

# ***EAST SAILING ACADEMY***

## ***Excellence in American Sail Training***

*Let your child learn to sail this summer and open up a whole new world of discovery!*

The **EAST Sailing Academy** introduces children and teens to small boat sailing and racing. Young sailors learn in three groups: **Mariners**, **Voyagers** and **Explorers**. The program is taught aboard a fleet of over twenty vessels ranging in size from 13 - 24 feet.



*The fleet of 24' Rainbows provides an opportunity for all sailors to get out on the water when the winds would be too high for the small boat fleet. On Rainbow sailing days each boat has an instructor aboard and our young sailors quickly master handling the craft on their own.*

*The fleet of 15' Cape Cod Mercury's provides perfect learning vessels that allows our young sailors to learn the basics of sailing on a safe, fun boat.*



*The fleet of 420's provides an opportunity for more experienced sailors to experience sailing and racing on a fast, responsive boat.*



**EAST Sailing Academy is the youth program of the Croton Sailing School, Inc.**  
P.O. Box 620, Croton-on-Hudson, New York (914) 271-6868

[www.crotonsailing.com](http://www.crotonsailing.com)

# *EAST Sailing Academy*

## **INSTRUCTION**

Our teaching philosophy at the *EAST Sailing Academy* is "*Patience, not pressure.*" While many children seek to climb the ladder of ability rapidly, others are happier with a more relaxed pace of advancement. Instructors make sure that sailing fun is the first priority of every child.

The student to instructor ratio of the sailing school is a maximum of six students per instructor. Groups are formed by age and sailing experience. *EAST Sailing Academy* students are aged 9-15, and students can begin to sail at any age.

*Each group is assigned its own instructor(s) to provide consistency and personal attention.*

**Top Gun Program:** Each week the best sailors are selected from each group to participate in spirited regattas (racing) aboard the East Sailing Academy's fleet of 420's.

**Youth Program Fleet:** Primary instruction is provided aboard 420's, 15' Cape Cod Mercury's, and 24' Rainbows. The *EAST Sailing Academy* is

## **LADDER STANDARDS**

Participants in the youth program climb a sailing ladder of ability divided into five ranks. Participants are encouraged to practice and master the abilities of the next level, but the student's own pace is respected. Each student is given their personal log book in which to record their progress. The standards of the various levels are as follows:

**Second Mate:** Knows the parts of the boat and can perform crew duties in the rigging and de-rigging procedures. Second Mates can assist in sailing a set course containing all points of sail. Full knowledge of boating safety is required of all Second Mates.

**First Mate:** First Mates must sail a set course with crew assistance and direct the rigging and de-rigging of the boat.

**Skipper:** Skippers prove single-handed ability to rig the boat and sail a set course. Skippers must also pass the *American Sailing Association's* Basic Sailing exam.

**Racer:** Racers are able to fly a spinnaker and can pass a test on *U.S. Yacht Racing Rules and Regulations*.

**Salty Dog:** Demonstrates skills of seamanship including marlin spike, navigation and heavy weather sailing.

### **Awards**

Each week the instructors present two awards: the **Neptune Award** for overall sailing ability, and the **Golden Rudder** for progress during the week, to individual sailors in each group. The **Top Gun Award** is given to the winner of the weekly sailing regatta.

unique in its ability to offer both small and large boat experience.

**Safety:** Program participants are required to wear a Personal Flotation Device (PFD) at all times while on the docks or onboard the boats. Students

may wear their own PFD's or one will be provided for them.

Instructors are trained in sailing safety and safe sailing practices are stressed at all times.

## **RATES AND SCHEDULES**

The *EAST Sailing Academy* will offer two one-week sessions at the beginning of the summer season. The remainder of the season is divided into five two-week sessions. Two-week sessions can not be split. Each session runs Monday through Friday from 9:00 a.m. - 3:00 p.m. with a half-hour for supervised lunch. Students may attend as many sessions as they wish, and sessions need not run sequentially.

