



Our goal is to have your child sailing confidently on the water around Northbridge by the end of January 2010.

All the courses are likely to be over subscribed and places will generally be allocated to older children first and to those who indicate they will be available for all three components of the programme.

The club regrets the fact the physical limitations of its location mean this is inevitable. If you are particularly keen to ensure your child is able to take part in this year's courses please apply early.

The steps:

1. Learn to Sail Course (30 places): 5 Sunday mornings commencing **18 October 2009**
2. New Sailor Coaching: 5 Sunday Mornings commencing **22 November 2009**
3. The Live-In Camp: 5 days living at the club commencing **11 January 2010**

Things you need to understand first:

Sailing is a time consuming activity. It does not all happen in half an hour. It is not like netball or football. Like golf you need to allow half a day.

Time spent sailing may mean your child does less of other things. For a start they will probably not play golf. They may also spend less time in front of computers/game consoles/ TVs

Sooner, rather than later, you will need to purchase a boat. As with golf, equipment can cost any amount of money. (See - Buying a Boat – page 3)

All instructors and other staff are volunteers.

Parental involvement is welcome.

Learn to Sail Course

For 5 Sunday mornings a group of our instructors will introduce 30 children between the ages of about 8 and 15 to the joys of getting blown about and wet.

The course includes exposure to a number of sailing related skills both on the water and in theory lessons.

Your child will be in a small group situation with an experienced teenager who will have them all steering the boat, trimming the sails, capsizing, man overboard, tying knots etc.

Most children will forget most of the things they learn during this time but many of them will think it is a fun thing to do.

About Now you need to think about buying a boat. (See - Buying a Boat – page 3)



New Sailor Coaching

For 5 Sunday mornings a different group of instructors will mentor about 24 children on basic independent boat rigging, sailing and racing.

Coaching will be in 12 NJ's and Optimists with participants using club boats alternating between the two types of boat.

During this course you and your child will be assigned a coach who will be responsible for making sure the sailor (and his/her parents) develops confidence in rigging the boat and getting onto the water perchance to participate in racing.

In a volunteer club like Northbridge the coach is also useful to introduce you to other members and officials so you know who is who on the deck.

Additional places may be available if there are children who have acquired their own boats in time for this course. (See - Buying a Boat – page 3)

The Live-In

This 5 day camp is an institution. The cheerful, friendly, independent and even occasionally charming teenagers you will meet at the club are all here because of the Live-In.

Spending five days mucking about in boats is a great way for any kid to develop confidence using the equipment and getting a feel for the environment.

The Live-In cements sailing skills and friendships. All the little kids want to be instructors and the instructors are developing their own independence and leadership skills mentored by their more experienced colleagues.

Experienced "parent" club members will speak highly of the Live-In as a valued part of the growth of their, now adult, children.

The Live-In is supported by parents who provide the catering and boat lifting muscle.

Importantly; there is a parent roster and parents will be required to provide about 2, 3 hour shifts per child. It is not difficult and more information will be provided with entry forms and in an information evening.

The all day sailing activities are supervised by the (mostly) teenage instructors who work with small groups of kids defined by similar age/ability.

The kids sleep in the clubhouse under the supervision of parents. The instructors sleep below in the boat bays, supervised by the senior instructor.

The Live-In will be strictly limited to a maximum of 70 kids and 20+ instructors. You will need to book immediately the forms are available, at the conclusion of the Learn to Sail Program.



Buying a Boat.

Northbridge Sailing Club supports two introductory level boats the Northbridge Junior and the Optimist. Both boats are designed as single handers but both can be sailed by two small kids.

Kids will typically grow out of the NJ by their early teens. The Optimist class rules allow competition up to 15 years old.

Members are welcome to sail other boats but storage facilities are provided only for supported classes.

Northbridge Junior (NJ)

The NJ was designed in the 1960's by Frank Bethwaite, one of the club's founding members and a recognised name in international sailing circles.

Many Northbridge members have learned to sail on the NJ and the boat is a nice little boat for kids. As the fleet has been around NSC forever most of the boats have quite a history because they have been through multiple hands.

The disadvantage with the NJ is that it is not sailed outside Northbridge and kids need to move to other classes to get competitive regatta experience. This has also meant that members have tended not to invest much money in keeping individual boats in top racing condition.

The typical NJ is cheap to buy – say \$300 – \$500



Optimist (Opti)

The Opti is the most popular junior boat in the world. It is sailed in 110 countries but has only fairly recently taken off in Australia. In NSW it really only started in about 2007/08 and having adopted the boat in 2008/09, NSC may now have the largest fleet in NSW.

