



## **Yarns**

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Web site: [www.sailingcenterchesapeake.org](http://www.sailingcenterchesapeake.org)

### **Planning for Our Second Season**

Events for the 2010 season are now planned and a calendar posted on our web site.

The spring high school season started this week. The sailors have rigged all the FJs and are tuning up for their first varsity event on Sunday, March 21, in Annapolis.

We are working with the St. Mary's River Yacht Club and the Southern Maryland Sailing Association on our summer programs. See the calendar on a subsequent page for details.

Our advisory board now consists of Stuart Walker of Annapolis, Randy Stokes of Norfolk, Clarke McKinney of Solomons, and Tom Sitzmann of Severna Park. We will be looking to them for guidance as we expand.

Advisory Board Member, Stuart Walker, has just published a book on the psychological aspects of doing well in sports, including sailing. Stuart has a number of books out on how to be an expert racing sailor. He is now extending himself to all sports. A order form is included on the back page of this newsletter.

### **Spirit of America Grant**

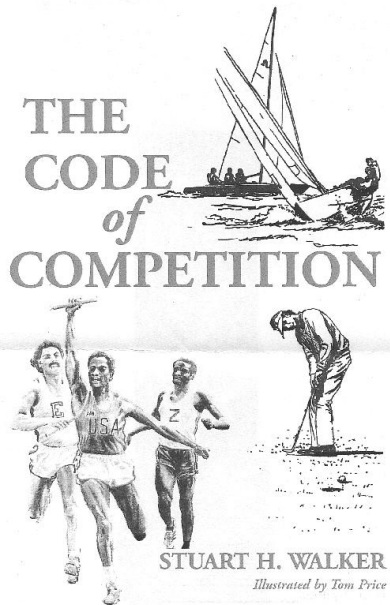
This month we are running a pilot with sixteen middle school students in the Spirit of America Foundation Boating Safety curriculum. Our Center is a contractor to St. Mary's College for a grant to train at least 62 middle school students about sailing, paddling, and motor boating each year. In return, Spirit of America has granted us lots of equipment suitable for this training, and for use in our other programs. For instance, we use the three aluminum jon boats regularly as coaching and rescue boats during high school events and our summer courses.

The Center and the Scout Venture program will evaluate the pilot and revise the curriculum for a one week summer session. The plan is to run the revised program twice in early August with about 35 students in each.

The Spirit of America Foundation is an offshoot of the Safe Boating Congress which is funded by the US Coast Guard. It has run this middle school program for a number of years in the mid-West with over 17,000 graduates. About 5% of them have enlisted in the Coast Guard upon leaving high school.

### Schedule for 2010

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
8-Mar			<-----	HS Practice	----->			
15-Mar			<-----	HS Practice	----->			
			Spirit of America at SMCM					
22-Mar			<-----	HS Practice	----->		Rules Sem.	
29-Mar		Sp of Amer	<-----	HS Practice	----->			
				<--- Spirit of America --->				
5-Apr	Sp of Amer		<-----	HS Practice	----->			
12-Apr			<-----	HS Practice	----->			
19-Apr			<-----	HS Practice	----->			
26-Apr			<-----	HS Practice	----->			
3-May			<-----	HS Practice	----->	Varsity at SMC		
10-May			<-----	HS Practice	----->			
17-May								
24-May	<-----	SMRYC Eve Adult (Ensigns)	----->			Sea Scouts		
31-May	Memorial Day							
	<-----	SMRYC Eve Adult (Ensigns)	----->					
7-Jun								
14-Jun								
21-Jun	<-----	SMRYC Beginning Youth Sailing	----->					
28-Jun	<-----	SMRYC Beginning Youth Sailing	----->					
	< - SMSA Adv Teen - >				Teen Racing			
5-Jul	<-----	SMRYC Intermediate Youth Sailing	----->					
	< - SMSA Adv Teen - >				Teen Racing			
12-Jul	<-----	SMRYC Intermediate Youth Sailing	----->					
	< - SMSA Adv Teen - >				Teen Racing			
19-Jul								
26-Jul	<-----	Spirit of America	----->					
	< - SMSA Adv Teen - >				Teen Racing			
2-Aug	<-----	Spirit of America	----->					
	< - SMSA Adv Teen - >				Teen Racing			
9-Aug								
	< - SMSA Adv Teen - >				Teen Racing			
16-Aug								
	< - SMSA Adv Teen - >				Teen Racing			
23-Aug			<-----	HS Practice	----->		Sum. Chlng	
30-Aug			<-----	HS Practice	----->			
6-Sep	Labor Day		<-----	HS Practice	----->			
13-Sep			<-----	HS Practice	----->			
20-Sep			<-----	HS Practice	----->			
27-Sep			<-----	HS Practice	----->			
4-Oct			<-----	HS Practice	----->			
11-Oct			<-----	HS Practice	----->			
18-Oct			<-----	HS Practice	----->			
25-Oct			<-----	HS Practice	----->			
1-Nov			<-----	HS Practice	----->			
8-Nov			<-----	HS Practice	----->			