### **Rates:**

- \$430 for one week sessions  
Additional 1 week session \$305
- \$665 Session 3
- \$735 for 2 week sessions  
Additional 2 week session \$715
- Discounts available for Croton Village residents

### **Schedule:**

- Session 1 - June 10 - June 14 (one week session)
- Session 2 - June 17 - June 21 (one week session)
- Session 3 - June 24 - July 5 (no camp 7/4)
- Session 4 - July 8 - July 19
- Session 5 - July 22 - August 2
- Session 6 - August 5 - August 16
- Session 7 - August 19 - August 30\*

\*Session 7 can be pro-rated if your child's school begins before Labor Day.

***Call the EAST Sailing Academy (914) 271-6868 for registration information.***

# EAST Sailing Academy Summer Report

2012 was a great year for fun and racing with a memorable Pirate Day and continuation of the Top Gun program with our fleet of 420's. Head Instructor Andy Sold and his Senior Instructors provided spirited leadership for the EAST Sailing Academy instructor corps. Now we look forward to the summer of 2013 with a great roster of returning instructors, a full bottle of suntan lotion and EAST T-shirts clean and ready to get wet!



**EAST Sailing Academy Instructors:** We are grateful for the excellent work of our roster of instructors this year, and as usual most were experienced returning teachers. Our instructors this year were:

**Head Instructor:** Andy Sold (Oberlin College), Senior Instructors: Steve Andrews (University of Pittsburg), Matt Hass ( NYU Tisch School), Christina DiFilippis (Cornell University), Alec Donkin (University of Vermont), Julia Fiella (University of Alabama), Conor Mook (Williams College), **Junior Instructors:** Brady Jennings, John Mason (Vasser College), Julia Miller (St. Thomas Aquinas), Jordan Mendelson (SUNY New Paltz), Logan McManus, **Assistant Instructors:** Dina DiFilippis, Grace Jennings, Sophia Sheng, Sophie Thorpe, Todd Lee.



Sketchy Beard and Jolly Joe are escorted to the brig during EAST Sailing Academy's Pirate Day!

## 2012 Golden Rudder Award Winners

The Golden Rudder is awarded each week to a young sailor that has most improved their sailing and/or has demonstrated the traits of enthusiasm, attention to learning and participation with other students that exemplifies the qualities of a promising young sailor. **This year the following students were awarded the Golden Rudder:**

### Mariners

Zach Anson  
Emma Baranowski  
Ben Cassuto  
Riley Levine  
Petre Barry  
Ariel Lindholm  
Theo Pearson  
Madelyn Eldredge  
Adam Steinbuch  
Mary Sue Sheng  
Ben Brown

Kendall Hoffman  
Aimee Koestler  
Chris Chafizadeh  
Georgia Fitzgerald  
Ben Bauder  
Thomas Pickup  
Hannah Gelfand  
Faith Jennings  
Joshua Abrams

### Voyagers

Noah Montgomery  
Abby Frank  
Rachel Bernz  
Sebastian Gonzalez  
Tyler Marcos  
Carl Ranieri  
Richard Tegtmeir  
Benjy Povman  
Emma Garschagen  
Charlotte Keeley  
Shelby Frazier  
Anna Burholt

### Explorers

Jared Peraglia  
Charlie Hildick-Smith  
Meara Farraiuola  
Elijah Morgan  
Claire Seward  
Michael Castro-Blanco  
Greta Garschagen  
Christian Toro  
Kerry Donnelly



Awards Ceremony

## 2012 Neptune Award Winners

The Neptune Award is awarded each week to the young sailor who exhibits the best sailing ability in the program and demonstrates leadership ability to use those skills to the benefit of the others in his/her boat and sailing group. **This year the following students were awarded the Neptune Award:**

### Mariners

Greta Garschagen  
Henry Salazar (3)  
Michaela Fitzgerald (4)  
Wyatt Robinson  
Gabby Cappelli  
Christina Zengin-Karaian

### Explorers

Amanda Patterson  
Jared Peraglia  
Patrick Hodgson (3)  
Jackie Sicignano  
Elijah Morgan  
Anna Grunes  
Christian Toro (2)  
Greta Garschagen (2)  
Lily Andros  
Nelson Salazar (2)  
Henry Leach (3)

