



BUILD SOMETHING NEW

THE PROGRAM IS BACK · COME SAIL WHAT'S NEXT

PROSPECTIVE SAILORS. Race from day one.

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.

WHY SAIL FOR CNU

CNU Sailing was reinstated as a varsity program in July 2026. **New coach, new roster, real racing from day one.** If you want to help shape a program instead of blend into an established one, this is it.

01 THE SEAT IS OPEN.

Rebuilding rosters means real, contested playing time from your first season. You'll race, not sit.

02 REAL COMPETITION.

MAISA regattas put you on the line against Ivy League, ACC, and service academy programs across the East Coast.

03 FULL PROGRAM SUPPORT.

Athletic training, S&C, academic support, and all team travel, lodging & meals covered.

04 ELITE HOME WATERS.

Youth Sailing Virginia in Hampton is our training base — minutes from campus.

05 REAL ACADEMIC UPSIDE.

Selective public university, small classes, and merit scholarships that make it work.

WHO WE'RE LOOKING FOR

Juniors who raced in high school programs. Athletes from other sports who bring the discipline and want to learn. Students who take academics as seriously as competition. Above all: coachable, team-first, hungry to help build something.

APPLY EARLY

CNU APPLICATION DEADLINES

Nov 15

EARLY DECISION

Binding · earliest notification

Dec 1

EARLY ACTION

Non-binding · early notification

Feb 1

REGULAR DECISION

Standard admissions window

Apply early for the best chance at admission and scholarships.

ABOUT CNU

Christopher Newport University is a public liberal-arts university in Newport News, VA, on the coast of the Chesapeake Bay. Selective admissions, close-knit campus, and a leadership-focused academic culture.

- ◆ ~4,500 undergraduates
- ◆ #1 Regional Public in Virginia*
- ◆ 90+ areas of study
- ◆ 70% graduation rate
- ◆ 14:1 student-faculty ratio
- ◆ NCAA Division III · 24 varsity teams
- ◆ 4 recent National Championships
- ◆ #4 dorms nationally (Princeton Review)

*U.S. News & World Report, Best Colleges 2026 (Regional Universities South).



INTERESTED? REACH OUT.

TAKE OUR INTEREST SURVEY:
CNU SAILING RECRUITING INTEREST.NETLIFY.APP

COACH KATE GOMES

INTERIM HEAD COACH

804 · 350 · 2086

CNUSPORTS.COM/SPORTS/SAILING



RACE WITH THE CAPTAINS

RECENT HIGHLIGHTS

2016 · 2024 · 2025
ICSA WOMEN'S SEMIFINALS
Three-time Women's National Semifinalists — top-tier women's dinghy racing on the national stage.

2018 · 2019
SINGLEHANDED NATIONALS
Vir Menon qualified for ICSA Singlehanded Nationals in consecutive seasons — proof of individual development on the water.

2026
PROGRAM REINSTATED
Following a Title IX settlement — the first known co-ed varsity college program to be reinstated. New coach, new chapter.

HOME WATERS
YOUTH SAILING VIRGINIA · HAMPTON, VA
Our practice and training partner since 2021. Consistent breeze, quick access to the Chesapeake, and a full complement of **FJs and 420s**. Minutes from campus in Newport News, and one of the strongest sailing venues on the mid-Atlantic coast.

PROGRAM AT A GLANCE
WHAT A SEASON LOOKS LIKE
Fall (Sept–Nov) and Spring (Feb–May) competitive seasons. Practice Tue–Fri, 3–6pm; strength & conditioning Mon & Wed, before 8am. Weekend regattas most weeks. Full academic, medical, and travel support covered by CNU Athletics.



RACE THREE WAYS

CNU Sailing is a ~13-sailor co-ed roster with three competitive tracks — you can race in one or all of them.

OPEN (CO-ED)
MAIN VARSITY FLEET
Two-person fleet racing across MAISA and ICSA. **FJs and 420s**, skipper and crew. The core of what we do most weekends.

