



GBSA Bow Line

Newsletter of the Greenwich Bay Sailing Association

June 2008

Class Schedule

Classes are held Monday through Friday

Beginners

9 am-12 pm

Intermediates

1pm-4pm

Racers

9am-4pm

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Message from the President of GBSA

On behalf of the GBSA Board of Directors and the East Greenwich Yacht Club, I'd like to welcome all of our new and returning sailors for what promises to be a very exciting sailing season. During the "off"-season, we hired a new program director, purchased eight new Hunter 140's, supported the EGYC May Breakfast, and hosted our own "Kid's Should Be Sailing" auction to raise funds for capital improvements.

We are pleased to welcome our new program director Joey Mello to the GBSA community. I hope that all the parents will take some time to say hello and support Joey in his efforts for the continued success of GBSA.

Our 2008 staff is an impressive group and I'm proud to say that they are all "home grown" former GBSA sailors. This group is dedicated to providing every junior sailor the opportunity to learn, grow, and excel in the sport of sailing. Please get to know your child's instructors and coaches. They have a wealth of knowledge to share and they are all very committed to making it a terrific season for everyone.

I'm sure this will be a great summer with plenty of breeze, lots of sun, and piles of smiles. It's all about kids, boats, and the water. Good people can make great things happen when we work together and that's what it's all about. Do you have some time or would you like to get involved in GBSA planning for 2009? If so, we'd love to hear your ideas. It's easy to get involved.

Let's make it happen, and together, give these kids some memories that will last a lifetime.

TOM

Tom D'Albora
President, GBSA

Message from the Director

I would personally like to welcome you to the summer of 2008 at the Greenwich Bay Sailing Association. As the new Program Director, I am thrilled to have the opportunity to work with the GBSA board, staff, and students to continue with the legacy of this great program.

Since coming on board, I have worked with past Director Dave McMillan as well as the entire GBSA Board to ensure a safe, successful, and fun summer for all of our sailors. It is my goal to hire the best possible staff and create an environment where all our students flourish on and off the water. It didn't take me long to realize that GBSA is a special place and this year's staff will challenge themselves to enhance that experience for all who are involved with the program.

That being said, I would like to take this opportunity to introduce myself and give a brief history of my sailing and coaching.

I grew up in Dartmouth Massachusetts and learned how to sail in town at the New Bedford Yacht Club. Through my years as a junior sailor, I raced in such classes as Optimis, 420s, MX Rays, and 29ers. While in high school, I was able to start the Dartmouth High Sailing Team, which helped catapult me into college sailing. During the summers of high school and college, I would return to New Bedford, teaching and coaching in their junior program for many years. I sailed for four years for the University of Rhode Island, where I graduated in 2004 with a degree in Ocean Engineering. After college, I entered the marine industry working with a composites company by the name of Forte RTS. Working at Forte didn't prevent me from staying involved with coaching, and I was able to work with such programs as Providence College, Bishop Stang High School, and University of Rhode Island. During the winter of 2006, I decided to make coaching sailing my full time occupation and signed on with URI, where I have been since.

Being a college sailing coach allows me to have summers off and the opportunity to work with the youth of our sport. I am very excited about what we can offer here at GBSA, and I strongly believe that the potential of this organization is greater than any other program I have ever worked with in the past. I am enthusiastic about the start of summer, as well as meeting all our sailors and their parents.

I look forward to a great summer with GBSA.

Sincerely,

Joey Mello
Program Director

THE GBSA LADDER

PART I: Beginners and Intermediates

Our goal is to educate and reinforce the fundamentals of sailing, emphasize safety, and strive to ensure that an affinity for the sport develops among all our students.

We want our students to develop a long term love for sailing because it is an experience that can be sustained for a lifetime. You'll find that your child will begin to form friendships that will last for years after they graduate from the GBSA program.

Long-term success

The model of our beginner and intermediate program is integral to the long-term success of our sailors. This is where they learn the fundamentals of the sport and develop the confidence to sail on their own.