### Voyagers

Brandon Dibella  
Peter Yergeau  
Jacob Ross  
Nick McDonough (2)  
Gabrielle Yablonski  
Richard Leach  
Tom Breuel (3)  
Noah Campbell (2)

( ) denotes number of times received

**Rank of Salty Dog**  
*EAST Sailing's highest level of achievement:*  
**Tom Breuel**  
**Noah Campbell**  
**Richard Leach**



***EAST Sailing Academy***  
**Excellence in American Sail Training**  
***Over 25 Years of Teaching Sailing on the Hudson***

Dear Youth Program Parents,

Enclosed you will find the 2013 ***EAST Sailing Academy*** schedule and registration form. The past summer was a great success at the ***EAST Sailing Academy***. The weather gave us continuously good sailing days allowing the "***EASTies***" to get out on the water almost every day.

The 420's remain a popular boat with the more advanced sailors and the Mercury's and the Rainbows provided solid sailing performance for all the sailors. The 420's, a fast and responsive 13' sailboat, are the standard in high school and college racing programs. As ***EAST Sailing Academy*** sailors graduate from the stable Cape Cod Mercury's to the lively 420's, they learn to react faster to wind shifts and wave action and to maneuver the boats with greater skill. Our **Top Gun** program, allows the top sailors in the camp to compete twice a week in intensive racing. The excitement of close racing competition brings out the best in our top sailors and we are excited to expand the program in 2013!

Beginner and non-competitive sailors will continue to have fun and be challenged through skill advancement in the ***EAST Sailing Academy*** Log Book. Day trips, water fights, Pizza Day, fun awards and sailing games are always in the forecast at Croton Sailing School's ***EAST Sailing Academy!***

The ***EAST Sailing Academy*** is proud of all the accomplishments of our young sailors and the excellent work of our instructors and we look forward to another great year in 2013. As always, please remember that the youth program books up very early, so please get your registration forms back to us as quickly as possible. If you have any questions, please call the Croton Sailing School/***EAST Sailing Academy*** office at 1-800-859-7245. See you on the water in 2013!

**Best Regards,**

*Steve Jennings*

Steven M. Jennings  
President

# ***EAST Sailing Academy 2013 Registration Form***

**Rates for Sessions 1 or 2 (one-week sessions) \$430 - additional one-week session \$305. Sessions 3 - \$665. Sessions 4, 5, 6, 7 (two-week sessions) \$735 - additional 2 week-sessions are \$715.** Discounts are available for Croton residents. Please check box next to Session(s) of choice and enclose \$100 deposit per session. Balance is due sixty (60) days prior to beginning of session and is non-refundable after that date. If registration is made less than sixty days prior to session, payment is due in full with registration. Please complete a separate registration form for each student. Registration form may be faxed to **518-672-5221 (after April 1st fax to 914-271-8437)** or mailed to: **P.O. Box 620, Croton-on-Hudson, NY 10520.**

Please check appropriate box(es)	
Session 1: June 10-14	
Session 2: June 17-21	
Session 3: June 24-July 5 (no camp 7/4)	
Session 4: July 8-19	
Session 5: July 22-August 2	
Session 6: August 5-16	
Session 7: August 19-August 30*	

**TOTAL DEPOSIT ENCLOSED:** \_\_\_\_\_  
**(\$100 per session)**

Method of Payment (please circle one):  
 Check    Visa    Mastercard    American Express

\_\_\_\_\_ **Credit Card Number**

\_\_\_\_\_ **Exp. Date**                      \_\_\_\_\_ **Signature**

\*Session 7 can be pro-rated if your child's school begins before Labor Day.

