

Olympic Hopefuls on Track

[Ed. Note: Brendan Kopp and Mike Costello continue their march toward the 2012 Olympics. At the moment they are full-time college students, sailing on their college sailing teams. They plan their regattas a year in advance and plan their budget for each regatta. This past summer they raised funds by teaching sailing at the Cedar Point and Pequot Junior Programs, and by organizing and running junior sailing clinics. They train, host fund-raisers and write grant requests. Team KoppCostello are in perpetual motion! Below, Brendan gives us an update.]

Overall we had a successful summer, winning the 470 US Nationals and then finishing (a somewhat disappointing) 92nd at a very windy World Championships in the Netherlands. Most importantly, we continued to improve as a team, getting more experience racing against top competitors in all different conditions.

Right now we are back at school, busy with work and a lot of college sailing! Our next 470 event isn't until January (in Miami), but we are already looking forward to that time and beginning to make plans. The first stage of our campaign is quickly coming to a close, and starting with our next event the stakes get elevated. From that point on, each result will count in one way or another towards Olympic qualification, our ultimate goal. The next event in Miami will count as one of the qualifiers that determines which teams will be allowed to participate in the 2012 Olympic Trials. We will be working hard in preparation for the event with this goal in mind!

As we enter this final period of our campaign, we need all the support we can get! Please check out our website at: www.teamkoppcostello.org for more information, and thanks for following along!



Brendan Kopp and Mike Costello at the January 2010 OCR.



Theo Aris, Chuck Matteson (who set the race course), Henry Dumke and Bridget Clarke.

Juniors Rise to Off-Season Frostbite Challenge

—Tim Clarke

Back in March, the second ever Board of Governor versus Juniors frostbite challenge was held at the club. This event was first hosted two years ago. After skipping a year, the event was sought out by the Board to promote inter-generational sailing and the frostbiting culture at Pequot.

Getting Junior Sailors on the water in early March is no mean feat. According to Jay Lipp—part time astrologer of the youth sailing movement in Fairfield County—this was the ONLY date when all area high schools were NOT (1) in progress with a winter sport; (2) in progress with a spring sport; (3) in progress with a spring or winter vacation break; and (4) sitting for the SATs, PSATs, ACTs, APs nor any of the other standardized tests that crop up on any given weekend.

After these shrewd calculations were performed, the date was fixed for March 6th. That just left the easy part of convincing a group of adolescents to hang out with unidentified adults in potentially wintry conditions on boats that are known to go backwards and make grown men cry.

Absent any nudging from their circumspect parents, three intrepid juniors came forward: Henry Dumke, Theo Aris, and Bridget Clarke. Not to be outdone, three board members and frostbite enthusiasts emerged to represent the BOG: Jeff Warren, Betsy Hulme and Emily Blair. Game on!

The day featured perfect “Goldy Locks” weather for frostbiting: 50 degrees and sunny, and at 10 knots and steady, a breeze that was not too light and not too bold. Final score? BOG 47, Juniors 37. Henry Dumke was tops among the juniors.



PEQUOT JUNIOR YACHT CLUB Junior Program Issue

PEQUOT YACHT CLUB

Vol. 29 October 2010

SOUTHPORT CT

Mary Von Conta Receives PJYC Lifetime Achievement Award

[Ed. Note: The following are remarks made by Junior Program graduate Tim “Crash” Clark upon presenting Mary with the award on August 19, 2010]

The Pequot Junior Sailing Program is recognized as one of the great junior sailing programs on Long Island Sound. It is not just that we have the greatest kids, the greatest instructors or even the greatest parents. Even when all this comes together as Team Pequot, it is not enough to make for a great program.

Great junior sailing programs are not just created or organized. They are built over time. You start out with a pretty good idea (“Hey! Let’s teach kids how to sail!”) and then you figure out how to do it. When the season is done, you figure out how to do it better, and better. And better again.

But this takes years to get it right. And during all this time it is important to have someone who not only has experience, but knows what is most important and what should never be forgotten. And someone that can only imagine how great a junior sailing program can become.

Mary Von Conta is that important visionary for

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Juniors Excel on Big Boats

Two no-nonsense Pequot boats did very well in an exciting Beach Point Overnight Race, Division A, on August 17-18. *Strategy* skippered by Morgan Simmonds was first overall, while *Loki* skippered by Bryce Kopp was third. Check out crew member Russell Clarida’s (Main Trim, *Strategy*) regatta report on the JSA Blog, Jibe Talk. (Also posted on the Club website.)