WOMEN'S TEAM
CHAMPIONSHIP TRACK
Dedicated MAISA women's events with their own path to nationals. **Our women race in both fleets** — more racing, more opportunities.

SINGLEHANDED
SOLO QUALIFYING
Individual events including **ICSA Singlehanded Nationals**. Prove yourself one-on-one against the country's best.

FALL 2026 SCHEDULE · COME WATCH US RACE

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

Nearby? Come watch us race — especially our home regatta, **Webb / Woollum on Oct 10–11 at Youth Sailing Virginia in Hampton**. Schedule subject to change.

ON WATER · OFF WATER



YOUR WEEK ON THE TEAM

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. Friday practice is a flex day for one-on-one coaching and individual development.

BUILT AROUND YOU

ATHLETIC TRAINING

Full CNU Athletic Training staff **available seven days a week** for evaluation, treatment, and return-to-play clearance. Standard sports medicine protocols — **no shortcuts on your health.**

STRENGTH & CONDITIONING

Twice-weekly team lifts with dedicated **S&C programming** — power, endurance, mobility, and injury prevention built for sailing. Full weight room access all year.

TRANSITION & SUPPORT COACHING

A dedicated **Student-Athlete Transition & Support Coach** helps you balance academics and athletics — especially freshman year. Time management, study hall, mentorship.

PRIORITY REGISTRATION & ADVISING

Student-athletes get **priority course registration** — lock in your Tue–Fri 3–6pm practice window and still take the classes you need. Academic advising every step.

BEYOND THE BOAT · NEWPORT NEWS, VA

RIGHT NEXT TO CAMPUS

THE MARINER'S MUSEUM & PARK

Literally next door. Home to the **USS Monitor Center** — one of the world's premier maritime museums, five minutes from your dorm. For sailors, it's a home away from home. Plus 550 acres of park and Lake Maury for running, biking, and fishing.

ALSO AT YOUR DOORSTEP

- ◆ **Newport News Park** — 9× the size of Central Park. Trails, biking, camping.
- ◆ **Noland Trail** — 5-mile wooded loop along the James River.
- ◆ **Virginia Beach** — 45 min. Chesapeake Bay everywhere.
- ◆ **Colonial Williamsburg** — 30 min. Yorktown Battlefield close by.
- ◆ **Norfolk & Hampton Roads** — full city amenities, restaurants, music.

MERIT SCHOLARSHIPS & AID



400⁺

RENEWABLE MERIT SCHOLARSHIPS

AWARDED TO FIRST-YEAR CNU STUDENTS EACH YEAR ACROSS HONORS, LEADERSHIP, AND PROGRAM-SPECIFIC TRACKS.

~35%

OF FRESHMEN RECEIVE A MERIT SCHOLARSHIP VIA PLP OR HONORS

THE MERIT SCHOLARSHIPS YOU SHOULD KNOW

MERIT + LEADERSHIP

PRESIDENT'S LEADERSHIP PROGRAM

\$1,000–\$5,000

RENEWABLE · RESIDENTIAL

For **high-achieving students** who've shown engagement and leadership potential. Integrates leadership study, service learning, and personal development.

TYPICAL PROFILE

~3.5 GPA · 1250 SAT / 26 ACT · Test-optional considered · Common App interest, essay, and interview.

ACADEMIC MERIT

HONORS PROGRAM

\$5,000

RENEWABLE · RESIDENTIAL

Seminar-style courses, honors inquiries via study abroad, research, civic engagement, or internships. More academic freedom, more room to explore.

TYPICAL PROFILE

~3.75 GPA · 1310 SAT / 28 ACT · Test-optional considered · Common App interest + interview.

OUT-OF-STATE

NON-RESIDENT SCHOLARSHIP

\$3,000

RENEWABLE

Partially offsets the higher out-of-state cost of attendance. Holistic review of cumulative high school academic performance.

ELIGIBILITY

Qualify for freshman admission as a non-resident for tuition purposes. New freshmen only. Additional awards possible via special campaigns.