As is true for all divisions, these classes begin with a daily lesson in the classroom. The students then head to their respective sailboats where they develop their skills in rigging sailboats under the supervision of the instructors. Once all of the sailboats are rigged, the students sail out to their course, which is a sheltered area just north of the Goddard Park Beach. This is truly one of the finest venues for instructional sailing in all of New England.

Beginners

A wonderful aspect of our beginner program is that all students are accompanied by an instructor in the JY's. Once students have demonstrated the ability to safely sail single-handedly, then they will have the opportunity to sail in an Optimist. However, a majority of your child's time in the beginner program will be with an assigned instructor that leads a group of about 5 sailors. We value these small



groups immensely because they provide better communication between the sailors and the instructor. We also maintain safety at all times by having a certified U.S. Sailing instructor in the boat, and finally these groups allow for strong relationships to form among the children in the group.

Intermediates

With regards to the intermediate program, students are challenged to develop the skills learned in beginners. Included in this curriculum is developing navigation and seamanship skills, sailing the JY 14's without an instructor, and an introduction to sailboat racing. The intermediate program challenges our students to take ownership of their boats, rigs and crew and to meet the increased demands from the instructors. The intermediate program is also a wonderful opportunity for a student to evaluate his or her interest in racing.

A note about timing

It is important to note that there is no specific timetable for advancing students from beginners to intermediates, and then finally joining the racing team.

Each student is individually evaluated by a team of instructors who determine the child's readiness for the next level. On average, students will spend from 1-4 sessions in the beginner program and another 2-5 sessions in the intermediate program before consideration for the racing team.

THE GBSA LADDER Part II: Joining the Racing Team

Once students have demonstrated the technical skills and are emotionally ready for the enduring practices, we will encourage them to join the racing team. Students do not automatically advance to the racing program.

At the racing level the expectations are raised, as students are responsible for maintaining their own boat, regularly attending practices, and have the spirit of being part of a team.

Over the years, our racing coaches have worked hard to form a dedicated team. I am pleased to inform you that GBSA students have maintained high levels of commitment, sportsmanship, and performance in competition during the past decade. GBSA students have earned championships on a regional and national level while at GBSA, and our students have gone on to have a successful collegiate sailing career.

The GBSA racing team is a 9 week commitment, and classes run from 9-4 each day. This is why we are committed to only moving those students that are emotionally, and physically ready into racing.

Every child has the potential to be a important contributor to the team and it is our hope that everyone who enrolls in our program will have the opportunity to compete

for GBSA. It is the decision of the individual sailor and family to determine their preference for our one-design classes. The Optimist, Laser and 420 classes all maintain a similar structure and are all excellent boats for sailors to advance their skills. It is important to note that regardless of the class, GBSA racers must provide their own boats for competition.

Additionally, a number of our regattas are held off site, and it is the responsibility of the individual family to arrange the transportation of their boats to these regattas. Currently, we do not possess the vehicles to carry all of our students and their equipment. That said, GBSA coaches are always available for advice and assistance when traveling to these regattas.

We hope that every child develops the skills to be a part of our racing team and challenge them to succeed. If you have any questions about the advancement of sailors or the structure of the racing team, please feel free to contact any of the Head Racing Coaches or the Program Director.



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 specific 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 capsized
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

Meet the Instructors *by Joey Mello*

Head Beginner/Intermediate Instructor - Olga Goretoy

We are pleased to announce that Olga Goretoy will be the new Head Instructor this year. Olga will be stepping up in place of Jess Langella, who had done a tremendous job over the past couple years. Olga, who worked as an instructor last year, is an excellent role model and represents everything that is GBSA.

She has just finished her freshmen year at the University of Rhode Island; where she is studying English as well as sailing with their sailing team.

