



GBSA Bow Line

Newsletter of the Greenwich Bay Sailing Association

July 2006

July/August Highlights

GBSA Board Meeting July 24 at 7 p.m.

All parents and supporters are invited and encouraged to attend.

August 7-8 C.J. Buckley Memorial Team Racing Regatta at GBSA

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GBSA Wants You

GBSA works because of the dedicated families, staff, and volunteers who get involved and work hard in a number of areas such as organizing events, attending board meetings, volunteering at regattas, serving on race committees, helping with boat maintenance, hauling boats and kids around, and supporting the efforts of our aspiring sailors and racers.

The common goal is to create a program and a community that helps children and teens learn to sail - to appreciate the discipline, the sportsmanship, the seamanship, and of course, the fun that sailing offers to all who participate.

There are a number of ways that individuals and families can participate in the programs during the summer and throughout the year.

Get Involved

Check out some the ways you can get involved or simply learn more about how to help the GBSA program be even more successful:

- ☛ Volunteer at regattas scheduled throughout the summer at EGYC and other yacht clubs. See the *Bow Line* calendar for GBSA hosted regatta dates. NBYA is often looking for volunteers too.
- ☛ Help out with Awards Night at the end of the season (**August 18**).
- ☛ Attend monthly GBSA Board Meetings where all parents are encouraged to attend to learn more about the program, offer their input into the program, and find out about volunteer opportunities.

The next **GBSA Board Meeting is on Monday, July 24, 2006 at 7p.m.** All sailing parents are welcomed and encouraged to attend.

- ☛ Help organize and volunteer for events and fund raising activities in the "off-season."

Ready?

If you are interested in volunteering, contact Patti Whelan at 884-8399 or at pattiwhelan@cox.net.

GBSA Sailing Curriculum

Have you ever wondered what happens while your kids are at GBSA? For parents of past and future “swamp rats,” have you wondered how exactly some kids just keep “falling” out of their boats? What is “heaving to” or “back-winding a jib?” And why would anyone actually want to know how to do those things?

Below is a list of skills and principles your children are learning at various stages. Feel free to use this list to learn this stuff for yourself and/or see how they are progressing.

Beginners

1. Orientation
2. Safety
3. Nomenclature
 - a. parts of a boat
 - b. parts of a sail
 - c. Nautical terms
 - d. points of sail
4. Basic knot tying
5. Introduction to meteorology
 - a. judging wind velocity
 - b. judging approaching storms
6. Introduction to navigation
 - a. government markers
 - b. reading a chart
 - c. course plotting
7. Rules of the road
8. Boat care and maintenance

Dockside

1. Rigging demonstration and practice
2. Observing wind and tide conditions
3. Belaying, coiling, and heaving lines
4. Proper boat procedures
5. Getting underway from the dock
6. Dock landing and securing
7. Capsizing demonstration and practice

On the Water

1. Swimming with life jacket
2. familiarization under sail
3. sailing a course from “A” to “B”
4. Sailing at different wind angles
5. tacking and jibing practice
6. getting out of irons
7. capsizing prevention

Intermediate

1. Review of beginner curriculum
2. types of boats and rigs
3. more navigation
4. introduction to racing
5. racing terminology and tactics
6. setting up a course
7. race committee introduction

On the water

1. Reading wind and currents
2. proper anchoring technique
3. single and multi-handed sailing
4. heavy-weather sailing
5. righting after capsize
6. starting and mark rounding
7. introduction to spinnakers
8. maintaining control under spinnaker

Racer

1. Review of intermediate curriculum
2. Navigation and piloting
3. Right of way and racing rules
4. Conducting a race
5. protest hearings

On the water

1. Wind and current shifts, squalls
2. Tuning and sailing for speed
3. one-design racing
4. team racing and its rules
5. improving boat speed
6. practicing racing skills

Program and Instructor Updates

Instructor News from Dave MacMillan

- 🚣 **Charlie Enright**, the Head 420 Racing Coach, has been selected by Disney as one of the nation's elite collegiate sailors, and is vying for a spot on a reality TV series centered on sail boat racing.
- 🚣 Our racing coaches have been utilizing videotaping as a means of instruction on land, and the early returns indicate it has been a wonderful tool for our coaches and sailors. We are entering the part of the season where our team will be competing more frequently, and our sailors will be well prepared.
- 🚣 **Jess Langella** and her team have continued to utilize wonderfully creative lesson plans to provide our beginner and intermediate sailors with great instruction and a fantastic summer. It is great to see the smiles on the faces of our young sailors each day, and realize that they are the future of the GBSA Racing Team.

Dave

EG Opti Racers (EGOR) Place Third in Major Regatta

Instructors Tyler and Scott report in with a strong finish for Opti racers.

E.G.O.R. (East Greenwich Opti Racers) participated in the **Opti Team Race Nationals** July 14-16 in Jamestown. The regatta drew teams from all over the country and sailors from all over the world. Being their second team race regatta ever, the team, **Katia, Nory, Brad, Lauren, and Erin**, blasted through the first two round robins of the silver fleet to advance to the top six and then to the top four. Going into the third of three intense days, E.G.O.R. was in second but eventually settled to an impressive third.

Final results were:

Galveston Bay Opti Team
Annapolis Yacht Club
East Greenwich Opti Racers
FAST Boys
Fast Girls
Saunderstown
Long Island Sound Opti Team
Rochester Yacht Club Bristol Yacht Club

Congratulations to E.G.O.R. and all of the other GBSA sailors that have had success this summer. We practice as a team, we improve as a team, and then we succeed as a team.

Tyler and Scott

On the Course

Here are photos of some the action from the water. If you've got any photos you'd like to share, feel free to submit them to the Bowline. See contact info on the last page. Please include the names and other descriptive info.



