



Over the last 6 years Bob Adam has been coaching youth sailors throughout the northeast specializing in Opti's, 420's and FJ's. Bob has been the program director and head instructor at Portsmouth Youth Sailing, Assistant Coach for Salve Regina University, Head Coach at Bishop Hendricken High School and has run several off season clinics for many of the regions top Optimist sailors. Bob's main focus is to pass along his passion for sailing to his students. His unique ability to critique a sailor's performance has provided his students with greater boat speed and tactical knowledge. Bob has coached several members of the US Optimist National Team. Many others have shown tremendous success at the collegiate level.

Bob's clinics focus on-

- **Boat Speed**
- **Boat Handling**
- **Tactics**
- **Course Management**
- **Fitness**
- **Nutrition**
- **Mental Preparation**
- **...and a whole lot of other "Stuff" that has made Bob one of the most sought after coaches and clinicians.**

Bob is the Manager at Vanguard Sailing Center of RI located in Portsmouth, RI. He is one of the regions foremost experts in Opti's and 420's. He has worked for North Sails One Design. In addition, he helped develop the One Design program at Doyle Sailmakers. Bob actively supports NBYA, ECSA and SMSA and can be seen at nearly all the regions Jr. events with the Vanguard van piecing together a young sailor's boat.