The Opti has the advantage of providing the full set of sailing opportunities from good club sailing through interclub, State and National regattas right through to World championships.

It is a completely standard boat. For those parents who think a toolbox is something on their computer screen it is a manageable maintenance task. Look up the web catalogue, buy the part.

It is also a very forgiving boat to sail. Kids who might be a bit tentative will quickly become confident because it doesn't capsize easily.

The boat's design would have been right up to date for great grandpa. It looks like a bath and sails about that fast.

Because the fleet is still new to Australia there are very few second hand boats available.

All boats at NSC were new in 2008 or 2009 and these cost about \$3,200 each. As the Australian fleet is expected to grow substantially, second hand Opti's will become more available.



Northbridge Sailing Club

Junior Introductory Program 2009/10



| Cost | | Junior | Junior x 2 | Family |
|-----------------------------|---|--------|------------|----------|
| Membership | Joining Fee | 35 | 70 | 90 |
| | Annual Subscription | 110 | 220 | 300 |
| Yachting Association | per Junior Sailor per Adult | 23 | 46 | 23 58 |
| Learn-to-Sail | Boat Hire per child | 50 | | |
| New Sailor Coaching | Boat Hire per child Fully refundable if a boat is purchased prior to the Live-In | 100 | | |
| Live-In | Camp Fees – first child | 315 | | |
| | Siblings - each | 240 | | |

Personal Gear

1. PFD2 (lifejacket suitable for dinghy sailing – not a bulky emergency jacket),
2. Shoes/booties to wear sailing,
3. Warm clothes to wear sailing (wetsuit with boardies over is good)
4. Hat to wear sailing (preferably tied to lifejacket)



\$60



\$90



\$40

Sailing Gear can be purchased at
Whitworths, 49 Alexander Street, Crows Nest (opposite the Council Carpark)

Northbridge Sailing Club

Junior Introductory Program 2009/10



LEARN TO SAIL ENROLMENT FORM - October 2009

Return to Gus Kernot training@nsc.asn.au or fax: 9420 9011

| Student Details | | |
|--|---------------|-------------------------------|
| Student Name: _____ | | |
| Gender: Male / Female | D.O.B.: _____ | Age at Start of Course: _____ |
| Relevant Medical Conditions: _____ | | |
| Financial Member of NSC and YA: Yes / Joining Today | | |

| Student Sailing Experience | | | |
|----------------------------|-------------|----------------------|-----------------------|
| Sailing Experience: _____ | | | |
| Swimming Ability: | None | Not Confident | Developing |
| | | | Confident 50M+ |

| Photography |
|---|
| Photographs will be taken during the training session and may be displayed by the club in promotional material, regular news bulletins and on the club's website. |

| Continuity | | | | | | |
|--|--|--|--|--|--|-------------------------------------|
| I understand there are limited places and priority will be given to candidates who will be available for all three portions of the program. | | | | | | |
| Subject to his/her own willingness to participate, my child is generally available for the following components: (Please tick to note general availability) | | | | | | |
| <table style="border: none;"> <tr> <td style="border: 1px solid black; width: 20px; height: 20px; display: inline-block; vertical-align: middle;"></td> <td style="padding-left: 10px;">Learn to Sail Program, October 18, 25, November 1, 8, 15</td> </tr> <tr> <td style="border: 1px solid black; width: 20px; height: 20px; display: inline-block; vertical-align: middle;"></td> <td style="padding-left: 10px;">New Sailor Coaching, November 22, 29, December 6, 13, 20</td> </tr> <tr> <td style="border: 1px solid black; width: 20px; height: 20px; display: inline-block; vertical-align: middle;"></td> <td style="padding-left: 10px;">Live-In Camp, January 11-15</td> </tr> </table> | | Learn to Sail Program , October 18, 25, November 1, 8, 15 | | New Sailor Coaching , November 22, 29, December 6, 13, 20 | | Live-In Camp , January 11-15 |
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| | Live-In Camp , January 11-15 | | | | | |

| Payment |
|---|
| Payment may be made in Cash or by Credit Card (If not paid with membership application) \$50 Visa/Mastercard |
| Card No. _____ Expiry __ / __ |

| Consent and Indemnity |
|--|
| I consent to _____ taking part in the Junior Training Course and hereby indemnify the Northbridge Sailing Club Ltd., its officers and members against any loss, damage, theft or injury to the student or the student's property, and any other person's property. |
| Signed (Parent/Guardian): _____ Date: _____ |
| Name Printed: _____ |