Always cover the competition.



Opti sailor checks his sail trim.



Yes, sailing is good



Got overlap?

"On-the-course" photos courtesy of Matt Corbishley

The NBYA 420 regatta hosted by GBSA on July 5 was a wash due to thunderstorms, but smiles remained in tact. **The make-up date for this regatta is July 31.** Volunteers are needed.



Registration volunteers reported for duty. "Do you have your waiver?"



Hangin' out at the CJ Buckley Sailing Center waiting to hear the call by the race committee.



GBSA racers are very competitive on and off the water. A friendly game of cards?



Laser and Opti racers hoped to get some practice in too.





Olympic Hopes

Dean Brenner (right), Chairman of the US Olympic Sailing Program, came to EGYC on Thursday July. He shared with junior sailors stories and advice he has collected from many of the best Olympic sailors in the United States. He also showed a DVD with interviews and exciting footage from the Athens Olympics. Thanks to Bob (left) and Stephanie Adam for bringing Dean to GBSA.

Brenner event photo courtesy of Jeff Stevens

How to become an Olympic Champion: Five Critical Steps

Dean Brenner, *Chairman of the US Olympic Sailing Program*, asked some of the top Olympic sailors for advice on how to be a successful, Olympic sailor. Here are the five most common answers:

1. **Sail Against the Best.** Sail as often as you can, in as many types of boats as possible, against the best competition possible. Go to the Youth Champs, try to qualify for the Youth Worlds, sail the best college regattas. Be more concerned with the quality of your competition than winning all the time. If you are winning all the time, you may not be sailing at a high enough level. Challenge and push yourself.
2. **Focus on Skills and Tasks First, Results Second.** Learn how to make a boat go fast. Practice the specific skills. Make sure you can tack and jibe faster than anyone else. Work on your starting technique, in small fleets and large ones. Be diligent. Take notes on what you learn. Ask a lot of questions. You are already a good sailor. But everyone at the Olympic Level is a good sailor. Your success will require that you do all the little things, all the little tasks that separate the great sailor from the very good sailor. Challenge and push yourself.
3. **Find a Mentor.** There are many heroes and role models in the world of US Olympic Sailing. Find one and develop a relationship with them. Ask for advice. Model their behavior. Learn from them. There is a wealth of priceless knowledge available to you. Go find it. Challenge and push yourself.
4. **Get in Shape.** The world of Olympic Sailing is more and more about physical fitness. If you are not in top shape, you won't succeed. Take care of yourself. Go to the gym. Hire a personal trainer. Eat well. Sleep well. Challenge and push yourself.
5. **Never settle for mediocrity.** In everything you do, on the water and off, push yourself to excel. For example, if there is something about your boat that is not perfect, fix it. Make it perfect. At the Olympic level, everyone's equipment is in perfect condition. Start building good habits now. Push your self. Don't settle. Set goals. Aim high. Challenge and push yourself.

Visit www.USSailing.org for more information about sailing resources, books, and articles on how to be a great sailor.

Boat and Equipment Donations to GBSA

Do you have boat equipment or boats – sails, tools, parts, trailers, spinnaker poles, spars, dollies, inflatables, engines, whalers, sailboats, etc. – that you don't use anymore, but just haven't gotten around to doing something about it?

How about donating it to GBSA? To find out more about what's needed and how to make a donation, contact Tom D'Albora at TOM@TEAMCOCONUT.US* (*NOTE CORRECTION on email address).

Junior Race Week Information

NBYA Junior Race Week is hosted by Connanicut Yacht Club in 2006. The actual racing will take place off Fort Getty in Jamestown.

August 13th
Registration / Drop-off

August 14th
Race Day - All classes

August 15th
Race Day - All classes

August 16th
Race Day - All classes
Awards Presentation



Go to www.NBYA.org for more information.

Contact GBSA

General program information:

Dave MacMillan
program director

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Registration questions

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Newsletter

Cecilia Cooper

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Buying or Selling? List it Here.

If you've got a boat, gear, or equipment for sale or you're looking to buy, place a notice in the GBSA Bow Line newsletter. Send your listing and contact information to Cecilia Cooper at cccoper18@aol.com.

Or try isoldmyboat.com.

E-mail GBSA dad Ken Castellano at advertising@isoldmyboat.com for more information.

Important Dates*

Every Thursday at GBSA
Team racing

July 18th (Tuesday)
NBYA Opti's
ILYC/NYC
Newport, RI

July 24 – NOTE CORRECTION

GSA Board Meeting
All parents are invited to attend.
7p.m.

July 22-23
(Saturday & Sunday)
NBYA ALL CLASSES
Bristol Town Beach -Bristol, RI

July 26th
(Wednesday NBYA C420's
Barrington YC
Barrington, RI

July 31 Make-up date
NBYA 420s
EGYC/GBSA

August 1st (Tuesday)
NBYA Opti's
Conanicut YC, Jamestown

August 7-8
C.J. Buckley Memorial Team Racing
Regatta at GBSA

August 8th (Tuesday)
NBYA Lasers
Sakonnet YC

NBYA August 13-16
Junior Race Week
Fort Getty, Jamestown

August 18 GBSA Awards Night

Future Newsletters

If you are interested in contributing news, announcements, photos, and information for the Bow Line, here is the schedule through September.

August

Submit information and postings by July 21

Issue date: August 7

September

Submit information and postings by September 1

Issue date: September 15

Send info to:
cccoper18@aol.com

GBSA Volunteers Needed

GBSA is looking for volunteers to help out on **GBSA Awards Night Friday August 18.**

Registration and general support volunteers are needed for the GBSA-hosted regattas. See calendar for dates.

If you would like to help out, contact Patti Whelan at 884-8399
pattiwhelan@cox.net.