Students selected for both the President's Leadership Program and the Honors Program receive one scholarship (not both) — and only one interview is needed. NCAA Division III means no athletic scholarships — merit and need-based aid are the paths.

WHAT CNU COSTS

VIRGINIA RESIDENT

IN-STATE

Tuition & Fees	\$17,616
Housing & Meals	\$13,400
TOTAL (PER YEAR)	\$31,016

NON-RESIDENT

OUT-OF-STATE

Tuition & Fees	\$32,038
Housing & Meals	\$13,400
TOTAL (PER YEAR)	\$45,438

FAFSA

CNU distributes **\$50M+ in student aid each year**. FAFSA preferred deadline: **December 15**. Priority deadline: **March 1**. Questions? cnu.edu/financialaid or (757) 594-7170.

Costs shown per year, based on 2026–27 rates. Refresh with CNU Financial Aid for latest figures.

HOW TO GET RECRUITED



THE FOUR-STEP PATH

1 REACH OUT

Send Coach Gomes an email — **your school, class year, and sailing background**. A phone call works too. Or fill out our quick recruiting interest survey at cnusailingrecruitinginterest.netlify.app.

3 VISIT CAMPUS

Come see CNU. **Tour campus, sit in on a class, and if timing works, watch practice at Youth Sailing Virginia**. A real feel beats a website every time.

2 SEND MATERIALS

Sailing resume, recent race results or team affiliations, and any video you have. Athletes from other sports: include your athletic background too — the discipline transfers.

4 APPLY TO CNU

CNU accepts the **Common App**. Talk to Coach Gomes early so she can share your interest with Admissions and answer questions about the process — including PLP and Honors interest.

WHAT RECRUITS ASK

DO YOU RECRUIT NON-SAILORS?

Yes. Strong athletes from other sports are welcome to try out. If you can commit to the work, we can teach the sailing.

HOW MUCH EXPERIENCE DO I NEED?

It varies. Junior racing, high school teams, or recreational time on the water with the right athletic profile all get a real look. Talk to the coach.

WHAT IF I'M NOT IN PLP OR HONORS?

You're not out. Non-Resident Scholarship, need-based aid, and other awards are available — most CNU students receive some form of aid.

WHAT BOATS DO YOU SAIL?

College dinghy racing under ICSA rules — two-person **FJs and 420s** with a skipper and crew. Coed team; MAISA runs a women's championship track too.

WHAT IF I GET INJURED?

Full CNU Athletic Training staff. Report, get evaluated, follow the recovery plan, get cleared, back on the water.

FRESHMAN YEAR — WILL I ACTUALLY RACE?

Yes. This is the point. Rebuilding rosters means contested playing time from day one. You'll race, not sit.

DO I NEED MY OWN BOAT?

No. The team provides all boats (**FJs and 420s**), sails, and rigging. You bring your PFD and personal kit — that's it.

CAN I STUDY ABROAD?

Yes. CNU has strong study-abroad programs and we'll work with you on timing — most sailors go abroad during summer or a semester that fits the season.

WHAT ABOUT SUMMER?

Off-water break from the team — but most sailors keep training on their own, race junior events, or work at sailing programs.

DOES SAILING HELP MY ADMISSION?

Coach Gomes can share your interest with Admissions and answer questions on the process — but strong academics and fit still lead. Reach out early.

ROSTER TIMING

The Fall 2026 official roster closes **September 1**. Reading this for a future season? Even better — the earlier we talk, the more we can do together on your CNU application and your fit with the team.

GET IN TOUCH
THREE FAST PATHS

COACH KATE GOMES
Interim Head Coach, CNU Sailing
804 · 350 · 2086

CNU ADMISSIONS
Office of Admission · (757) 594-7015
[cnu.edu / freshman](https://cnu.edu/freshman)

INTEREST SURVEY
Quick first step for prospects
cnusailingrecruitinginterest.netlify.app