

# ***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 four one-week sessions at the beginning of the summer season. The remainder of the season is divided into four two-week sessions. Two-week sessions can not be split. Each sessions runs Monday-Friday from 9:00 a.m. – 3:00 p.m. with a half-hour supervised lunch. Students may attend as many sessions as they wish and sessions need not run sequentially.

### Rates:

- \$395 for one week sessions  
Additional 1 week session \$320
- \$320 for Session 4
- \$735 for 2 week sessions  
Additional 2 week session \$715
- Discounts available for Croton Village residents

### Schedule:

- Session 1 - June 9 - June 13 (one week session)
- Session 2 - June 16 - June 20 (one week session)
- Session 3 - June 23 - June 27 (one week session)
- Session 4 - June 30 - July 3 (*No camp July 4*)
- Session 5 - July 7 - July 18 (two week session)
- Session 6 - July 21 - August 1 (two week session)
- Session 7 - August 4 - August 15 (two week session)
- Session 8 - August 18 - August 29 (two week session)

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

# EAST Sailing Academy Summer Report

2013 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 Conor Mook and his Senior Instructors provided spirited leadership for the EAST Sailing Academy instructor corps. Now we look forward to the summer of 2014 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:** Conor Mook (Williams College), **Senior Instructors:** Brady Jennings, Matt Haas (NYU), Julia Fiella (U. Alabama), Jordan Mendelson (SUNY New Paltz), John Mason (Vassar College), Sophia Sheng (Oberlin College), Julia Miller (St. Thomas Aquinas). **Junior Instructors:** Diana DiFilippis, Grace Jennings, Todd Lee, Emma Garshagen, Sophie Thorp, Anja Kerkapoly **Assistant Instructors:** Nola Donkin, Ethan Kravitz, Richard Leach, Tyler Scelza, Dan Scanteianu, Peter Yergeau, Thomas Bruel.



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



## 2013 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

Kay Goldfrank  
Sarah Adler  
Kiera McNally  
Thomas Barry  
Giorgio Doto  
Maya Kharem  
Gabby Nunez  
Ryab Robine  
Cora Fitzgerald  
Will Salerno

Wyatt Robinson  
Finn McHale

### Voyagers

Ryder Stolzenberg  
Laura Oliverio  
Charles Hildick-Smith  
Lily Andros  
Max Borchardt  
Christopher O'Sullivan  
Hannah Wolland  
Michael Peryea  
Trevor Robohn  
Jack Mahoney

### Explorers

Bryony Walker  
Samantha Coffey  
Trevor Robohn  
Campbell Ives  
Max Cover  
Elizabeth Strathner  
Jonathan Hayes  
Edwin O'Neil  
Aidan Lally  
Ariel Lindholm



Awards Ceremony

## 2013 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

Emma Baranowski  
Kay Goldfrank (twice)  
Emily Grunes  
Henry Salazar (twice)  
Michaela Fitzgerald (three times)  
Mary Sue Sheng

### Voyagers

Amanda Paterson (twice)  
Sebastian Gonzalez  
Eleanor Shelly  
Gabby Yablonski  
Nicholas McDonough  
Brandon Dibella  
Shelby Frazier  
Anna Burholt  
Adam Mann

### Explorers

Greta Garschagen (twice)  
Patrick Hodgson (three times)  
Georgia Fitzgerald (twice)  
Ben Bauder  
Adam Steinbuch  
Henry Salazar

**Rank of Salty Dog**  
*EAST Sailing's highest level of achievement:*  
**Brandon Dibella**  
**Nicholas McDonough**

***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 2014 ***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 2014!

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 2014. 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 2014!

**Best Regards,**

*Steve Jennings*

Steven M. Jennings  
President

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 2014

*Now is the Time to Register!*

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

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

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