

WELCOME SAILORS!

DEAR FUTURE CAMPERS AND PARENTS,

TO OUR CAMPERS:

We can't wait to meet you and show you how fun sailing is! We have been working hard throughout the winter to come up with new and exciting activities for this summer. For those who are a little nervous about coming to sailing camp, don't be! We are here to make sailing camp the most memorable thing you'll do all summer! Let's go sailing!

TO OUR PARENTS:

Our trained and licensed sailing instructors understand the concerns you may have as a parent allowing your child to explore new and exciting experiences. We ensure that every safety precaution has been taken. If you have any questions and/or comments, please contact the Sailing Center:

Phone: 757-444-2918

Email: mwrsailingcenter@gmail.com

Sincerely,
The Sailing Center Staff

SPECIAL EVENTS!

**INAUGURAL 2018 JUNIOR SAILING
FAMILY DAY & REGATTA!
SATURDAY, AUGUST 25**

Naval Station Norfolk Sailing Center & Marina is excited to announce their inaugural Family Day & Regatta! Bring the entire family along to experience a day of water related activities and racing. Cookout lunch provided!



NSN18-11-110-JW

NAVAL STATION NORFOLK
SAILING CENTER & MARINA

Junior Sailing Camp

2018 Student Guide



MWR
NAVAL STATION
NORFOLK

Building LAG-88
9672 Massey Hughes Dr.
Norfolk, Virginia 23511
757-444-2918

Camp Objective

The NSN Sailing Center's Junior Sailing Program will strive to:

- Give students an appreciation of the sport and enjoyment of sailing as both a competitive and recreational activity.
- Instill competence in the handling and care of sailboats with an understanding of the basic elements of seamanship and safety.
- Develop an appreciation and philosophy for self-reliance, dependability, courtesy, sportsmanship, respect and teamwork.

Our Staff

There is adequate instructor staffing to assure an optimum student/teacher ratio to promote a good learning atmosphere and to provide individual attention. Daily supervision of the camp will be provided by a certified U.S. Sailing Level 1 Instructor.

Our Facility & Requirements

The NSN Sailing Center and Marina is located at the mouth of Willoughby Bay. The waters around the facility are overseen by our Dock Master and attendants as well as the Naval Station Police Force, providing a safe setting for junior sail instruction.

We provide a variety of boats for our junior sailors. The 8 to 12 age group will have the option of sailing in club optimists or 420s while learning how to skipper and crew. The 12 to 16 age group will be able to sail the 420s and Hobie Waves.

Each child is provided with a U.S. Coast Guard approved Type III life preserver. However, campers may also choose to bring their own U.S. Coast Guard approved Type III life preserver.

Each participant must pass a swim test. The test is comprised of swimming from our dinghy dock to a buoy 50 feet away and treading water for approximately two minutes. The instructor will then throw out a life preserver in which the student must be able to put on while in the water.



Daily Routine

Upon arrival to the Sailing Center, junior sailors should sign in on the attendance log and sit in the classroom until the instructor is ready to give directions for the day.

The camp will begin promptly at the scheduled time, 9:30 a.m. Please arrive no earlier than 15 minutes before your scheduled class time for the building will not be staffed.

Each morning, the instructors will cover the plan and objectives for the day. The instructor will close each day with a brief review and discussion of the day's events. Junior sailors shall not leave until all the equipment has been washed and stored. Junior sailors must wait for instructors to dismiss them. When leaving for the day, junior sailors are expected to sign out. We will make every attempt to make sure that the junior sailor is ready for pick up at the designated time. Please ensure your child is picked up within 15 minutes of their scheduled class ending time.

Attendance

Please note the following:

- If a junior sailor is not going to attend class, please call prior to the start of the day's class to inform the instructor. Boat assignments depend on who is present and the instructors need to know a firm attendance count when roll is taken.
- There is no make up instruction if a junior sailor is tardy or absent.
- Junior sailors shall not leave the sailing center grounds during camp sessions without proper authorization.



Equipment Recommendations

Clothing: Closed-toe shoes are required at ALL times! Junior sailors should dress in comfortable clothes that can get wet. Bathing suits are a must as sailors will get wet on the boat, while swimming and all water activities throughout the day. A towel and a change of clothes is usually necessary at the end of camp session. Your junior sailor may also choose to wear sailing gloves for comfort. Hats and sunglasses are also recommended for sun protection.

Water Bottles: As a Virginia Clean Marina, we recommend re-sealable athletic type water bottles found at most sporting good stores. Junior sailors will be encouraged to drink plenty of water on hot days. Water refills and ice are on site.

Sunscreen: Sunscreen is a MUST! We try our best to make sure each sailor re-applies sunscreen throughout the day, before and after water events. Please send your junior sailor with sunscreen each day.

Lunches: Sailors should bring their lunch each day. There is a refrigerator and microwave available for use on site. Students will be allotted 45 minutes for lunch on most days.

Pointers for Parents

Parents and guardians are an important part of successful Junior Sail Camp. Parents should be involved and supportive of their children as they pursue the sport of sailing. In addition to signing your sailor up for our Junior Sail Camp we ask you to also:

- Encourage your sailor to play by the rules.
- Familiarize yourself with the materials required for your sailor's participation in the NSN Sailing Center programs.
- Review lessons with your sailor at night by showing interest in what they have learned and achieved.
- Applaud a good effort in victory and in defeat and enforce positive attitudes of the sport.
- Due to the large size of the program, it is imperative that your sailor is on site ONLY during their scheduled class times.
- Picture taking opportunities will typically be on Friday afternoons.