J-24s, big boats and other one-design boats. If a junior sailor is interested in racing at the Club outside the junior program, he/she should speak to the Head Instructor.