



Nantucket Community Sailing Youth Programs



Parent/Student Handbook Summer 2016

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Welcome to Nantucket Community Sailing!

We are very excited for another great summer of sailing! It is our hope that the skills learned in our classes will provide the foundation for a life-long recreational hobby, because sailing is one of the few sports where size, physical strength, and gender are equalized on the water. Furthermore, many of the skills learned on the water are transferrable to daily life: responsibility, seamanship, confidence, problem solving, among others.

Our goal with this handbook is to provide a comprehensive resource for parents and students participating in our youth programs. It is designed to help you understand what to expect, what to bring, where to be, and when to be there!

On behalf of the staff, instructors and Board of Directors, we welcome you to Nantucket Community Sailing and look forward to a summer of sailing with you.

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What is Nantucket Community Sailing?

Nantucket Community Sailing is a non-profit, educational organization providing affordable, recreational access to sailing and other water sports (windsurfing, kayaking, & paddle boarding) to the public. Our programs aim to foster positive, lifelong fitness habits while continuing to strengthen our island's historical connection to the ocean. Last year we instructed over 1,000 students by teaching water safety and sailing skills while improving the community's access to Nantucket's waters. Please visit our website:

www.nantucketcommunitysailing.org

Nantucket Community Sailing's Mission Statement:

Our mission is to engage people of all ages in the joy of sailing, offering access to all Nantucket's youth, and teaching every participant in our programs enduring life and leadership skills, with a deep respect for the marine environment.

Who runs Nantucket Community Sailing?

A volunteer Board of Directors oversees all of the NCS policies and procedures. The board is comprised of active members of the Nantucket Community (seasonal and year round residents) whose common interest is a commitment to increasing education and access to the sport of sailing. Day-to-day operations of our various programs are the responsibility of the full, part-time, and volunteer staff.

Are Scholarships available?

Yes, full or partial scholarships are available to year-round Nantucket youth participating in our youth sailing program. Scholarships are awarded from the generosity of donors, who love to read the thank you notes from our scholarship recipients (so, please write!).

Financial assistance is confidential, and a separate application form is required. Please call the Main Office at 508.228.6600 to request a form, or print one from our website:

www.nantucketcommunitysailing.org

What Youth Programs are available?

We offer a wide variety of classes for students' ages 5-18 years. Our Polpis Harbor location hosts our beginner and intermediate youth classes for ages 5-12 years. Our Jetties Sailing Center is the site of our Teen Green and 420 sailing program for our older youth sailors, ages 13-18, our Windsurfing program (ages 10-15), and our Water Sports Class (ages 9-12). Our keelboat classes (ages 8-18) run out of Children's Beach and our Opti Race Program (ages 9 - 15) runs out of Nantucket Yacht Club as part of a collaborative program that launched in June, 2014. Some of these programs will be discussed in this handbook, but complete class descriptions can be found on our website:

www.nantucketcommunitysailing.org

Where do the Youth Classes meet?

Polpis Harbor: All Novice, Intermediate, & Advanced Levels ages 5-12, Youth Private Lessons

From Downtown:

- From the town rotary take Milestone Road for .2 miles.
- Take the second left off of Milestone Road onto Polpis Road and drive approximately 4.6 miles.
- Turn left onto Wauwinet Road (there will be a sign) and drive for approximately .5 mile.
- The NCS Polpis Harbor location (#18 Wauwinet Road) will be on your left across from #19 Wauwinet Road.
 - Please note if you see the Nantucket Island School of Design & The Arts (NISDA) building, you have gone too far.

From Sconset:

- From the Sconset rotary take Main Street past the Post Office and turn left onto Broadway.
- Follow Broadway, as it will turn into Sankaty Road and then turn into Polpis Road for approximately 3.5 miles.
- Take a right when you see the sign for Wauwinet Road and continue on that road for approximately .5 miles.
- The NCS Polpis Harbor location will be on your left between 18 and 22 Wauwinet Road.
 - Please note if you see the Nantucket Island School of Design & The Arts (NISDA) building, you have gone too far.

Jetties Sailing Center: All Novices, Intermediate & Advanced Levels ages 13-18, Water Sports Class ages 9-12, and Windsurfing Clinic ages 10-15.

From Downtown:

- From Broad Street (The street where the Steamship Arrives) turn onto South Beach Street until you hit the stop sign.
- At the intersection go straight onto North Beach Street for approximately .6 miles
- Turn right onto Bathing Beach Road (just past the Stone Barn Way)
- The Jetties Sailing Center is on the Harbor side of Jetties Beach and can be seen to the right side of the parking lot past the playground.

Children's Beach: All Keelboat Programs (J/105) ages 8-18; Keelboat Private Lessons. Located downtown, just past Nantucket Yacht Club (South Beach St), on Harbor View Way.

- Harbor View Way is one way - take South Beach Street leaving town, turn right on Easton Street and take your first right onto the one-way Harbor View Way.

Is there Carpooling available?

NCS encourages carpooling with all of our sailors and their families. On the NCS website, under Registration is a Carpooling Page, which allows NCS families to contact each other and work with one another to set up carpooling arrangements. This page is password protected to ensure the security of the NCS families, but once you register you will receive the password on your confirmation email. If you misplace that email, you may also call the NCS Main Office at 508-228-6600 to request the password.

NCS also offers a Bus to take our Polpis program sailors from the Nantucket Elementary School to Polpis Harbor and back. To register for the Bus, visit the NCS website's registration page and click Youth Program Registration.

Where is the NCS Main office?

