



The Sailing Foundation

For the advancement of sailing in the Pacific Northwest

Summer 2016 Newsletter

The days are long and the sailing season as we know it in the Northwest is in full swing. Our board members and director have been busy putting on trainings, clinics, and events across the region. A lot of what we do as a Foundation happens behind the scenes. So on the front page we're taking the opportunity to highlight some of our board members in action and introduce those most recently appointed to our board.



Board member Ryan Helling leads another successful Lifesling clinic. Here they recover Bob Shchoonmaker, also a Sailing Foundation board member, during the March Safety at Sea seminar on Bainbridge Island.



Sailing Foundation President Dave Rutherford does grill master duty at the Youth Sailing Open House on Lake Washington. Dave dedicated his Saturday to grilling burgers and hot dogs for about 400 people.

Burke Thomas (pictured right) plucks a cold sailor from Lake Whatcom during NWISA District Championships. Burke is the President of Northwest High School Sailing (NWISA) and a long time Sailing Foundation board member. You can find him on the water or pacing the docks at just about every high school event from March-May. Over the past two decades, Burke has dedicated most of his free time to Sail Orcas. He has inspired countless kids on and off the water and has been a tireless champion of high school sailing in our area. (Photo Credit: Jim Skeel)

Welcome New Board Members of 2016!

Margaret Pommert is a licensed captain, and an advocate for women's sailing and safety training. She also works to promote STEM education in sailing through the organization Frog Prints e! She is a US Sailing "Reach" instructor, and a keelboat/cruising instructor.

Jen Glass is an accomplished skiff sailor, coach, and former college sailor at Dartmouth. Over the past decade, Jen has helped pass on her love of skiff sailing to future generations. She continues to race 505s with her husband Ben, who formerly coached the SYC Race Team.

Brendan Fahey is a local product of the North Kitsap High School sailing team. He attended UW and was one of the top sailors in the district during the mid 2000's. Brendan was also a standout Laser sailor and made multiple trips to Single-Handed College Nationals.

John Woodley grew up in the Pacific Northwest sailing and power boating. As a teenager, he began a sailboat racing career that lasted until the late 1980's. Now, he powerboats in the Salish Sea. He is interested in offering clinics to help young sailors improve their racing skills.

Kara Carlson grew up in the Midwest sailing and instructing in the ILYA (Inland Lake Yachting Association). She went on to sail on the first University of Iowa Women's sailing team to qualify for Nationals. She now sails with her husband and two children on their C15. She is also active with the SYC Jr. Sailing Program.



Director's Report

One of the hardest things about my job is measuring success. The kind of work we're doing generally pays dividends down the road, in some cases maybe WAY down the road. However, the needle is moving and in the right direction. There are some telling indicators out there. Indicators like, the monster attendance we had at almost every high school sailing regatta this year, the number of high school and summer race teams that have recently formed or re-booted, the number of learn to sail programs reaching capacity in their summer camps, or the growing demand for more certified instructors.

It's a special time to be a junior sailor in the Northwest, and it's not just because of the efforts of The Sailing Foundation. There's a really great mix of young energized coaches who've recently taken the reigns in places like Olympia, Poulsbo, Portland, Tacoma/Gig Harbor, Orcas Island, Sail Sand Point, etc. Most are local products who have chosen to give back to the sport as twenty-somethings. Take for example, 19 year old coach Stasi Burzycki who led the North Kitsap High School team to a district championship this spring, just one year after he won it as a sailor for Bainbridge.

This generation is having a profound effect on the growth of high school sailing and are as responsible as anyone for the ground swell of momentum behind this past season. Enough new teams emerged that NWISA earned a second berth to the High School National Championships, which is unprecedented, attendance records were broken at just about every regatta, and the caliber of racing was markedly better than last year, especially in the middle half of the fleet.

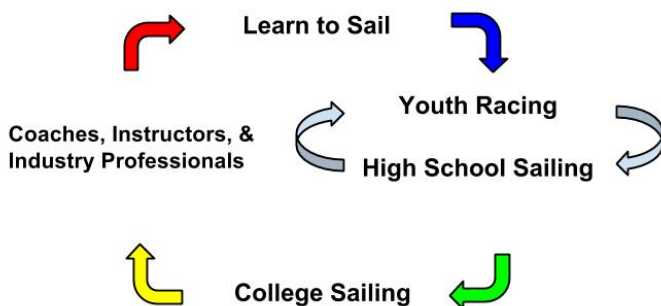
It seems that High School Sailing is where much of the momentum has manifested itself, but a growing number of these sailors are racing year-round and instructing learn-to-sail during the summer. This all bodes well for the other aspects of junior sailing.



North Kitsap High School won this year's NWISA District Championships. (Photo Credit: Jim Skeel)

I'm a big believer in thinking about the health of junior sailing holistically. No one segment is more important than the other. For this reason I find myself working with a wide range of youth sailing stakeholders on a regular basis. The pieces all fit together and work in harmony when the cycle is functioning properly. Improved regional communication and cooperation has really helped drive participation this past year. The Sailing Foundation can't take full credit of course, but we're there every step of the way helping programs, coaches, leaders, and sailors reach their potential.

I love getting on the water, but a bigger part of my job is coordinating events and calendars, spreading awareness, and bringing people together around shared goals. It's the personal connections and relationships I've been able to establish in the past year and a half that have really made this possible. It's chatting with area leaders at a regatta or with parents in the parking lot. This job is about incremental change, patience, and keeping the big picture in mind. Things continue to percolate and we're looking forward to sowing more seeds in 2016.



