

NORTHBRIDGE SAILING CLUB LTD

ABN 78 000 469 947

BETHWAITE LANE, CLIVE PARK, NORTHBRIDGE

P.O. BOX 39 NORTHBRIDGE PO, N.S.W. 1560

Email: training@nsc.asn.au

www.nsc.asn.au

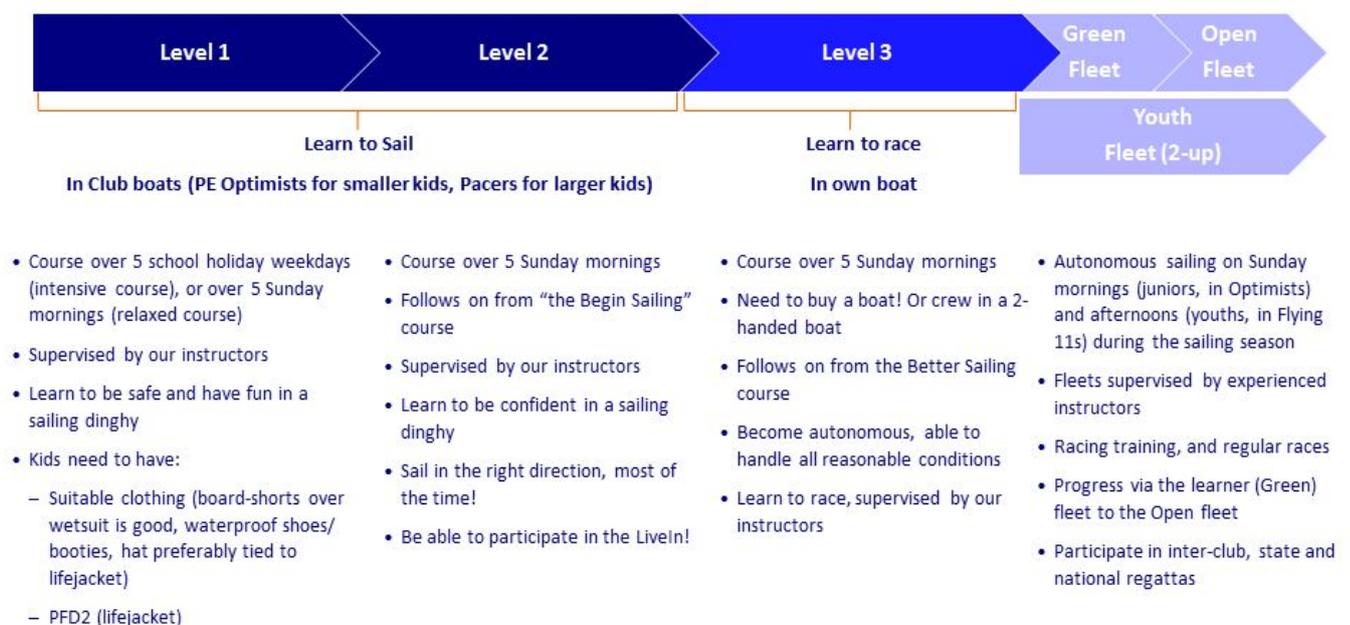
Learn to Sail

Our goal is to have your child sailing reasonably confidently on the water around Northbridge.

All 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.

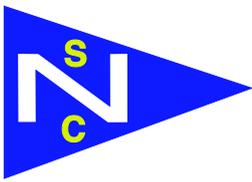
The club regrets the fact the physical limitations of its location mean this is inevitable. If you are particularly keen to ensure your child is able to take part in this year's courses please apply early.

The formal programme:



The 2016/17 Learn-to-Sail programme consists of three intakes, the first of 30 kids sailing in the club Optimist and Pacer dinghies, starting with an intensive all-week course during the **September school holidays**, the second of 24 kids over **5 Sundays** in the club Optimists and Pacers, **in November/December**, and the third an intensive 5-day course in the **April school holidays**, all taught by teenage/young adult instructors. Each intake has three consecutive courses, and leads into regular club sailing in our Green Fleet and Open Fleet supervised programs.