Beginner/Intermediate Instructors:

Myles Stevens (assistant)
Dan MacDonald
Paige McClatchy
Jeff Botwick

Eileen Goretoy
Ryan Whelan
Emily Olson
Mia Cooper

Head Optimist Coach - Tyler Baeder

Tyler will be leading our Optimist Racing Team for the 3rd year in a row. He is committed to building on the success of the 1st Place Finish at the 2007 Team Race Championships and the team's top finishes at Junior Race Week. Tyler has proven to be a talented sailor and coach during his long tenure at GBSA, and our teams have benefited from his upbeat attitude and racing experience.

Additionally, Tyler's emphasis on sportsmanship is a crucial component of his coaching philosophy, and his students are consistently great ambassadors of our program. Tyler has finished his senior year at the University of Vermont and is a leading member on the nationally ranked Sailing Team.

Optimist Coaches:

Scott Johnson (assistant)
Haley Olson
Mike Darlington (junior instructor)

Head Laser Coach – Danielle Fleet

Dani returns to GBSA after spending 8 years sailing in the program. Her four years as member of the Laser Team, as well as her experience sailing lasers inside and out of Narragansett Bay, makes Danielle a great person to coach this group. She just finished up her Freshman year of College. She is currently attending URI and expects to join the sailing team this coming Fall. We are excited to have Dani join our staff and look forward to what she will bring to this team.

Head 420 Coach – Alex Baitinger

Alex has returned to GBSA after a year away from the program. We are all very pleased to have him back with us at GBSA and coaching the 420 team. Alex's reputation with the program over his time sailing at GBSA speaks for itself and his passion for the sport of sailing makes him a great coach for our sailors. Alex has just finished up his Sophomore year at the University of Rhode Island, where he is a mechanical engineering student. Alex is also a valued member of the sailing team at the University, where in only his second year he is already contributing at a high level.

Assistant Coach for Laser and 420

Heather Nisbet

Lunch and Permission

If your child is a part of the racing team, he or she will have to bring lunch on daily basis.

We do allow our students have lunch in town; however it is necessary that every child's family signs a permission slip granting an approval of your child leaving the GBSA property during the day.

Furthermore, there will be events where teams travel together, and our instructors will need to drive your child to these sites. We require your approval of our instructors chaperoning your child to these events.

We will be providing the necessary permission slips for leaving the GBSA property during the day, as well as traveling with an instructor. We ask that you return these permission slips promptly to avoid any miscommunication.

Gear List

All students are required to have the following items every day at GBSA:

- **Life Jacket (Personal Flotation Device)**
- **Sneakers or Shoes (No flip flops or sandals)**
- **Sunglasses, Hat and Sunscreen**
- **Towel and a dry change of clothes**
- **Water Bottle**
- **Lunch (for Racers)**

Discipline

To ensure that our efforts of providing every student with an opportunity to develop their sailing skills occurs in a safe and enjoyable atmosphere, we require that all students maintain the highest level of citizenship, whether on GBSA property or as an ambassador of our program at regattas.

If a student's behavior is disruptive to the rules of GBSA and/or EGYC, he or she will be appropriately disciplined. Continued misbehavior may result in the suspension of the child from GBSA, and is at the sole discretion of the Program Director. *Refunds are not provided to students who are suspended.* That said, it is part of our mission to encourage students to learn from their mistakes, and we work with our students to assist them in developing their behavior.

If you have further questions about any of our policies, please feel free to contact the Program Director.

May Breakfast and Auction - a Great Success for GBSA

The 2008 GBSA season got off to a terrific start with two fun and very well-attended events. First, the May breakfast on May 4 revealed the surprising omelet-flipping and waffle-eating talents of GBSA parents, kids, and supporters. About 300 people attended, and a portion of the proceeds were donated to GBSA. Thanks EGYC! On May 10th, the GBSA "Kids Should be Sailing" Auction was a great success in raising needed funds for boats and capital improvements for the program. Very sincere thanks to all who worked tirelessly to make the event happen, especially event cochairs BJ Porter and Tracey Boyajian and all the volunteers who gave their time, energy, and enthusiasm. Thanks to all those who donated the wonderful items and to those who bid and won. Everyone was a winner. You all make a big difference. We couldn't do it without you. Check out www.EGYC.com for more pics of both events!