Jack Forehand, owner of *Strategy* and Big Boat Program mentor with skipper Morgan Simmonds.



Bridget Clarke, recipient of the Rennell Improvement Award, with Instructor Brian Stephans. More awards photos on pages 4 and 5.

Class Awards

OPTIMIST RACING CLUB CHAMPIONS

- 1st Chase Cooper /Cam Nash
- 2nd Sam Cusick/Liam Ballou
- 3rd Connor McHugh/Chase Reynolds

PIXEL CLUB CHAMP

No trophy 2010

LASER CLUB CHAMP

- 1st Jack Cusick
- 2nd Glenn Blair
- 3rd Peter Solazzo

420 CLUB CHAMPS

- 1st Bryce Kopp/Matt Clarida
- 2nd Henry Dumke/Bridgette Foster
- 3rd Peter Bailey/David Watkins

Instructors' Awards

Tori	Matt Clarida
Morgan	Connor Rosow
Carl	Henry Dumke
Ryan McHugh	Julia Reynolds
Ryan Morrison	Everett Nash
Peter	Will Dumke
Bryan	Glenn Blair
Rick	Kamran Saghri
Mike	Russell Clarida

For LTS & 2nd Year

Opti Sailors

Opti Sportsmanship Award:	Billy Duffy
Opti Ship-shape Award:	Kenly Burton
Opti Seamanship Award:	Liam Ballou
	(Most adept with knots and seamanship)
Opti Boat handling Award:	Sam Gosselin
	(Most impressive all-around sailing capabilities)

Perpetual Trophies

Arthur O. Jennings, Jr. Memorial Cup to Morgan/ Suzanne Simmonds. 2nd, David/John Watkins; 3rd, Austin/Burr Jennings.

David S. Sprouse Award to Cyrus Rastegar for spirit and enthusiasm.

John Walter Perry Award to Mac Forehand for most improvement as a beginner.

John H. Sherwood Award to Sam Cusick for all-around excellence as an Optimist sailor.

Mike Hafer Achievement Award to Bobby Schloth

for an intermediate member who has demonstrated all-around excellence in sailing ability, seamanship and sportsmanship.

Pandora's Box to Bridgette Foster for best spinnaker sets.

Rennell Improvement Award to Bridget Clarke for greatest improvement in seamanship.

Instructor's Tiller Award to Peter Bailey for most improved helmsman.

Instructor's Shipshape Award to Glenn Blair for the best at keeping their boat shipshape.

Henry A. Jennings Cup to Bryce Kopp and Matt Clarida for compiling the best racing record in junior events held outside the Club.

Pequot Yacht Club Pequot Cup to Matt Clarida for the most outstanding qualities of leadership and sportsmanship.

Reginald W. Ray, Jr. Award to Karl Forst for most outstanding junior mentor.

Cameron Clark, Jr. Navigation Award to Morgan Simmonds for outstanding junior navigator.

Trophy Notes

David Sprouse was a popular junior sailor at Pequot and served as Junior Commodore about 20 years ago. A year or two later he died in a tragic car accident.

John Walter Perry was a former PYC Commodore.

John Sherwood was a long-time Pequot sailor and volunteer. He was a very enthusiastic supporter of Optis at Pequot and ran the first JSA Opti Champs at Pequot.

Mike Hafer sailed at Pequot in the late 50s and early 60s. He was a great kid and excellent crew who unfortunately died in an accident when he was 19.

Pandora's Box. Setting a spinnaker is easy! Just clip on the halyard and sheets, pull the chute out of the bucket and hoist away! But some sixty years ago, it wasn't that easy. Sailors used to roll the spinnaker up into the shape of a sausage, tie thread around it every couple of feet, hoist it, pull on the sheets and *hope* that all the threads (known as "stops") would break. But a young girl from Pequot, **Patricia Skinner** (later married to Rad Daly), changed all that. She found an old Pepperidge Farm box, cut notches in two corners for the clews and the opposite side for the head, lined up the leeches and carefully stuffed the spinnaker into that box. When she invented this new technique, old timers warned that this was like opening up Pandora's Box, in that it would change things forever. It sure did, and definitely for the better!

Henry Rennell was a former PYC Commodore as was **Henry Jennings**.

