



JOIN THE CAPTAINS

NEW ERA · NEW CREW · SET YOUR COURSE

THIS ISN'T A CLUB. It's varsity athletics.

NCAA D-III · ICSA · MAISA • Home Waters: Youth Sailing Virginia · Hampton, VA

WE RACE AGAINST NAVY · HARVARD · YALE · PRINCETON · UVA · VIRGINIA TECH · WILLIAM & MARY · GEORGETOWN · CORNELL · BOSTON COLLEGE — IVY LEAGUE, ACC & SERVICE ACADEMIES.

YOUR WEEK ON THE TEAM

Practice runs **Tuesday through Friday, 3:00–6:00pm** — Friday is a **flex day** for one-on-one coaching and individual development. Strength & conditioning is **Monday and Wednesday mornings, 7:00–8:00am**. Weekends are for racing — full **two-day regattas, Saturday and Sunday**, on the water most of the day.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
7–8 AM STRENGTH & COND.	3–6 PM PRACTICE	7–8 AM S & C 3–6 PM PRACTICE	3–6 PM PRACTICE	3–6 PM FLEX · 1- ON-1	ALL DAY REGATTA	ALL DAY REGATTA

S&C times may shift days of the week but will always be in the morning prior to 8am.

WHAT WE ASK OF YOU

- SHOW UP, ALL WEEK.**
Four practices, two lifts, and travel with the team to regattas on the weekends we race.
- HIT THE BOOKS.**
Maintain a cumulative GPA above 2.0 and log 2.25 hours of study hall each week.
- FOLLOW THE PROTOCOLS.**
Adhere to Athletic Training regulations, injury reporting, and clearance procedures — no shortcuts.
- BRING YOUR OWN GEAR.**
You provide your USCG-approved PFD and personal sailing kit. Team covers travel, lodging & meals on the road.

THE REAL TALK

THIS IS A COMMITMENT, NOT A HOBBY.

Varsity sailing means blocking your class schedule around practice, missing some Saturdays with friends, and putting the team on your calendar first.

If that sounds like the challenge you're looking for — the kind of thing you'll be proud of at graduation — you're in the right place.

WHY IT'S WORTH IT

- ◆ Race Ivy League, ACC & service academies
- ◆ Full CNU athletic training & S&C support
- ◆ All team travel, lodging & food covered
- ◆ Represent CNU on and off the water
- ◆ Compete in ICSA / MAISA conference events
- ◆ Coaching that develops you as a competitor
- ◆ A new-era program you help build
- ◆ Skipper or crew — find your role on the water



READY? LET'S TALK.

FALL SCHEDULE & NEXT STEPS → PAGE 2

COACH KATE GOMES

INTERIM HEAD COACH

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SCHEDULE & WHAT TO EXPECT

FALL 2026 REGATTA SCHEDULE

WEEKEND	REGATTA	HOST	VENUE
Sep 12–13	Women's Regatta at USNA	Navy	Annapolis, MD
Sep 12–13	Riley Cup	Old Dominion	Norfolk, VA
Sep 19–20	Chesapeake Invitational (South Six)	Navy	Annapolis, MD
Sep 19–20	Kingsmill Cup	William & Mary	Williamsburg, VA
Sep 26–27	Jefferson Cup	UVA	Lake Anna, VA
Oct 3–4	CofC Fall Interconference	Charleston	Charleston, SC
Oct 10–11	Open ACC's — Round 1A	St. Mary's	St. Mary's City, MD
Oct 10–11	Webb / Woollum Regatta · HOME	CNU	Hampton, VA
Oct 24–25	Open ACC's Championship / Tournament	NEISA	New England · TBD
Oct 31 – Nov 1	War Memorial (MAISA Fall Championship)	Navy	Annapolis, MD

Schedule subject to change. Oct 10–11 is a two-squad weekend: CNU hosts Webb/Woollum and races at Open ACC's Round 1A.

WHAT'S PROVIDED

COVERED BY THE PROGRAM

- All team boats, sails & rigging
- Coaching & on-water training
- Certified athletic training support
- Strength & conditioning program
- All travel to regattas
- Lodging on the road
- Team meals during travel
- Academic & transition support, study hall

WHAT YOU BRING

PERSONAL ATHLETE GEAR

- USCG-approved PFD (life vest)
- Sailing spray top / dry top
- Sailing gloves & hiking pants (optional)
- Water shoes or sailing boots
- Sunglasses (with retainer) & hat
- Sunscreen & a reusable water bottle
- Warm base layers for cold-weather days
- Ask before you buy — coach and current teammates will steer you toward the right gear

WHAT ELSE TO KNOW

DO I NEED EXPERIENCE?

Talk to the coach. We recruit sailors from a range of backgrounds — from junior racing programs to walk-ons with the right work ethic. **If you've been on a sports team before, you'll fit right in** — the discipline and team-first mindset carry straight over.

IS IT YEAR-ROUND?

Two competitive seasons — **Fall (Sept–Nov)** and **Spring (Feb–May)** — with the same weekly practice and lift pattern in both. Winter and summer are off-water breaks; many sailors keep training on their own.

BOATS & FORMAT

College dinghy racing under **ICSA** rules — two-person boats (FJs and 420s) with a skipper and crew. Regattas are fleet racing across the weekend, rain or shine. We compete in **MAISA**, one of ICSA's most competitive conferences.

CLASS SCHEDULING

Work with your **advisor** before registering to keep your Tuesday–Friday 3:00–6:00pm window open. As a student-athlete, you get **priority registration** — a real advantage in locking your schedule around practice.

WHERE WE SAIL

Home waters are **Youth Sailing Virginia in Hampton, VA** — our practice and training partner since 2021. Home regattas are hosted from that venue.

HOW OFTEN WE COMPETE

Most weekends during the season. Fall 2026 has **10 regatta appearances** across the conference (see schedule at left). Spring runs a similar cadence through May, with championship events at the end.

WOMEN'S DIVISION

The team is co-ed. MAISA runs a full **women's championship track** in parallel with the open (co-ed) fleet — our women sailors race in both, opening up more regatta opportunities and their own path to nationals.

HOW DO I SIGN UP?

Reach out to Coach Kate Gomes directly — **call or email to introduce yourself**. She'll set up a one-on-one, walk you through medical paperwork and the team questionnaire, and get you connected. See the deadline note below.

ROSTER DEADLINE

The Fall 2026 official roster closes **September 1**. Reading this after that? Still reach out — we'd love to meet you now and get you set up to try out for Spring 2027.

NEXT STEPS

THREE MOVES

1

REACH OUT

Email or call Coach Kate Gomes at **804-350-2086** to introduce yourself.

2

MEET THE TEAM

Schedule a one-on-one and, when possible, come see practice at YSV in Hampton.

3

GET CLEARED

Complete the medical paperwork, team questionnaire, and schedule review with Athletics.