**Please check this box if you would like us to charge this card on your balance due date.**

Has your child sailed with the EAST Sailing Academy before: Yes No

In case your first choice of session is full, please write number of a second choice here: \_\_\_\_\_

**STUDENT INFORMATION:**

\_\_\_\_\_ M / F  
**Last Name                      First Name                      Nickname                      Gender    Date of Birth                      Grade Sept. '13**

\_\_\_\_\_ **Street Address    City, State    Zip**

**Confirmation and notices will be sent via email unless otherwise requested. PLEASE PRINT CLEARLY**

\_\_\_\_\_ **1st email address    2nd email address**

\_\_\_\_\_ **Name of Mother/Guardian                      Home Phone                      Work Phone**  
    **Cell Phone**

\_\_\_\_\_ **Name of Father/Guardian                      Home Phone                      Work Phone**  
    **Cell Phone**

\_\_\_\_\_ **Name of Emergency Contact                      Home Phone                      Work Phone**  
**Other than Parent**  
    **Cell Phone**

If your child wishes to be grouped with a friend(s) please list names below. Please note that we cannot guarantee placement with specific children and that children of different ages/grades may not be able to be combined.

**Names:** \_\_\_\_\_  
*Please complete page 2 of registration form on reverse or on second page if form was obtained from website.*

## Medical Information

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**Student's Name**

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**Health Insurance Company**

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**Health Insurance Number**

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**Health Insurance Phone Number**

---

**Physician's Name**

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**Physician Telephone Number**

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**Preferred Hospital**

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**Date of Last Tetanus Shot**

**My child is up to date on all recommended vaccines: Y / N**

**My child is able to swim: Y / N**

**Please list any allergies (include allergies to medications):** \_\_\_\_\_

**Please list any medications that your child is currently taking and reason for medication:**

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Sailing requires the ability to concentrate and follow directions. If your child has ADD or other attention difficulties, we do not recommend they be enrolled. We do not have a nurse on staff and cannot administer any medication. If your child requires any medication to be taken during the day, the child must be able to administer their medication independently, or a parent must come to the site to administer the medication.

Do you know of any medical condition that could compromise your child's ability to participate in physical activities? **Y / N**

If yes, please explain: \_\_\_\_\_

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## Parental Consent Form

All information contained in this form is accurate to the best of my knowledge. I understand that classes are held rain or shine; however, the EAST Sailing Academy and the Croton Sailing School, Inc. reserve the right to alter typical class format to accommodate weather conditions. I give my permission for photographs of my child taken during participation in EAST Sailing Academy activities to be used in printed promotional materials or the Croton Sailing School/EAST Sailing Academy website.

I understand that sailing requires moderate physical activity in and around the water, and I do not have any knowledge of any medical condition that would restrict my child from participating in sailing. I hereby give permission, in case of injury, to take my child to a hospital for treatment, to include evaluation of injuries, x-rays and needed care.

I have read the above information and understand its provisions. I hereby waive, release and discharge the EAST Sailing Academy, Croton Sailing School, Inc., their employees and agents from my child's participation in sailing programs. I assume full responsibility for any risk or damage.

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**Signature**

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**Date**

Our youth program is designed to allow children and teens to progress at their own pace through five ranks of sailing ability: Second Mate, First Mate, Skipper, Racer and Salty Dog. Boating safety is stressed throughout the program and all students wear life jackets at any time they are on board the boats or on the docks. **"Patience, not pressure"** is our motto at the **EAST Sailing Academy** and our unique program enables children to learn in a relaxed and safe atmosphere while offering unlimited challenges to advance their sailing skills.



*The Neptune Award and the Golden Rudder are awarded to two sailors from each group, each week, in recognition of their progress and ability. Every Thursday is Awards and Pizza Day, a particularly fine way to celebrate a great week! Each week young sailors look forward to the day trip, when each group sets sail for a destination to anchor for lunch and return in the afternoon.*

When foul weather restricts our sailing, the learning continues ashore. On these days all sailors create knot boards, learn to read charts and then create their own, learn to splice line, and do other sailing crafts. If the day is hot, all the sailors look forward to the traditional water battle at sea after lunch.





**Over 25 Years  
of Teaching Sailing  
on the Hudson**

# *E.A.S.T. Sailing Academy*

*E*xcellence in  
*A*merican  
*S*ail  
*T*raining

See inside for registration information  
for Summer 2013

*Now is the Time to Register!*

[www.crotonssailing.com](http://www.crotonssailing.com)

***EAST Sailing Academy***  
Croton Sailing School, Inc.  
P.O. Box 620  
Croton-on-Hudson, NY 10520

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