Main Office:

From the base of main street you would follow the below directions:

- Head up Main Street towards Bank of America.
- Take a short right on Centre Street.
- Take the first left Liberty Street (the street in between the Bank and the Methodist Church).
- Take the 2nd left onto Winter Street off of Liberty Street.
- The Coffin School is the big brick building with columns. Take path to side entrance to basement.

Important NCS Phone Numbers:

Main Office	508.228.6600	9am-5pm Monday-Friday
NCS Fax	508.325.7757	
Student Hotline**	508.228.6212	Does not accept voicemail
Jetties Beach	508.228.5358	Does not accept voicemail 9am-5pm daily

****Inclement Weather:** Our Student Hotline is updated on inclement weather days. A message will notify parents and students of changes in class location (most programs will be moved to a classroom at the Nantucket High School or to the Coffin School) or class cancelation. Please do NOT leave a voicemail on the hotline, as messages are not checked.

Nantucket Community Sailing: Youth Programs

Youth Program Goals

For our students to:

- Develop sportsmanship, self-confidence, and interpersonal skills.
- Develop an interest and appreciation for the sport of sailing.
- Learn and demonstrate new boat-handling skills and improve on existing skills.
- Respect the sea and the environment.
- Learn and practice good safety skills and seamanship.
- Learn responsibility and appreciation for the boats and equipment.
- Have fun and participate in a positive and productive atmosphere whether in drills, races or sailing adventures.



Parents' Guide to Youth Programs

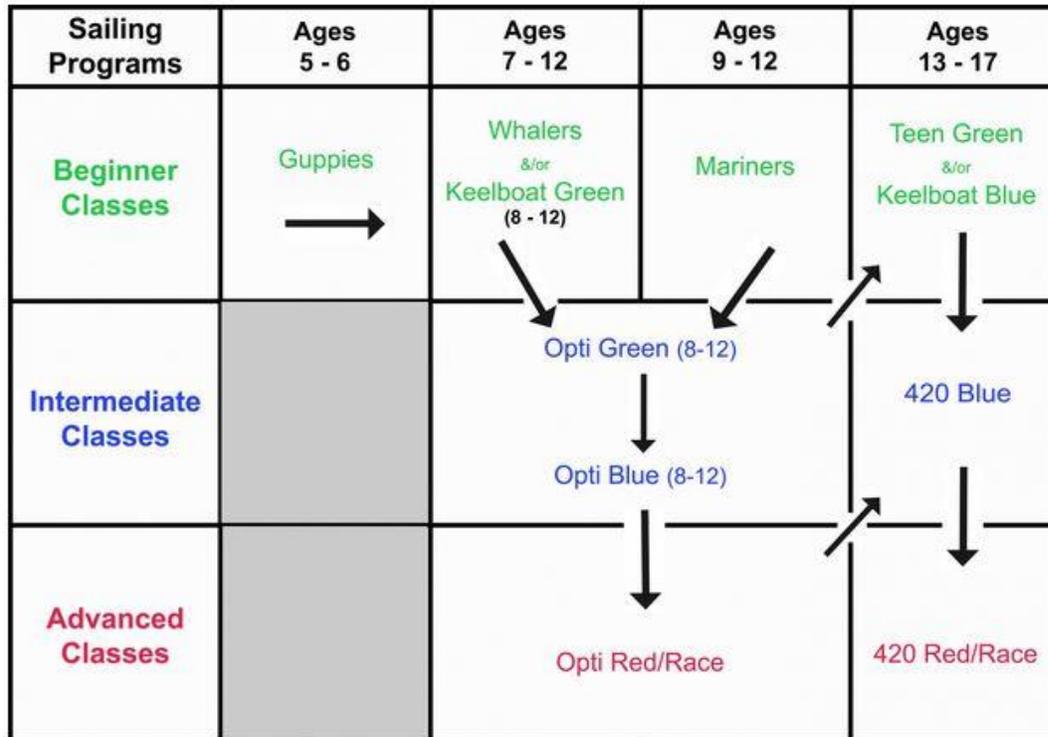
- **Keeping in touch:** We probably won't need to call you, but if we do, we must have your contact phone number. If you are difficult to reach, give us several numbers and label each number (work, home, cell, etc.).
- We must know if your child has any **learning disabilities**, or special needs. We can work with many conditions as long as we know in advance. Please call the Program Director to discuss confidentially any learning disabilities or special circumstances, no matter how slight.
- The most common of the few injuries we experience each summer are shell cuts due to inappropriate footwear. Your child **MUST** come to class wearing **closed-toe shoes** such as an old pair of gym sneakers (that can get wet!), aqua socks, Crocs or Keens. Flip-flops are not acceptable and black-soled sneakers (they mark up the boat) are not preferred. Students without proper footwear will not be allowed to sail.
- Sailing is one of the few sports where size, physical strength, and gender are equalized on the water. **Anyone can sail** and the skills learned can be enjoyed for a lifetime! Sailing challenges both the mind and body; it can be competitive or recreational, on big boats or small, and can be an individual experience or a social one!
- **To help your child get the most out of NCS's Youth Programs** we strongly suggest that you talk to your children about what they are doing in class. The opportunity to share newly learned skills is invaluable for several reasons:
 - *It reinforces the skills learned.
 - *It increases a child's confidence and self-esteem through support and encouragement.
 - *It provides an opportunity to find out how classes are going generally, so that if there are problems or issues, they can be addressed sooner, rather than later.
- **Don't push your child.** More often than not, a student will have to repeat the same level many times before advancing. The student may not be interested in competitive racing but may enjoy sailing recreationally. NCS offers both types of classes. Remember, sailing is about having fun!
- **Please respect the role of NCS instructors.** Once your child's class session begins, please don't interrupt programming. If you need to speak with your child, please approach the site manager first. If you choose to stay on the beach during programming, we ask that you please watch the class from a respectful distance and don't distract your child.
- Be sure to **attend the Admiral Sir Isaac Coffin Cup** (more on this event later) and/or other sailing events to show support and encourage interest in the sport.