Mary Von Conta Receives PJYC Lifetime Achievement Award

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Pequot junior sailing. In the late 1970s she became involved with the Pequot junior program, collaborating with our own Dave Perry to build a sailing program founded upon excellence of instruction and she was instrumental in implementing instructor certification programs. But she did not stop there. She understood that instilling a life-long love of sailing was more than just teaching one to steer the boat or trim the sails. It was also about relentlessly promoting the importance of safety, honesty and respect for our fellow sailors.

Mary was not satisfied with just building the foundation of a good program here are Pequot. She wanted to see great junior sailing everywhere. So she got involved with the JSA and relentlessly promoted the importance of instructor training, safety and ethics.

The word I associate most with Mary is respect. She may not have known it, but years ago when she crewed for my father, a tough guy, on a 43 foot yawl called *Calypso*, she commanded respect even then if only because she was confident in what she knew and equally confident in what she had still to learn. More recently, when she was Chair of the JSA, I noticed the respect she accorded sailors of all ages. Once I was with her at Larchmont Race Week and she suddenly turned and called out: "Excuse me, Mr. Jones, May I speak with you a moment." I thought she was calling out to an older club member. No, it was a 13 year old boy. How many adults to you know who called you "Mister" while still a teenager? Now THAT's respect!

Too often, when someone gets to be really good at something, they tend to get drawn to doing it on a bigger and bigger scale. Kind of like your friend who starts off as mayor and does not stop until she runs for President. But Mary has never forgotten Pequot. And it makes for a long memory, as she was once a member herself of the Pequot Junior Sailing Program. She has always been here, standing by, dispensing timeless wisdom. She has been a mentor to us all, but most particularly to the junior program chairs of this program over the past decade and a half. She has continued to remind us what is really important for the success of junior

sailing.

Mary has been our teacher for so long that, while remaining young in mind and spirit, she needs to be recognized for what she is: Pequot junior sailing's "original mentor". And whenever we pause for a moment of reflection on why junior sailing is so great at Pequot Yacht Club, we will know, in our hearts, that it is because of all that Mary Von Conta has given us.

I would like for all of us to rise, and by our applause, express our great thanks to Mary for her lifetime achievement of leadership, advice and support of Pequot Junior Sailing.

Officers for 2010

Commodore:	David Watkins
Vice Commodore:	Nathan Arndt
Fleet Captain:	Bridget Clarke (Sec'y)
Treasurer:	Henry Dumke

2010 Opti Rumble

—Laura Ballou

On Saturday July 10, almost 100 young sailors from 10 clubs convened at Pequot to participate in the annual Opti Rumble. The event started off slowly with a weather delay but eventually Mother Nature cooperated and steady winds allowed us to finish three races. Pequot sailors had a strong showing in all three fleets. Russell Clarida and Connor McHugh took home trophies in the red fleet. Sam Cusick, William Dumke, both blue fleet, and Alex Berg, white fleet, won trophies as well.



Opti Rumble Race Committee, left to right, Junior Program Chair Tim Clarke, Chair Charlie Reynolds, Rumble Co-Chair John Dumke and Gordon Miller, regular crew on Red Stripe.

Did You Know

that the team representing Pequot at the recent NYYC Invitational Cup Qualifiers included two graduates and one former instructor of the PYC Junior Program? To David Rosow, Becca Dellenbaugh and Ben Kinney (former instructor), congratulations on your 6th place finish within a very competitive field.



David, Ben and Becca. (Hidden is Susan Dellenbaugh, former junior mom!)

she is IT. Pequot's Jack Cusick, the defending champion, was third.

The whole operation could not have taken place without the help of many volunteers, headed by Chairman John Dumke. John Wilcox was Chairman of the Race Committee, Dan Nash was on the *Pequod* at the starting line and Dave Dellenbaugh laid out the race courses.



420 sailors Peter Bailey and David Watkins.

After two days of light air, the final regatta of the JSA calendar for C420s and Lasers wrapped up yesterday. The RC was able to get off six races Monday and one Tuesday. After waiting for a while for the breeze to fill, the RC blew abandonment and sailors across the water let out a cheer as the summer season closed.

