

Optimists



FAST Opti Team, 2007 Orange Bowl

Lasers



FAST Laser Team, 2007 Laser Nationals
Lake Champlain, Vermont

420s



420 Practice

FAST Sailing Foundation

2008



FAST Sailing Foundation, Inc.
is committed to ensuring that all of its
rights, privileges, programs and activities
are accessible to all participants.
FAST Sailing Foundation, Inc.
does not discriminate against applicants,
sailors, coaches on the basis of race, gender,
national or ethnic origin, or religion.

FAST Sailing Foundation, Inc. is a 501c3
organization.

Advanced youth sailing
opportunities in southeastern
New England,
based in Newport, RI.

FAST **Sailing Foundation**

Mission

To provide young sailors who aspire to become top level competitors with opportunities to train together, to receive professional coaching, and to travel as a team to major events at the local, national and international level. As an underlying principle, we believe that enabling groups of young sailors to work together in a structured team environment allows for more effective and faster skill development. At the same time, it provides a supportive and fun social environment that fosters continued enjoyment and long-term participation in the sport.

Optimists

The *FAST* optimist program is designed to meet the needs of the experienced young sailor who is looking for a high level of coaching and racing. The fall and spring seasons include weekend practices in preparation for national and regional USODA events such as Team Trials, Nationals, ACCs and New Englands.

Lasers

Transitioning from the optimist *FAST* provides coaching and racing in the Laser 4.7, Radial and Full rig. Both development and advanced Laser sailors attend major events such as ACCs, NAs, Nationals, and CORK and major regional events such as NBJR, BBR, and Hyannis.

420s

Similar in format to the advanced Laser team, the 420 program is an advanced racing team offering practices and clinics with top level coaching, as well racing at the national level at events such as NAs, Nationals, CORK and regionally at BBR and Hyannis.

The Optimist and Laser development programs are designed to complement a young sailor's summer club or community programs.

The advanced Laser and 420 programs are designed to meet the needs of older youth sailors who have outgrown their summer programs.

FAST is a parent run organization which relies on volunteers for all organizational and administrative responsibilities.

If you are interested in further information on the *FAST Sailing Foundation, Inc.* and its programs please contact any of the following *FAST* Class Chairs:

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For more information on *FAST Sailing Foundation, Inc.* also please visit our website at www.Fastsailing.net
(We appreciate your patience as we continue to improve the quality and usefulness of our website.)