



ICOYC Youth Exchange data base sheet



Club name: **NORDDEUTSCHER
REGATTA VEREIN**

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Website: **www.nrv.de/Jugend – and following pages (in German language)**

Details of youth sailing program:

The NRV employs 4 full time professional sailing coaches and offers sail training in 90 club-owned Optimist, Laser, Laser Bahia and 420 dinghies.



Sail training and practice races are offered at the NRV Youth Sailing Centre on the Alster Lake in Hamburg's city center. Individual 12 to 14 years old youngsters in good health and physical shape of ICOYC member clubs are welcome to participate. Groups of more than 2 people unfortunately cannot be accommodated at any one time.

Visits are not organized by the Club but need to be arranged privately on a family to family basis. The Club is prepared to assist in making contact with potentially interested NRV youngsters and their families.

Details of visits need to be discussed and agreed upon in advance by and between participating families. Such details should include potential cost involved and option for food and lodging at NRV host families as well as for special social programs during the stay in Hamburg. Personal health, accident and third party liability insurance cover is compulsory and should be arranged by the visitor's parents beforehand.

The NRV has no financial interest in youth exchanges. The Club will make boats and sailing gear available to visiting ICOYC member club youngsters free of charge. This also includes free training and participation in practice races organized by the NRV and its professional sailing coaches in

Hamburg at no cost to the visiting youngster. Equal conditions at ICOYC member clubs abroad are expected by NRV youngsters wishing to make use of the ICOYC Youth Exchange Program.

Courses offered	Boat types			
Experience range	Optimist	Laser Bahia	Laser	420
Beginners	X	X	---	---
Advanced sailors	X	X	---	---
Regatta training	X	---	X	X

Optimist dinghy:



The Optimist dinghy is suitable for children starting from 6 years of age and older. It is sailed single-handedly. Sailing in this boat provides the foundation for future sail training. The prime objective of the Optimist sailing courses is to arouse long term interest and enthusiasm for the sport of sailing. The Optimist is suitable up to the age of 15.

Opti 6 course:

This course is suitable for beginners of 6 and 7 years of age. The children are introduced to sailing with caution. Prerequisite for participation is the “bronze swimmers badge” or equivalent certificate.

The Opti 6 courses start during the summer school holidays. Registration deadline is May 31st.

Opti 8 course:

This course is suitable for beginners between 8 and 11 years of age who do not have any previous sailing experience. Children who do have a certain sailing experience should please mention this in the registration form. Prerequisite for participation is the “bronze swimmers badge” or equivalent.

The Opti 8 courses start on April 1st or during the summer school holidays. Registration deadline is January 31st or Mai 31st respectively.

Opti advanced course:

Suitable for children who have successfully completed an Optimist beginner's course or who do already possess basic sailing experience. The advanced Opti sailing course enables participants to obtain the "Youngsters sailing certificate".

Opti regatta course:

The regatta course provides the children with the techniques and tactics of regatta sailing.

Laser Bahia:



The sporty challenging Laser Bahia is suitable for juvenile sailors starting from 14 years of age. The boat is sailed by a crew of two or three sailors. This training course is aimed at young people with existing sailing experience who have no regatta sailing ambitions.

The Laser:



The Laser dinghy is a DSV (German Sailing Association) one design youth boat and an Olympic Class boat for men (Laser standard) and women (Laser radial). It is sailed in these two versions by juveniles starting from 14 years of age.

Anyone intending to sail in this boat needs to have regatta experience and must be in good physical shape. The Laser regatta training is very competition oriented and provides knowledge about sailing techniques in the Laser as well as regatta tactics. Course participants will be prepared for national and international competitions.

The 420 dinghy:



After having completed the Optimist training courses ambitious regatta sailors have to decide which choice to make. The 420 dinghy is attractive for young people between 14 and 16 years of age who want to sail in pairs and jointly weigh about 120 kilos.

This boat class is easy to sail but difficult to master due to spinnaker, trapeze and a multitude of trimming options. Competition in the 420 class is extremely high and is ideally suited as a preparation for future ambitions.

The NRV 420 sailors participate in national and international regattas. Training is offered twice a week on the Alster lake right in front of the NRV Clubhouse. In addition to that they visit sailing clinics primarily during the holiday season.

Information about current regatta activities is available on the NRV website under www.nrv.de/Sport or can be obtained by contacting the Club by e-mail.