Throughout the day I saw some really great sailing. Even boats finishing mid-fleet or back of the pack were excellent sailors. I saw some great strategy and tactics at work, and impressive boat handling. Even compared to the Law Trophy earlier this summer, the level of sailing was some of the best I have seen this summer. —John Dumke



2010 Jennings Cup: Winners Morgan and Suzanne Simmonds (center), David and John Watkins (left), 2nd, and 3rd, Austin and Burr Jennings.

It Was a Very Good Year

—Tim Clarke, Junior Chair

The summer of 2010 will go down as the year Team Pequot “did it all, did it well and had fun doing it.”

Our goal was to run an inclusive program for sailors of all abilities while delivering a supportive environment for the highest caliber racing enthusiast. Here are just a few “vital signs” which indicate that we may well have succeeded:

We fielded a record number of boats and sailors for daily instruction. In session one alone, we had over 57 Optimists, nine Pixels, nine Club 420s and seven Lasers. We also made use of two J109s and two Ideals in preparation for a special keelboat regatta. Finally, our Pixel sailors rotated into Sonars at the year end Oyster Bay seamanship clinic and campout.

We saw record participation at regattas. At Larchmont alone, we sent 55 sailors to Junior Race Week—nearly half of the entire program! We also turned up in force in distant places such as Newport (Opti New Englands), Virginia (Opti Nationals), Brandt Beach (420 North American Champs), and Marion, Massachusetts (Buzzards Bay Regatta).

We hosted two hugely successful regattas of our own: the Opti Rumble and the JSA of LIS Champs for 420s, Lasers and Laser Radials, each of which drew upwards of 90 to 100 boats to our small venue.

The variety of curricular and extra-curricular offerings was equally impressive. We had pre-season Opti and 420 racing clinics, pre-season junior instructor clinics, private lessons almost daily, and weekly navigation classes for 20 sailors which produced the highest Pequot scores in recent mem-



Cooling off. Juliette Donovan takes the plunge with Kenly Burton not far behind.

ory. Finally, we had Bingo on Tuesday nights and the best treasure hunt ever!

Of course the most vital indicator of them all would be the smiles worn on the faces of young sailors both on and off the water. You can judge this for yourself by checking out the 2010 Junior Program Video and Photo Album. They are both available on the Pequot web site for your viewing pleasure and free downloads. That's pequotyc.com, then select “Junior Program & Regattas” and follow the instructions from there. **Video user name is “pequotyc” and password, “PJYC10.”**



Awards Dinner, August 19.

Sportsmanship Trophy Goes to Wolstenholme

[Reprinted from www.jsalis.org]

Each year the board of directors of the Junior Sailing Association award special trophies to recognize outstanding individuals within the member community.

The Mitchell S. Weeks Trophy is awarded for sportsmanship in the Club 420, Laser and Laser Radial classes as nominated by their peers. In recent years nominations from instructors and program chairs have also been accepted. The 2009 winner for the Club 420 class was PYC Junior Charlie Wolstenholme.



Charlie Wolstenholme

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Editors: Pam Toner, Wendy Macbeth
Photo Credits: John Dumke, Alison Lew, New York YC



The 2010 Junior Officers: Charlie Wolstenholme, Matt Clarida, Russell Clarida and Jack Cusick.



Left, Karl Forst with the Reginald W. Ray, Jr. Award for outstanding mentor. Below, Co-Head Instructor Tory Lynch presents an Instructor's Award to Connor Rosow.



2010 Junior Awards



Above, Instructor Peter Miller presents Sam Cusick with the John H. Sherwood Award.



The John Walter Perry Award being given to beginning sailor Mac Forehand. Presenting the award are Instructor Ryan McHugh and Commodore Bruce Kueffner.



Instructor Rick Condit presents Glenn Blair with the Shipshape Award.



Above, Peter Bailey, most improved Helmsman, and above right, Bobby Schloth receives the Mike Hafer Achievement Award from instructor Ryan Morrison.



Above left, Junior Program Chair Tim Clarke addresses the crowd as daughter Bridget and Henry Dunke look on.



Right, Bridget Foster, pictured here with Co-Head Instructor Carl Segen, with Pandora's Box.



Cyrus Rastegar being presented the David S. Sprouse Award by Instructor Bryan Stephans



Matt Clarida and Bryce Kopp hold the Henry A. Jennings Cup.



Morgan Simmonds is awarded the Cameron Clark, Jr. Navigation Award by Tory Lynch.



Sam Gosselin, winner of the Opti Boat Handling Award.



Julia Reynolds, recipient of an Instructors' Award.