Sailors' Daily Check list

- If the weather seems dark and stormy, call the Hotline, 508-228-6212, to see if we have class or if it has been relocated. Don't leave a message on this line!
- Have a good breakfast, after a good night's sleep.
- Bring lots of fluids (No glass containers!)
- Apply sun block BEFORE class- bring extra just in case.
- Wear appropriate clothes for the weather. We suggest bathing suits under shorts and T-shirts. WEAR CLOTHING THAT CAN GET WET!
- A windbreaker or other such jacket may be required on a cold or damp day.
- Proper footwear is required. Closed-toed shoes that can get wet are the best. No flip-flops!
- Bring a towel.
- Eyeglasses/sunglasses should be attached with "croakies" or similar string.
- Tie back long hair.
- Snug fitting hats with visors are encouraged.

*Opti and 420 Race Team members should visit the FAQ section of our website to learn more about gear specific for racing and traveling to regattas off-island.

Youth Sailing Progression Chart



The Sailing Progression Chart outlines the way in which NCS encourages youth sailors of all ages and all ability levels to participate in our programs. As a result, the "track" that each student takes as s/he advances through our programs, at unique ages and ability levels, will differ. A parent, who is registering a student and has a question about which program their student should be placed into (if a new student) or has been placed into (a returning student), should call the NCS office at [508-228-6600](tel:508-228-6600) to verify the best program/proper placement.

NCS instructors make a large effort to ensure they recommend students for the appropriate programs at the end of each season for the subsequent season. In addition, NCS instructors assess ability levels of students throughout the summer - approaching the Program Director, who will approach the family, if we think a change in placement should be made during the season.

After you have reviewed the below notes and the Junior Sailing Progression Chart above, we would be happy to answer any additional questions you may have. Our goal is to ensure that your student is placed in the most appropriate class for their age and skill level, so that they feel confident and safe on the water.

Some examples of "tracks" within our sailing programs are included here.

- Beginner students ages 5 and 6 may enroll in our Guppies program. The student will remain in our Guppies program until the age of 7, whereby s/he is welcome to enroll in our Whalers Program (beginner students ages 7-12.) A student may not participate in our Whalers program until the age of 7.
- Beginner students ages 7-12, have two options: They may start with community sailing at the age of 7, in our Whalers program in Polpis (ages 7-12), or they may enroll, if age 8, in our Keelboat Green program (ages 8-12). Students do not need to "stay" in keelboats or "stay" in dinghies - they may switch freely between the two groups, as long as they match their classes according to age and ability. If a student begins at the age of 7 in our Whalers program, s/he will likely spend 2-3 seasons in that program, before acquiring the skills so-necessary to move into our Opti Green program. Students in the Keelboat Green program may consider their next step the Opti Green program or, if age 13, the Keelboat Blue program. Students may not advance into Opti Green on their own accord (please call the NCS Office to see where your student has been placed), but instead will be placed in the class after prior seasons sailing with NCS and instructor assessment.
- Beginner students ages 10-12, have three options: Whalers, Mariners, or Keelboat Green. All three programs will feed into either Opti Green (if the student is 12 or under) or Teen Green or Keelboat Blue (if the student is 13.)

- Opti Green students should consider Opti Blue their next step - with Opti Red/Race the subsequent step after that. Although our Polpis programs are primarily for students ages 12 and under, Opti Red students (only) may sail with us through ages 13 - 15. Opti Green and Blue students who are 12 - and not yet ready for Opti Red - will be placed into either Teen Green or 420 Blue for their next summer with us (per their instructors' recommendation), since they will be 13 years of age. They are also welcome to place themselves into Keelboat Blue, if they would prefer to (or additionally) try "big boat" sailing. Opti Red students, who are ages 13-15 and too big for an Opti, will be placed into our 420 Blue program.
- Beginner students ages 13-17, have two options: Teen Green or Keelboat Blue. Again, students do not need to "stay" in keelboats or "stay" in dinghies - they may switch freely between the two groups, as long as they match their classes according to age and ability. Teen Green students should consider 420 Blue, and subsequently 420 Red/Race their next steps. Keelboat Blue students who want to spend time in dinghies, should be placed in Teen Green (no dinghy/tiller experience) or 420 Blue (intermediate dinghy/tiller experience) as their next step.
- While, Water Sports Beach Class and Windsurfing Clinic are not considered part of our traditional "sailing" program tracks. We welcome these students moving into our sailing/dinghy programs. They should follow the placement guidelines above - and on the chart - to find the most appropriate class.

Students who are new to NCS, but have a background in sailing from another organization, and would prefer not to be placed in a beginner class, should have their parent call the NCS Office to make a joint-determination with the Program Director as to which class might be best for them.

Behavioral Rules & Guidelines

Nantucket Community Sailing has developed the following behavioral rules and guidelines to help ensure a safe, rewarding, and cheerful learning environment. It is important that both you and your child review these rules and guidelines. Appropriate behavior is expected at all times.