Advisory Board member Stuart Walker has just published a new book that should be of interest to all competitive sailors. Stuart has several books on the details of being a great sailor. This one will help us all sort out how to deal with internal barriers to success on the race course. It is full of anecdotes from many sports.

You can order your copy from Annapolis Performance Sailing:

<http://www.apsltd.com/>

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**Sailing Center Chesapeake  
Membership Application**

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Street Address \_\_\_\_\_

(if different) \_\_\_\_\_

Home telephone \_\_\_\_\_ e-mail \_\_\_\_\_

Cell telephone \_\_\_\_\_

Sailing experience (if first time member): \_\_\_\_\_

Sailing Center membership for 2010	\$ 50.00	_____
(Adults - please include the sustaining contribution, if possible):		
Sustaining member contribution (tax deductible, see below)	50.00	_____
Subtotal		_____
Note: Members of SMRYC, SMSA, and SMC receive a 10% discount off this subtotal.		
Additional contribution (tax deductible, see below)		_____
Total		_____

Mail to: Sailing Center Chesapeake  
P. O. Box 1653  
Solomons, MD 20688

Please note your preferences on the reverse side.

### Fall 2009 High School Season

22 sailors from four high schools (Patuxent, Great Mills, Leonardtown, and Churchville Christian) practiced three days a week during the fall season at the Center. They help to host three regattas for schools in the Central League of the MidAtlantic Scholastic Sailing Association.



Varsity Regatta, October 25, 2009, St. Inigoes Creek

### Tidbits

High school senior Kristin Horn has been accepted at the University of Rhode Island. She is still awaiting word from other New England colleges.

Leonardtown senior Eddie Sierra will be going to Old Dominion University in Norfolk next fall.

Leonartown junior Ryan Beem escaped with his life after a harrowing snow boarding jump in January. Airborne up 16 feet, he landed on his hand which damaged a kidney! He is well enough to do some limited crewing this season for his high school team.

The Sailing Center wishes to acknowledge the kindness of the Cole family, owners of Milburn Creek Marina, for allowing the Center to operate from their site.

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### Sailing Center Chesapeake Preferences

Please check off below the types of activities you and your family may be interested in during the 2010 season:

- Evening informal small boat racing on Friday.
- Adult sailing ( \_\_\_ beginning \_\_\_ intermediate \_\_\_ advanced)
- Youth sailing ( \_\_\_ beginning \_\_\_ intermediate \_\_\_ advanced)
- Summer Advanced Teen Racing Course (2 days per week for 7 weeks)
- Summer Friday Afternoon Teen Open Racing
- High School varsity or junior varsity sailing team ( \_\_\_ spring \_\_\_ fall)
- Other: \_\_\_\_\_

The Sailing Center Chesapeake is a division of the Southern Maryland Sailing Foundation, Inc., which is a charitable corporation supporting youth sailing in Southern Maryland and is recognized under Section 501 (c)(3) by the Internal Revenue Service. Donations are tax deductible to the extent allowed by law.