The Spring “**intensive**” intake commences their Level 1 course on **Monday 26th September** through Friday 30th September (9am to 5pm) and then progresses (after the October long weekend) to the Level 2 course held over 5 Sunday mornings from **9th October** through 6th November, with the Level 3 Junior Sailing course and Green Fleet the remaining Sunday mornings of the season (to 23rd April 2017) – graduating to sailing independence!



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The Summer “**relaxed**” intake Level 1 course is held on 5 consecutive Sunday mornings (9am-11:30am) starting **13th November** through 11th December; and then immediately progresses to the Level 2 course held over 5 Sunday mornings: **18th December** 2016, 8th, 22nd and 29th January 2017 and 5th February 2017; with the Level 3 Junior Sailing course and Green Fleet the remaining Sunday mornings of the season (to 23rd April 2017).

The Autumn “**intensive**” intake commences their Level 1 course on **Saturday April 8th** through Wednesday April 12th (9am to 5pm). Their Level 2 and Level 3 courses will be held in the 2017/18 sailing season (starting September 2017).

Live In

Our junior sailors attend our legendary annual Live-In Camp – 5 days in January (this season Monday 16th through Friday 20th 2017), with a structured program of sailing training for all levels of sailor from novice to racing, camping overnight and having their meals in the clubhouse. The majority of club kid sailors and teenagers attend this NSC institution, most wouldn't miss it for anything.

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 a good half 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 phones/computers/game consoles/TVs.

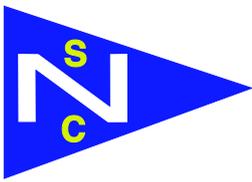
Sooner or later (at the end of the Level 2 course), you may¹ need to buy a boat. This applies particularly to families not already connected with the sailing community (see **Buying a Boat** – page 5).

Northbridge Sailing Club is run by Volunteers – All members are expected to participate in running the club. With a large number of participants the duties are not particularly onerous and **only one session is expected for each.**

Officer Of the Day/Assistant - The OOD is responsible for running the club during a sailing day. This includes things like setting up club motor boats and gear, laying marks and putting it all away at the end of the day. New parents will typically be an Assistant and this provides an excellent opportunity to learn how things operate around the club. A detailed description of OOD duties can be found on the [Volunteers](#) page of the club web site.

Canteen - As with any club canteen there are pies and rolls and drinks to be prepared and sold. The canteen is quite busy, particularly during training days and regattas, and working on the

¹ There are a couple of exceptions – larger/older kids are better graduating into being the crew of a 2-handed dinghy with an older (teenage) experienced skipper, or perhaps joining one of the adult classes as a crew.



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canteen is a great opportunity to meet other members. A detailed description of the main canteen duties can be found on the [Volunteers](#) page of the club web site.

Learn to Sail Courses

A group of our instructors will introduce children between the ages of about 8 and 14 to the joys of getting blown about and wet (the **Level 1** course). 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. They will then become much more confident the more they are in a boat (the Better Sailing course) and supervised by our instructors. They'll learn to rig their boats, generally set the sails mostly the right way, and point the boat often in the general direction of the destination.

Level 2

On Sunday mornings a different group of instructors will mentor the new trainees on basic independent boat rigging, sailing and racing.

Coaching will be in Pacers and Optimists with the typical participant sharing a boat with one other trainee, but spending an increasing amount of time solo (in Optimists).

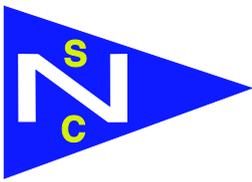
During this course you and your child will be assigned a coach who will be responsible for making sure the sailor (and his/her parents) develops confidence in rigging and sailing the boat and getting onto the water perchance to participate in racing.

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.

Successful participation in this course requires a high percentage of the trainees to have access to their own boat (see **Buying a Boat** – page 5).