- Students should be dropped off at Polpis Harbor, Jetties Beach or the boat ramp at Children's Beach no more than 15 minutes before the start of class. Student's **MUST check-in** with an instructor, to have their name marked on the roster.
- Students must be picked up promptly and **MUST check-out** - with a parent or guardian visible or by their side - with the instructor handling the roster prior to leaving the NCS site(s) for the day. The instructor handling the roster for the checkout period will mark that the student has been picked up. The Head Instructor will be responsible for reviewing the roster at the end of each instructional session to ensure that all students who were checked in were also checked out. Any discrepancies will be resolved by calling the parent. If a student is walking or biking home alone, or going home with another parent, the student's parent must submit **written permission** to the Site Manager or NCS Office, or must speak with the Site Manager at the beginning of the day or session (if applicable to every day) and a note will be made on the roster. Nantucket Community Sailing will not take responsibility for children who have been dropped off or picked up at a different location other than the designated locations.
- Students will show respect for their peers, instructors and other individuals.
- The word of the instructors is absolute, and students are expected to cooperate with the instructors at all times.
- All students must take a short swim check on the first day of class. PFDs will be worn. Students may NOT swim without an instructor's permission.
- USCG-approved Type-III Lifejackets (PFDs) will be worn at all times whenever a student is on the docks, in the water, or in a boat (these are provided by NCS, and if a student chooses to bring his/her own, it must be USCG-approved Type-III and fit properly.)
- Boundaries must be observed, both on the water and on shore, as established by the instructors (so we don't disturb our neighbors).
- No running on the docks and no climbing on the boat racks.
- Students will pick up their own trash and are expected to keep their belongings in a neat and orderly fashion.
- At the end of class, students are expected to leave the boats and equipment shipshape.
- Absolutely no roughhousing, bullying, fighting, hitting, profanity, or throwing of objects. No knives, drugs, alcohol or other harmful substances or weapons are allowed at any NCS sites.
- NCS cannot be responsible for lost or stolen personal items. Students are asked to leave items of value at home.

- Students may not bring a friend to class.

Consequences for failure to observe the above rules and guidelines vary according to the nature of the infraction, but will follow the NCS Discipline Policy.

Discipline Policy

The Nantucket Community Sailing discipline policy maintains that each sailor will have three chances to rectify any non-rule-following behavior as follows. Nantucket Community Sailing reserves the right to reexamine students' participation in programs, because of behavior, at any time.

1. First "strike": the Head Instructor will speak with the sailor about his/her behavior and ask that he/she correct his/her behavior moving forward.
2. Second "strike": the Head Instructor will call the student's parent and the transgression will be reported to the Site Manager and Program Director. The Program Director will report the incident to the NCS Main office ([508-228-6600](tel:508-228-6600)), and it will be recorded in the student's file on Thriva.
3. Third "strike": the student will be suspended from the remainder of the NCS program; The Program Director will contact the students' parents who will be required to immediately pick the student up from class. The student may participate in future NCS programs, under a probationary measure. There will be no refund for lost program days. The Program Director will notify the NCS Main Office ([508-228-6600](tel:508-228-6600)) and the incident(s) will be recorded in the student's file within the program database.

Continued abuse of the rules in subsequent programs: the student will be completely expelled from NCS Programs for the remainder of the summer and may not participate or register for NCS Programs or events until the following season.

OPTI and 420 Race Teams

Nantucket Community Sailing offers two different racing classes for sailors: the Opti Race Team and the 420 Race Team. Students of these classes are considered members of the Opti and 420 Race teams and they are both encouraged and expected to travel to local regattas with the team.

In 2014, the Opti Race Teams at Nantucket Community Sailing, Nantucket Yacht Club and Great Harbor Yacht Club merged, to become a single collaborative program that practices and travels together. Students still register for the program through the NCS website.

Local regattas for the Opti Race Team may include on-island events such as Nantucket Race Week in August; and off-island events such as the Stage Harbor Opti Regatta, Bass River Opti Regatta, Wianno Opti Regatta, Hyannisport Opti Invitational, among others. Opti regattas tend to be single-day, mid-week events. The 420 Team likewise participates in the Jobson Cup, and Nantucket Race Week, as well as Marblehead Race Week, Hyannis Regatta, Falmouth Regatta, Duxbury Bay Maritime School and the CJ Buckley Team Race, as well as US Sailing ladder events like the Cumming Cup. 420 regattas tend to be multi-day, weekend events.

Sailors may participate on the Opti Race Team through the age of 15, and on the 420 Race Team through the age of 19.

At the beginning of every summer, the NCS Program Director works with the NCS coaches to determine the best events for each team to attend. This list is often fine-tuned once the coaches begin practicing with the teams and can evaluate individual team member's skill sets. It is the intention of the Program Director and NCS coaches that travel off-island will be a positive experience, even though it is one that often presents new challenges for the sailor. The Opti Race Coach and the 420 Race Coach will work with sailors to determine which event is best suited for each individual sailor. As a parent, we ask that you please trust the coach's recommendation for travel to an event. Off-island regattas provide an incredible opportunity to gain skill, experience, to represent NCS and have fun!

NCS coaches communicate directly with team members (420 team) and with their parents (Opti team). As a 420 parent, if you would like to receive this communication directly, please just ask the 420 coach to be added to the team list. At the beginning of the sailing season, each coach will email out a list of proposed regattas. Parents and team members are asked to respond with the list of events they would like to attend. *It is the responsibility of the sailor/parent to register online (including payment) for each event, prior to the regatta deadline. The coach will communicate web addresses and deadlines.

Details (travel itineraries, etc) are emailed out to the attendees a week before each event. It is NCS policy that NCS teams leave the island prior to 3pm on the day before a regatta so that they will not be traveling in the dark.

The NCS coach (1 for the 420 team; 2 for the Opti team when more than 3 students are traveling) accompanies the teams to all off-island regattas. S/he will meet the team at the ferry on the day of departure, and chaperone them off-island. Generally, a team leaves on a 3pm Steamship Authority ferry, walks to the NCS 12-passenger van in the SSA lot in Hyannis, loads up, hooks up the trailer and drives directly to the regatta venue. The trailer (3 boat 420 trailer or 6 boat Opti trailer) is dropped off at the host club's parking lot and the team continues on to a group dinner at a restaurant and then on to their housing for the evening.