Communication

Communication is the key to success in just about any endeavor, and GBSA is no exception. The board and staff are committed to ensuring that parents are informed about what's going on at GBSA. We also want to make sure there are channels for your questions, suggestions, concerns and feedback.

Our Web site, www.gbsa.info, is a great way for us to get important GBSA information out to you and get your feedback as well. A discussion board allows you to share thoughts, ideas, information, and questions with the staff, board, and your fellow community members.

There is also a "support ticket" feature for registered users. Just login to your account on www.gbsa.info, click "support ticket," and you can ask your question. Once you submit your "support ticket," you'll receive a confirmation e-mail, and the appropriate staff or board member will respond.

The Web site is continuously updated with the latest information. We invite you to check in often.

General contact info

In addition to using the Web site as a communication tool, you can also check the last page of this newsletter for general contact information for GBSA. Or, you can e-mail info@gbsa.info.



Helpful Links

For info:

www.nbya.org

www.ussailing.org

www.sailingworld.com

For gear:

www.teamvanguard.com

www.westmarine.com

www.team1neporwt.com

Join the Fun!

Parents are invited to join the GBSA fun. Here some ways you can be a part of the GBSA community:

- **Volunteer** to help with regattas held at GBSA. Check the calendar for an Opti Regatta on July 21, Junior Women's Regatta on July 28-29, and the CJ Buckley Regatta on August 4-5.
- **Sign-up** to cook, serve, or generally help out at Awards Night on August 15.
- **Become the editor** of the **Bow Line**.
- **Attend monthly board meetings** and bring your great ideas to the table.
- **Donate** equipment and funds to keep things going strong.
- **Propose new ways of getting involved** that aren't mentioned here or haven't even been thought of yet!

Contact GBSA

General program information:

Joey Mello

Program Director
884-6280
jmello@etal.uri.edu

Patti Whelan

Registrar
884-8399
pattiwhelan@cox.net

GBSA Mailing Address

P.O. Box 267
East Greenwich, RI 02818

Website

www.gbsa.info

GBSA Board

President

Thomas D'Albora

Vice President

Tracey Boyajian

Secretary

Debbie McClatchy

Treasurer

BJ Porter

Registrar

Patti Whelan

Directors:

Kevin Coughlin
Diane MacDonald
Bill Mullins

Board meetings

All parents are invited and encouraged to attend monthly board meetings.

Check the website,

www.gbsa.info for dates and times.

Important Dates

This is a partial list.

Check www.gbsa.info for the most complete info.

June

13
18, 23

Parents Night
GBSA SESSION I BEGINS

July

4
8
8
10
10
12-13
18
20
21
21
21
28,29

31

Independence Day (no class)
NBYA Opti Regatta #1, Ida Lewis
NBYA Laser Regatta #1, Wickford
NBYA 420 Regatta #1, Connanicut
NBYA Opti Regatta, Ida Lewis
Sail Newport Regatta (Laser, Club 420)
SESSION I ENDS
NBYA 420 Regatta #2, Saunderstown
SESSION II BEGINS
NBYA Opti Regatta #2, GBSA
NBYA Laser Regatta #2, Edgewood
NBYA Junior Women's Clinic and Championship at GBSA
NBYA Club 420 Regatta #3

August

1-3
4
4-5
5
11-14
16,17
15

Buzzards Bay Regatta
NBYA Optimist Regatta #3
CJ Buckley Regatta, GBSA
NBYA Laser Regatta #3, Sakonnet
NBYA Junior Race Week
NBYA Junior Team Race Championships
SESSION II ENDS

15 GBSA Awards Night

Wednesday Night Junior Racing

Looks like junior Wednesday night racing series is a "go" in 2008. Stay tuned to www.gbsa.info for more information.