

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

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 marlinspike, 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 three 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:

- \$395 for one week sessions
Additional 1 week session \$300
\$695 for 2 week sessions
Additional 2 week session \$675
- Discounts available for Croton Village residents

Schedule:

- Session 1 - June 7 - June 11 (one week session)
- Session 2 - June 14 - June 18 (one week session)
- Session 3 - June 21 - June 25 (one week session)
- Session 4 - June 28 - July 9
- Session 5 - July 12 - July 23
- Session 6 - July 26 - August 6
- Session 7 - August 9 - August 20
- Session 8 - August 23 - September 3*

*Session 8 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 2009 Report

2009 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 Kip Jennings and his Senior Instructors provided spirited leadership for the EAST Sailing Academy instructor corps. Now we look forward to the summer of 2010 with a great roster of returning instructors, a full bottle of suntan lotion and EAST T-shirts clean and ready to get wet!



2009 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: Kip Jennings (Bucknell University), Senior Instructors: Steven Andrews (University of Pittsburgh), Megan Kearns (Tufts University), Dan McManus (Cornell University), Max Odland (Middlebury College), Ben Schwalb (Tufts University), Andy Sold (Oberlin College), Meridith Vasta (Roger Williams University), Jeff Yozwiak (Oberlin Collage), Junior Instructors: Kathlyn Connelly, Julia Faiela, Dustin Hofer, Joe Minkler, Assistant Instructors: Christina DeFilippis, Alec Donkin, Ianni Drivas, Aaron O'Brien, Tom O'Brien, Maddy Yozwiak.

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



2009 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:**

| | |
|----------------------|--------------------|
| Elizabeth Keeley | Lily Sandland |
| Jacob Alter | Michael Gabrielsen |
| Emily Hoffman | Maya Leveen |
| Max Calman | Daniel Koester |
| Gabby Yablonski | Natalie Bruel |
| Noah Berliner | Phil Brooks |
| Jason Levitt | Devon Morgan |
| Emily Brieant | Peter Yergeau |
| Danny Livingstone | Sarah Holder |
| Eli Avellino | David Gold |
| Angus Parton | Alexandra Dorn |
| Amanda Patterson | Spencer Sturton |
| Danny Koester | John Mason |
| Hayley Crosbie-Foote | Sylvia Lustig |
| William Sheng | Jacob Ziemba |
| Senai Motley | James Cohan |
| Juliet McAdam | Michael Gabrielson |
| Nadya Yablonski | Lauren Strickler |



Awards Ceremony

2009 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:**

| | |
|-------------------|-----------------------|
| Wesley Sava | Noah Campbell |
| Declan Sava | Emilio Picayo |
| Connor McStay | Thomas Breuel |
| Eleanor Shelly | Daniel Koester |
| Anna Burholt | Conor Mook (twice) |
| Gaby Yablonski | Devon Morgan |
| Gibb Good | Logan McManus (twice) |
| Patrick Killion | Catherine Lillis |
| Hanna Elsner | Jordan Mendelson |
| Emily Brieant | Clara Winder |
| Harry Brooks | Tom McDonough |
| Grace Jennings | Andrew Lippe (twice) |
| Emilio Picayo | Ciara Regan |
| Mackenzie Hodgson | David Millstein |
| Brandon Dibella | |
| Xavier Yozwiak | |
| Duncan McManus | |
| Joanna Claessens | |
| Austen Paris | |

**Rank of
Salty Dog - EAST
Sailing's highest
level of achievement:
Conor Mook**

EAST Sailing Academy
Excellence in American Sail Training
24 Years of Teaching Sailing on the Hudson 1986-2010

Dear Youth Program Parents,

Enclosed you will find the 2010 ***EAST Sailing Academy*** schedule and registration form. The summer of 2009 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 2010!

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 2010. 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 2010!

Best Regards,

Steve Jennings

Steven M. Jennings
President

Medical Information

Student's Name

Health Insurance Company

Health Insurance Number

Health Insurance Phone Number

Physician's Name

Physician Telephone Number

Preferred Hospital

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:

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: _____

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.

Signature

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.





**24 Years of Teaching Sailing
on the Hudson
1986-2010**

E.A.S.T. Sailing Academy
***E*xcelle in
*A*merican
*S*ail
*T*raining**

See inside for registration information
for Summer 2010

Now is the Time to Register!

www.crotonsailing.com

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