The NCS Housing Guidelines are as follows: In an effort to keep costs down for our off-island race team members, NCS relies heavily on the generosity of friends and family off-island to host our race teams and coaches. NCS has three stipulations for host families before accepting housing:

- Male and female team-members will be housed in separate rooms
- The NCS team members will not share a room with host family members unless they are of the same age (within 2 years) of the NCS team members
- The NCS coach will be housed at the same location (ie not at a different house in the same town.)

All host family information (house address and phone number) is recorded at the NCS Office with the Program Director before the team travels off-island.

Sometimes NCS is unable to find a host family that can meet these requirements and instead will book a group of hotel rooms at a hotel nearby. In these circumstances, sailors will be housed two/room, and a parent chaperon will be asked to attend the event.

If at any time a parent feels uncomfortable with off-island travel, s/he is welcome to travel off-island with the team, and book a hotel room with their individual sailor.

Our #1 priority off-island is the safety of our students. Our coaches are well-versed in the safety requirements of off-island travel, NCS policies, and equipped with a first aid kit, travel binder with medical information for each student and parent contact phone numbers, cell phone, and handheld radio.

Communication for travel to regattas between the Program Director, coaches, students and parents is paramount, please do not hesitate to ask questions or voice concerns. If you cannot get ahold of the NCS coach (who provides his/her phone number to the team and parents at the beginning of each season), you may call the NCS Office at 508-228-6600 or NCS Program Director at 603-781-3082 (please call the Program Director with emergencies only). The NCS Office and Program Director maintain an up-to-date list of all team members off-island, at all times.

After waking up on regatta day, the team generally heads straight to the host club/venue. Breakfast is provided (in almost all cases, if not, the team stops for breakfast on the way),

and after eating and picking up registration materials, the team sets to work unloading the trailer and rigging their boats. Team members are expected to rig their own boats, as the coach readies and launches the off-island coach boat (a 17' Zodiac inflatable).

When the harbor start sounds, team members launch their boats and head out onto the water for the day. Usually several races are sailed, lunch is provided on the water, and the day is completed with several more races sailed in the afternoon. If it is a two-day event, the team will stow their boats on shore for the evening, head out for a team dinner and back to their housing. If it is a one-day event, the team will attend awards, load up the trailer and head back to Hyannis to drop the van and trailer and walk down to the ferry. Sometimes, if the team members are lucky (and behaving!) and there is enough time, an ice cream stop is mandatory!

NCS issues a "Regatta Fee." per event, to students who travel with us to compete off island. This fee is not intended to be a financial burden to families and is instead intended to ease the logistics and realities of off-island travel for our coaches, staff, students and families. The fee is intended to cover both costs that families have incurred in the past, as well as a one additional cost that will assist NCS in off-setting the expense of keeping a vehicle and equipment off-island, and paying coaches to travel on weekends. The Regatta Fee will differ in amount, depending on the event (length of the event, number of meals, housing costs if any) and be billed to participants' families following each event.

NCS coaches will travel with a credit card. The coach/NCS will pay up-front for all ferry tickets, group meals, and any hotel fees. The Regatta Fee that is then billed to a family, following an event, will include approximately: (Pending for 2016)

- \$5 for each breakfast a student buys (rarely purchased; provided at most events or by host family)
- \$10 for each lunch (rarely purchased, provided at every event)
- \$15 for dinner (almost always purchased)
- \$x for RT ferry tickets (Group rates- usually \$12-\$15)
- \$x for housing (NCS will continue to make every effort to find host families off-island, we rarely book hotels)
- \$10 for additional coaching and gas to and from the event

If a student chooses to purchase anything off-island beyond this amount (additional food items, snacks, etc) it is up to the student to pay for him or herself. It will still be important for students to carry cash- \$20- for unforeseen expenses (ie. ice cream, candy, soda.)

It is expected that a typical regatta fee will run in the range of \$45 for an event where housing is provided (\$12 in ferry tickets, \$24 for two dinners, \$10 for coaching, gas, equipment.) The only new expense for families should be the \$10 coaching/gas fee.

Off-island Gear

As students progress through our classes and on to our Opti and 420 racing teams (Opti Red or 420 Red class), they often choose to acquire sailing gear designed specifically for longer days on the water and racing. Below is a list of recommended gear for students sailing more competitively:

- **Life jacket** - NCS provides life jackets/PFDs for all students, but racers tend to like a more sleek-fitting PFD. Check out Annapolis Performance Sailing's website to find a jacket that your sailor likes. Many styles are available, but the PFD must be US Coast Guard Type III approved.
- **Whistle** - All sailors - especially those sailing more independently at regattas - should have a whistle attached to their life jacket for safety. Annapolis Performance Sailing sells whistles on their website, but they can also be found at West Marine or Olympia Sports.
- **Sailing gloves** - Sailors who are spending longer days on the water, and in windier conditions, often need sailing gloves to prevent blisters. West Marine and Annapolis Performance Sailing have great options on their website. Companies like West Marine, Gill and Harken make great Junior Gloves with 3/4 fingers.
- **Spray Top** - Sailing in windier conditions can mean getting hit with a lot of spray. Spray tops are great for keeping sailors warm and dry. Gill and Henry Lloyd make great junior dinghy/spray tops/smocks. These can be found on the West Marine or Annapolis Performance Sailing websites- generally under "Foul Weather Gear" or "Apparel." The top should be a pullover, allowing for a seal at the neck.
- **Wicking/Synthetic/Non-cotton Apparel** - Sailors who are on the water all day should not be wearing cotton! Any long-sleeve- for sun protection- wicking top is great, especially under a spray top; it dries quickly and doesn't chafe when wet. These "technical shirts" or "rash guards" can be found on the Annapolis Performance Sailing website, but Under Armor shirts- often found at an Olympia Sports- can be great too.
- **Sunglasses** - Sailing on the water all day can damage eyes. All sailors- especially those competing in regattas- should wear eye protection. Sunglasses should always be polarized to reduce glare.
- **Footwear** - Some sailors prefer to wear a more technical shoe as they become more competitive in the boat. Sailing shoes should always have a closed toe, dry quickly, and stay put. At the more advanced level, old sneakers and Crocs fail to meet these latter two requirements. Keens are great, and particularly for sailors in the 420, dinghy boots are great. Gill, Zhik and Ronstan make boots, all of which can be found on the Annapolis Performance Sailing website.
- **Spray Pants** - 420 sailors, especially those sailing in the shoulder seasons, tend to wear spray pants along with their spray tops on colder days. These aren't really necessary for most of the summer sailing done on and around Nantucket, although more advanced 420 sailors may choose to buy a pair, for colder/rainy days on the water.

Sailors should regularly travel off-island with:

- Life jacket *If a student needs to borrow and bring an NCS PFD, they should take it from at practice the day before and return it after the event.
- Sailing shoes
- Sailing clothes/bathing suit
- Spray Top/Rain jacket
- Sailing gloves
- Fleece/layers
- Dry change of clothes
- Hat
- Sunglasses/Croakies
- Sunblock
- Water bottle
- Snacks/Lunch (Check to see if event provides lunch)
- Money for ice cream stop or other expenses
- PJs, toiletries
- Change of clothes

On-Water Safety*

NCS coaches will make recommendations for each sailor as to the suitability of the venue, present conditions and weather forecast. However, ultimately, the decision to sail at a regatta rests with the sailor. Each sailor should have an understanding of their skills and capabilities as well as the conditions in assessing whether it is appropriate to sail.

Host clubs will be responsible for providing adequate safety measures such as patrol boats operated by competent personnel, and the NCS race coach will be on the water in a safety boat as well, monitoring the students at all times. NCS assumes no responsibility for safety measures, or lack thereof, of other yacht clubs.

Decision to Race

"The responsibility for a boat's decision to participate in a race or to continue racing is hers alone." (Racing Rules of Sailing 2009-2012; Part 1 Fundamentals, 4.0) Each sailor (or a parent/legal guardian in the case of a minor) is ultimately responsible for his or her decision to compete.

Helping Those in Danger

"A boat or competitor shall give all possible help to any person or vessel in danger." (Racing Rules of Sailing 2009-2012; Part 1 Fundamentals, 1.1) NCS coaches must render assistance to any person(s) in danger regardless of who those in danger are. Sailors should expect situations could change suddenly especially when weather conditions deteriorate quickly which can overwhelm the best safety planning.

*These sections were borrowed from Wianno YC Student Handbook, and tailored to NCS.

****Please remember that the NCS Behavior Guidelines (p. 12) and Discipline Policy (p. 13) are in effect at all times when students are traveling off-island.** Sailors are not allowed to use, possess, sell, transfer, or transport alcohol, drugs, or tobacco, including prescription drugs and legal substances used inappropriately, or any paraphernalia relating to alcohol, drugs or tobacco. The NCS Substance Policy is one of Zero Tolerance. Any involvement in alcohol, drugs or tobacco will result in notification of the student's parents and immediate dismissal from the trip (the student will be sent home). It will also be grounds for suspension or expulsion from the team under the discretion of the Program Director and Chief Executive.

Answers to Commonly Asked Questions

What happens if it is raining?

Classes are held in all kinds of weather. Except for the threat of thunder, severe storms or hurricane, we will hold class and sail. Dress appropriately and bring a change of dry clothes for after class. If you have opted for the text messaging notification option, you will receive a text message if the class is cancelled. If you did not opt to receive text messages, please call our ***STUDENT HOTLINE 508.228.6212*** 30 mins before class for the status of class and any changes or special instructions. The Student Hotline is for outgoing messages only and therefore incoming messages will not be received. Do not leave messages on the Student Hotline. If you need to speak to an NCS representative, please call the Main Office 508.228.6600.

What do we do if we are going to be late?

Please call the Main Office at 508.228.6600 and let us know your child will be late getting dropped off or being picked up, so the instructor can be informed.

What if my child is sick?

Please call the Main Office at 508.228.6600 and let them know your child will be out for the day so they can inform the instructor.

What if someone else is dropping my child off for class?

Parents are requested to inform the Site Manager if their child will be arriving and/or departing other than by car, or if someone other than the parent or guardian will be collecting a student from class. Students walking or biking home alone from class (checking themselves out) must have a note from their parent. The note may be given to the Site Manager or Head Instructor on the first day of a session.

What if my child is reluctant to attend class?

A student's unwillingness to come to sailing can be caused by any number of things: fear, an incident with a fellow classmate, or simply being tired. NCS instructors are well versed in the art of motivating reluctant students. If you can get them to class, in all but exceptionally rare cases, we can get them out sailing and enjoying it too.

If I have a concern or issue to whom should I talk to?