Recent Happenings

Our annual **Coaches' Clinic** was another big success. In January we packed over 80 coaches, leaders, and college sailors into Mt. Baker Rowing & Sailing Center to spend an entire day devoted to improving our programs and practices. Topics included, growing programs in small communities, emergency procedures and rescue techniques, and understanding the Racing Rules of Sailing as applied to team racing situations.

We organized a booth at the **Seattle Boat Show** in conjunction with the **Youth Sailing Open House**, which we ran in April at Sail Sand Point. These events were targeted at raising public awareness about youth sailing. Both events featured advertising space for local learn to sail programs, plus games/activities, and a sailing scholarship raffle. A big thanks to the Northwest Marine Trade Association for a grant sponsoring both of these outreach events, and to the volunteers who made it all possible!

Safety at Sea was another sold out event this year. Sailors from around the area converged at Bainbridge Island High School to go through this valuable training course, which is required by many popular offshore races like Vic-Maui, Van Isle 360, and Oregon Offshore. Those that have attended multiple Safety at Sea events will tell you that Bob Schoonmaker and the rest of the Sailing Foundation volunteers put on one of the best events in the nation. Some participants opted to stick around for a third day, and practiced using the Lifesling.

The Sailing Foundation lent its support to the **NWICSA Spring Clinic** earlier this year. There were about 35 college sailors in attendance, along with handful of alumni coaches putting them through their paces on the water. For the area teams in attendance, it was a nice opportunity to get outside coaching, since all district teams are self-coached and student run.

Our director has also been filling in as "interim-NWICSA Graduate Commissioner," a post long held by Kyle Eaton. We are looking for a long term replacement with a passion for giving back to College Sailing in our area. If you know of anyone please let us know!

(Page Left) We gave boat rides to 125 members of the general public during the Youth Sailing Open House. Here our director takes out an intrepid family of four for their first sail. Despite taking plenty of water over the bows this family was all smiles, telling others at the dock "It's worth it!"



Our director traveled with the UW Women's Team to College Nationals in San Diego this May. College and High School Teams both receive travel assistance from the Foundation to attend their respective national championships.

Our region is training more **US SAILING Certified Sailing Instructors** per capita than just about anywhere else in the country. The trend of quickly filling instructor training courses continues. This spring we trained approximately 90 new beginning sailing instructors. Training locations included Oak Harbor, Eugene, Seattle Yacht Club, Sail Sand Point, and even Flathead Lake, MT.

We just wrapped up another of our small **High Performance Clinics** with former Rolex Canadian Yachtswoman of the year, Isabella Bertold. We continue to include these smaller clinics with elite coaches where we can on the calendar. The signature youth clinic of the year will be the annual **WIND Clinic** at the Gorge in July 5-8. We are expecting nearly 70 sailors (Lasers and Optis) to make the pilgrimage to Cascade Locks, OR where they'll have access to coaching from some of the best regional and national coaches.

Leiter Cup is the **US SAILING Junior Women's Singlehanded National Championship**, and we'll be playing a large role in helping our area host the event. Our geography always makes hosting national championships challenging, but along with Sail Sand Point and the SYC Foundation, we're collaborating to give our local girls the opportunity to sail against the best on their own home turf. A dozen area girls are already signed up. The Sailing Foundation also had a large presence at the **High School Team Race Nationals** in Anacortes last month, with several board members there helping put on a top notch event.

Lastly, the **NWYRC Summer Series** dates have been published on nwyouthsailing.org. There you'll find info about all of the upcoming youth regattas this summer.

How You Can Help!

- ▶ Contribute a fixed amount that is automatically billed to your credit card or Paypal account every month. Our **Sustained Giving Program** is convenient and painless, plus supporters can opt out at any time. Small donations add up quickly! To learn more, please visit www.nwyouthsailing.org/support.html

Enroll

- ▶ Contribute to our endowment and help fund our Youth Sailing Initiative into the future with a fully tax deductible contribution. One time donations can be made online via Paypal or mailed to our address below.

Donate

OR

The Sailing Foundation

2635 151st PL NE

Redmond, WA 98052

- ▶ Donation of material goods. What we don't have a need for we can often pass along to a needy junior sailing programs. Clubs and programs are always on the lookout for dinghy line, buoys, hardware, Boston Whalers, small outboards (that run!), mushroom anchors, youth life jackets, wetsuits, etc.
- ▶ Use Amazon Smile. Go to <https://smile.amazon.com/> and search for "Sailing Foundation". Then select the one in Redmond, WA. .5% of each purchase will be donated to the foundation when you shop using the Amazon Smile portal!

Questions? Don't hesitate to ask! Email our Youth Sailing Director at ysd@thesailingfoundation.org



Our newest batch of US Sailing certified instructors learn how to rig up a "herring bone tow" on the lawn at SYC. These newly minted instructors are a critically important link in keeping our sport healthy. Safety, fun, and learning are the three words that US Sailing Level One instructor candidates live by as they're put through a rigorous 40-hour course. Their training includes educational psychology, seamanship, sail theory, risk management, and power/rescue boat driving.



Photo Credit: Jim Skeel

SAVE THE DATE!

JULY 5-8

We'll be joining forces with CGRA to put on the largest WIND Clinic ever! Optis and Lasers are both invited this year. Regatta is the Sat/Sun following the clinic.

JULY 21-24

Laser North Americans are coming to the Gorge! This only happens every few years, and this time they're expecting 140+ boats!!! This is an open championship and all ages/rig sizes are invited!

JULY 26- AUG 1

The Leiter Cup is coming to Sail Sand Point. This national championship is preceded by a two-day clinic with coaching provided by US Sailing. A dozen local girls are already registered!

AUG. 20-21

Junior Olympics are coming to Shilshole! This is a US Sailing sponsored regatta run by Seattle Yacht Club and one of the largest NWYRC events.