Level 3

Again on Sunday mornings instructors will mentor the now-experienced sailors on the basics of dinghy racing, in their own boats. Graduates join our regular Sunday Green Fleet.



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The Live-In

This 5 day camp is an NSC 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. And they have a huge amount of fun!

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.

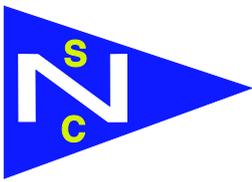
The Live-In is supported by parents who provide the catering and boat lifting muscle.

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

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 is strictly limited to a maximum of 70 kids and 20+ instructors. You will need to book soon after the forms become available, in December.



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Buying a Boat

Northbridge Sailing Club supports the Optimist as its introductory level boat. They are designed as single handers but can also be sailed by two small kids.

The Optimist class rules allow competition up to 15 years old. Older trainees may move straight into a Flying 11 (or even a Laser) but you can learn about them elsewhere. If a parent sails, then kids crewing with them on a Tasar or NS14 might be worth a try.

Members are welcome to sail other boats but storage facilities are provided only for supported classes (you need to apply for racking and pay the annual fees).

Optimist (Opti)

The Opti is the most popular 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.

The Opti has the advantage of providing all levels of competition from club sailing through interclub, State and National regattas right through to World championships.

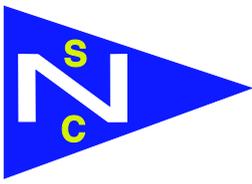
It is a completely standard boat. For those parents who think a toolbox is something on their computer screen, it is a manageable maintenance task. Look up the web catalogue, buy the part.

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. We train 2-up in a more-robust polyethylene Opti version, your kid will fit right into a standard fibreglass version.

The boat's design would have been right up to date for great grandpa. It looks like a bath and sails about that fast. They are easy to store (whether at the club or in your garage), transport (on standard roof-racks, or on a box trailer) and rig up/down. Many families travel widely with their Optis, there is an extensive series of events held in the Sydney area and well beyond. Some of our sailors attend World and European championships.

The fleet is still relatively new to Australia; most second hand boats cost something more than \$2,000. New Optimists range in price up to about \$4,000.





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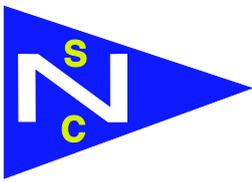
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Costs

Spring Intake	Start	Finish		Cost
Level 1	26 th September	30 th September	Daily 9am – 3pm (Fri 5pm)	\$350
Level 2	9 th October	6 th November	Sunday mornings 8:30-12:30	\$300*
Level 3	13 th November	11 th December	Sunday mornings 8:30-12:30	\$200*
Green Fleet	18 th December		Sunday mornings 8:30-12:30	Incl with Lvl 3
Live In	16 th January	20 th January		\$375~

Summer Intake	Start	Finish		Cost
Level 1	13 th November	11 th December	Sunday mornings 8:30-12:30	\$200
Level 2	18 th December	5 th February	Sunday mornings 8:30-12:30	\$300*
Level 3	12 th February	12 th March	Sunday mornings 8:30-12:30	\$150*
Live In [^]	16 th January	20 th January		\$375~
Green Fleet	19 th March		Sunday mornings 8:30-12:30	Incl with Lvl 3

Autumn Intake	Start	Finish		Cost
Level 1	8 th April	12 th April	Daily 9am – 3pm	\$350



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* \$100 discount when Level 1 and Level 2 courses are booked together, \$150 discount when Level 1, 2 and 3 courses are booked together.

~ Second and subsequent siblings \$275 each

^ Includes usage of club boats during Live In

In addition, club membership **must** be taken up and current for all courses (for liability and insurance coverage):

	1 junior	2 juniors	Family
Club membership (incl joining fee)	\$233	\$216ea	\$587

Personal gear you will need

1. PFD2 (lifejacket suitable for dinghy sailing – not a bulky emergency jacket).
2. Shoes/booties to wear sailing.
3. Warm durable clothes to wear sailing (boardies over wetsuit 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.