Serious concerns should be brought to the attention of the Program Director. Otherwise, the Head Instructor should usually be your first stop for resolving most issues. S/He is the hands on day-to-day program facilitator and will usually have the answer, as well as being empowered to make decisions and correct problems. The best time to talk to the Head Instructor (and your child's individual instructor) is at the end of class. If this is not convenient, you may speak with the Site Manager, or please call and leave a message at the Main Office asking the Head Instructor to follow up with you. We strongly encourage parents with grievances that are non-emergencies to wait 24 hours before contacting an

instructor or manager and reconsider the issue the next day. Many times, this makes communication about the issue easier for both parties involved.

How are learning disabilities and special medications handled?

Should your child have any learning disability or medication that might not be indicated on their application, or that needs further clarification, please speak with the Program Director. This will enable us to help your child have a positive and rewarding experience at Nantucket Community Sailing.

What if my child gets hurt?

Any time an instructor is required to administer first aid for a cut, bruise, or banged head, they will complete an injury report and notify the main office. In the event of an injury or emergency NCS will notify the parent.

How can I volunteer?

Call our Main Office at 508.228.6600 or email ncs@nantucket.net. As a non-profit organization we rely heavily on volunteer participation. We are in need of and welcome help for special events (such as the Coffin Cup!), periodic mass mailings, boat repair and maintenance as well as other projects.

Aren't Hunter/Pram sailboats for beginners and Opti sailboats for intermediate/advanced?

Prams/Whalers/ & Opti boats will be used for both Beginners and Intermediate students. These boats are used at our Polpis site. Most students worldwide sail in Optimists until age 15. Primarily, the Whalers will be designated for three or four beginner students and one instructor per boat. The Optimists will generally be used for Intermediate & Advanced levels (ages 8-12). Prams will be used in our Guppies Class (ages 5-6) as well as our Mariners class (ages 9-12). Novice students ages 13-17 will sail in RS Visions at our Jetties Beach site. Intermediate and Advanced students ages 13-17 will sail in 420's at our Jetties Beach Site.

What if my student is arriving by launch or bicycle?

Parents are requested to inform the Site Manager in writing if their child will be arriving and/or departing other than by car, or if someone other than the parent/guardian will be picking up a student.

I feel like my student is ready for the next level, what should I do?

Our instructors regularly, but informally, evaluate the skill sets of our students and promote them to the next level when they are ready. We are always looking to help our students progress. If a student is ready for the next level, and that class meets at the same time as the one they are currently in, the move is easy. We will speak with the student, ask them if they feel comfortable trying the next level, and if so, have them start with the next class that day. The student will either remain in that upper level class if they are comfortable and succeeding, or they may opt to finish their session in the class

they originally started with. We try very hard to encourage our students, but not push them.

If your student is moved up a level, mid-session, this will be noted in their file as their placement for the next season. If we feel a student is ready to move up to a class that is held at a different time (ie a move from Opti Green/Beginner in the morning to Opti Blue/Intermediate) in the afternoons, the instructor will first speak with the Program Director, who will check with the NCS Office to see if there is space in the class. If so, the NCS Office will call the parent to see if a mid-session move to a class at a different time is feasible. If not, or if there is no room in the class, the student will be marked to move-up to that next level for the following summer.

Every student is given a placement for the next summer with us at the end of their session. If you feel like your student is ready for the next level, you should have him or her inquire with their Head Instructor. S/He will be able to let the student - or you - know what other skills may be necessary for the move.

How do you evaluate students' abilities?

Each of our classes has a curriculum that the instructors follow. These curriculums contain detailed skill sets that our instructors both teach to, as well as look to, when evaluating a student for a promotion. We also consider the student's attitude, behavior, maturity, size and age, in addition to their sailing abilities.

What is Nantucket Race Week and how can we be involved?

Nantucket Race Week is Nantucket Community Sailing's biggest fundraiser. It is co-hosted by Great Harbor Yacht Club and Nantucket Yacht Club each summer. The first thing to do is to check out the Nantucket Race Week website: www.nantucketraceweek.org. There you will find a schedule of events and much more information. Nantucket Race Week is a great opportunity for our young sailors to see some sailing action! Some of our Opti and 420 students are invited to participate in the Youth Regatta on Monday and Tuesday in Polpis Harbor. On Wednesday morning of Race Week we host a recreational sail on big boats for our youth students. An email will be sent to all program registrants in August and registration is on a first-come, first-serve basis. Even if your student doesn't participate in Race Week events on the water, you should take them down to Straight Wharf at some point during the week (the second half) to admire many of the beautiful, big sailboats in the Boat Basin. And you should definitely take them to Brandt Point on the final Sunday morning to catch the Rainbow Parade leading the competitors for the Opera House Cup out to their race course: this is an event not to be missed! If you - and your student - are interested in volunteering or housing competitors, please let us know! Send us an email at info@nantucketraceweek.org

I'd like to check out my student's class: Am I allowed to watch?

We always encourage parents to support their students, but we ask that it is from a distance. Parents are welcome to sit on the beach at Polpis or Jetties to watch class, but

they may not interrupt a class or sit near or stand over a class that is having a shore lesson. If you have a concern, please wait until class is over to speak to the Head Instructor.

I want to learn to sail! Do you have any programs for adults?

We do! If you're female, we recommend our Adult (18+) Women's Clinic on Tuesday evening. This is a class for beginners held at our Jetties Sailing Center and it's lots of fun! Or, if you're male - or a couple - and want to learn how to sail, you can call our Jetties Sailing Center (508-228-5358) to sign up for a private lesson. These are great ways to get involved and if you enjoy it, you might consider a Family Membership to our Jetties Sailing Center in the future.

My child is nearing the age of moving from Polpis to Jetties, but is nervous about this move - what should I do?

