



CONANICUT YACHT CLUB
JUNIOR SAILING

CYC Race Teams

For sailors who are ready to take the next step, our Junior Racing Program offers an opportunity to build confidence, sharpen skills, and experience the thrill of competition. Racing teaches athletes focus, decision-making, resilience, and teamwork—skills that carry far beyond the water. Whether your sailor is brand new to racing or already has experience, our coaching staff provides a supportive environment that helps them grow at their own pace.

Is My Sailor Ready for Racing?

Many sailors express an interest in racing once they become comfortable sailing independently and want to challenge themselves further. Signs your sailor may be ready include:

- Enjoying skill-building and being on the water as much as possible
- Asking questions about speed, tactics, or “how to go faster”
- Showing interest in trying regattas or practicing with a team
- Looking for a more structured or goal-oriented sailing experience

The racing classes run as an eight-week program divided into two four-week sessions. Sailors are *strongly encouraged* to participate for the full eight weeks. Please check in with the Director of Sailing if your child is only able to enroll in the second session.

How Families Can Get Involved

Parent support is a key part of the racing experience, and there are many easy ways to participate:

- Attend an interest meeting to learn about schedules, expectations, and regattas.
- Support your sailor at events by helping with transportation, packing lunches, or cheering ashore.
- Volunteer at home regattas—roles include helping with registration, hospitality, chase boat support.
- Ask questions—we love helping new families navigate the racing world.

A Welcoming Pathway

Our goal is to make racing approachable, fun, and accessible for all interested sailors. We offer practice schedules, regatta recommendations, and development plans tailored to each sailor’s goals and comfort level. Every sailor is encouraged to try racing at their own pace—whether that’s joining weekday practices, attending a local regatta, or committing to a full summer schedule. If you think your child is curious about racing, or if they’d like to give it a try, please reach out. We’re here to guide you every step of the way.

Information for Race Team Sailors & Parents

As part of the team, the sailors will compete in NBYA regattas with guidance from a CYC coach and motorboat. At the start of the season we’ll provide all the details on how and where to register along with transportation as it takes a village with all the logistics. Join us for a fun season of competition + camaraderie.

Narragansett Bay Yacht Association: While regatta entry fees and NBYA memberships are additional, we’ll make it easy by sharing all the registration details at the start of the season. Parents, we’ll need your help transporting sailors and boats to events—but don’t worry, it’s all part of the adventure! For more information about NBYA regattas and fees: <https://nbya.org/juniors/>.

Optimists: Here is some great info for parents about Opti’s on the USODA website: <https://usoda.org/faq>

420s: Here is some great info for parents about 420’s on the Club420 website: <https://club420.org/>