



## **2022 NFYC Junior Sailing Program**

The 2022 **NFYC Junior Sailing Program** will offer a variety of basic beginner, intermediate, advance sailing. New to our program will be the introduction of our Junior Race Team.

**Students in the Junior Sailing Program must be at least 8 years old on the first day of class.**

Our **beginner sailing program** will focus on the teachings of basic sailing skills and principles. The curriculum involves learning basic nautical terms, boat parts, the rigging/derigging and sailing of an 8 foot Optimist sailboat or a larger boat for the teenagers, basic knot tying, boat handling, boat safety, docking, points of sails, finding wind direction, practicing tacking/gybing, upward/downward sailing and basic capsizing/turtling recovery.

Our **Intermediate Sailing program** is for students who have either successfully completed the beginner program with NFYC or has demonstrated success in basic beginner knowledge required above and is ready to advance to the Intermediate program. This curriculum builds on the sailing fundamentals learned in the beginner program. Focusing on sailing theory, sail trim, right of ways rules, sailing in varied conditions and understanding all points of sail and using different capsize recovery methods. Briefly touching on race tactics. This program allows students to gain experience in single-handed and double-handed boats.

Our **Advanced sailing program** is for sailors who have participated and successfully completed our beginner and intermediate program. Students advancing into this program should be able to identify starboard, port, windward, leeward; skipper a boat on all points of sail and in breezes up to 15 knots; tack and gybe correctly, passing the tiller extension behind their back while sailing single-handed. The curriculum for this program involves basic race rules, race tactics, race rigging, spinnakers, drills for boat handling and mark rounding, roll tacks and gybes, race signals(flags & horns). Students will learn how to recognize and use weather and wind conditions to learn how to make the boats sail faster.

Our **Junior Race Team** provides youths 8-18 years old the opportunity to reach competitive success at all levels while developing athletic skills, leadership, sportsmanship and a lifelong love for sailing. All practices will develop the necessary skills and knowledge to enjoy racing in local and out of state regattas. Program fees do not include regatta fees or associated costs. Junior sailors must participate in one of the above programs to be considered for the race team. If interested please contact April Russell at [svnomad6@gmail.com](mailto:svnomad6@gmail.com).

**Class Schedule:** Classes will begin the week of June 20th for Beginners at 12:30pm and Intermediate at 8:30am. June 21th for advanced at 8:30am-BE ON TIME to each lesson.

**NO CLASSES July 4 Enjoy your holiday weekend.**

The **Junior Sailing Regatta**, for all junior sailors, will be held July 30th. The Regatta will include races and games. It will begin at 9am (sailors are to be there at 8:30am to rig boats) afterward at 11am there will be a Picnic for parents and sailors. Please put this date on your calendar.

The Junior Race Team will have two additional regattas: NFYC Montana Sailing Championship on August 5 and Sandpoint Sailing Association Spud Cup Regatta on September 2. More regattas may be added to this schedule.

**Enrollment:**

To enroll, complete the attached application and enclose full payment. Due to class size and boat availability, enrollment will be limited. NFYC members are given priority enrollment and have until April 18<sup>th</sup> to turn in enrollment.

On April 19<sup>th</sup> enrollment is open to the public, preference will be given to previous junior sailing participants and by the date of application for junior membership.

**Fee:**

NFYC member (children and grandchildren) is 50.00 per child.

Non- NFYC member is \$350.00 per child and \$300 for each additional child.

**Cancellation Policy:**

Refund is available until 14 calendar day prior to the start of the designated session, minus a \$25.00 non-refundable cancellation fee charge

**Attire:**

US Coast Guard approved PFD (life jacket), swimsuit, shorts, t-shirt, sweatshirt, water shoes or close-toe shoes (no flip flops) and a towel, expect to get wet daily.

**Swim Test:**

Conducted with a life jacket on. All participants will be required to swim 50 yards unaided and tread water for 1 minute on the first day of class, no matter the weather.

**Discipline:**

All junior sailors are expected to;

- follow the NFYC rules and those set forth by the instructors.
- be respectful of NFYC property and junior sailing equipment. NFYC is a non-profit volunteer based organization.
- be respectful to both their peers and the instructor.
- to participate in all class activities.

**Behavioral problems will not be tolerated. Repeat offenders will be expelled.**

**Parent Involvement:**

All junior sailors are required to be accompanied by a parent, grandparent, or adult representative while at NFYC. Per the organization By-Laws children under the age of 18 cannot be at NFYC unaccompanied.

**All parents, grandparents or adult representatives are required to fill a minimum of one “parent on deck” session.**

**Please send application and fee to:**

Carly Baumgarten  
1024 Woodland Ave  
Kalispell, MT 59901