Our Jetties Sailing Center also hosts our rental site, so we are open there on weekends. Bring your sailor down on Saturday or Sunday to scope it out - we will happily point out the boats s/he would be sailing and give your student a little tour. Jetties is a really fun place to learn to sail as well!

You used to give out towels: where can I get NCS gear?

We have lots of great NCS gear available for sale in our NCS Main Office in the Coffin School at 4 Winter St. or through our website at www.nantucketcommunitysailing.org. Feel free to stop on by to see our newest items of the season!

Sailing, after NCS... What comes next?

For NCS sailors who have aged out of our programs or no longer have the time to commit to a full program during the summer, there are still many ways to get out on the water. Below you will find just a few examples on how to stay involved in the sport of sailing, after sailing in an NCS program.

- **Crew on a big boat**

Boat owners are always looking for crew for weekend race series. Whether you're a beginner or more advanced, as long as you're interested in gaining some experience crewing, you'll be a welcomed addition on any boat. To find crewing opportunities, check out the crew finder website at [Nantucket Yacht Club](#) throughout the summer. You may also visit the [Nantucket Race Week crew finder](#) page and list your experience and desire to get out on the water during one of the summer's most exciting weeks on the water! This is a really fun way to stay involved in sailing.

- **Sail in college**

Many College Sailing teams rely heavily on beginner sailors; even with minimal experience, you will be an asset. And if you are a more experienced/advanced sailor, most colleges would love to have you on their team! Email the captain or coach of the team at your school to get involved. The level of commitment and participation varies at every school, so check it out and see if it fits your needs!

- **Become an NCS instructor**

Give back! Every year, NCS hires 45 seasonal instructors, many of whom have learned to sail within our NCS programs. You must be 14+ years to apply to be an instructor, and you must take the US Sailing Small Boat Instructor Level 1 certification course, First Aid and CPR courses. Positions for new employees range from Whalers instructor, Water Sports Beach Class instructor, to Jetties Sailing Center employee. Click here to view the NCS Employment page and application.

- **Get a JSC Membership**

A great way to have regular access to the water is through our Jetties Sailing Center. Student, Adult and Family membership pricing can be found on our Jetties Sailing Center Membership page. If you're looking for a refresher, you can take sailing lessons at a discounted rate, and once you pass an open sailing checkout, you can take one of our sailboats out on your own! This is a great way to stay involved with the sport in a more casual manner.

- **Buy a boat**

Used boats are always for sale on-island and off. Keep your eyes peeled for classified ads - a Sunfish is an example of an affordable, accessible boat to keep on your beach. In fact, NCS occasionally has a boat or two for sale and advertises it on the Boat Sales/Leases page of our website or you might find one for sail through the local classified ads. If you're looking to buy new, consider contacting a dealer like Sturgis Boat Works in Yarmouth, MA.

Suggested Reading List For Young Sailors

Ages 4-7 years:

Alphaboat - Michael Chesworth: A creative and nautical alphabet for the young.

Little Tim and the Brave Sea Captain - Edward Ardizzone: First published in 1936, loved by generations of children looking for a spirited tale of adventure.

Dory Story - Jerry Pallotta: A young boy's adventure on an exciting dory ride.

Sailing Home - Gloria Rand: A story of a childhood at sea.

Ages 7-10 years:

Schooner Pat - Lowery Collins: A chronicle of the generations-old art of shipbuilding and the extraordinary construction of a modern-day schooner.

A Sailor Returns - Theodore Taylor: A touching novel about the endurance and power of family ties.

Ages 10-13 years:

Swallows and Amazons - Arthur Ransome: A story of adventure & imagination about the catboat "Swallow". Part of a wonderful series of stories.

Carry on, Mr. Bowditch - JeanLee Latham: The romance of old Salem, sailing ships, and the adventures and legends of the sea.

Ages 13-17 years:

First You Have to Row a Little Boat - Richard Bode: A wonderful story combining the sea, memories, and life's lessons.

Revenge of the Whale - Nathaniel Philbrick: Written by Nantucket's maritime expert, this adapted account for young readers, is the true story of the Whaleship Essex.

Black Hands, White Sails - Patricia & Frederick McKissac: The true story of the African American Whalers.

Freedom Beyond the Sea - Waldtraut Lewin: A gripping sea tale combining mystery and adventure from an historical perspective. **(all ages)**

The Craft of Sail - Jan Atkins: A basic primer of sailing for young and old.

Origami Sailboats - Lew Rozelle: A really fun book for kids of all ages.

Ships and Sailing - Eyewitness Visual Dictionaries: A beautifully detailed pictorial/dictionary for all who love the sea.

ADMIRAL SIR ISAAC COFFIN CUP
July 22, 2016



The "Coffin Cup" is a mini regatta for our Polpis youth program participants and is held in Polpis Harbor. Races are held all morning long, in lieu of our regular classes, with an emphasis on sportsmanship and fun.

Check-in begins at 8:30am (weather permitting). Parents, guardians, siblings and friends are encouraged to come down and observe the students sailing and demonstrating the sailing skills they have learned. We will have some spectator boats available on a first come, first serve basis to enable you to get close to the action. **Between 11:30am and 12pm**, trophies and awards are given out. NCS provides drinks and treats for the sailors to enjoy. We hold the "Coffin Cup" in memory of Admiral Sir Isaac Coffin who founded the very first teaching/training vessel, Clio, for nautical studies in the United States. It is our hope that Community Sailing's programs continue the maritime traditions that "the Admiral" helped to start.

Registration for the Coffin Cup will open on the second Friday in July 2016.
Please call the office at 508-228-6600 to register. There will be a limit of 60 participants.

Admiral Sir
Isaac Coffin
1759-1839

This event is co-sponsored by the Egan Maritime Institute.