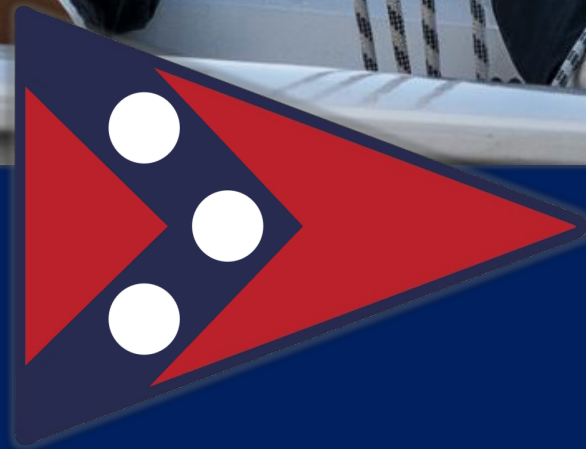
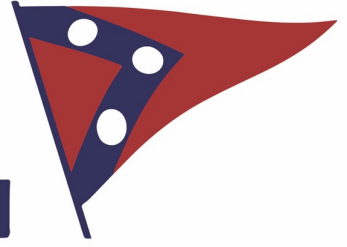


CURRENTS

SAILING NEWS FROM THE UNIVERSITY OF PENNSYLVANIA



Fall 2018

The University of Pennsylvania
Sailing Team's Newsletter

Coach's Report

I remain continually impressed since starting as full-time coach of Penn Sailing in February. I showed up to an excited but nervous team this spring. I could see them thinking: How is this going to change things? What will be different for me? How is this going to affect my daily life and routine (or lack thereof)? In order to be a successful athlete, or student, or employee, or employer, you need a consistent level of effort and faith, often blind faith, that that effort will amount to an achievement or success. The payoff in life is rarely short-term, working hard for one practice or workout is as meaningless as not being in attendance, but giving your all for 16 workouts in a row will show personal results and solidify everyone's trust in your commitment and ability. Even still, one season of commitment pales in comparison to 6 seasons of commitment and effort. In

the spring, we tripled the time commitment for these student athletes. We instituted mandatory two practices per week, two workouts per week, and one night meeting for film and culture building. This happened instantly and drastically changed the daily lives and routines of the sailors. I was impressed, and remain impressed, because this is exactly what they wanted, there is no dispute whether it was needed, but they did not falter from this challenge. This is not normal for a club team, usually a large portion of the team will quit or fade away into their other groups or activities, but this was not the case here. This was Penn Sailing's moment to become something more than what Penn Sailing has ever been.

The road to the top is long, winding, and not always heading up. The spring saw us making a lot of changes and a lot of progress on a number of levels. We were proud to have our Women's team qualify for



Coaching to a sixth-place finish at The Women's Showcase Finals at Brown University – Rob Migliaccio

Women's Finals for the first time since the inclusion of the semifinals/finals format. We fought the entire event, but unfortunately finished last neck and neck with Georgetown. We finished in the same place at the America Trophy as the fall, in 12th, 3 spots short of qualifying for Coed Semi Finals, again. The obvious takeaway for us was that it takes more than one season of hard work to achieve, especially when all the teams around us have been working hard and have been committed for years.

This fall, we launched into the season with the same attitude but with better planning and with aligned expectations going in. The team arrived in Philadelphia a week early for preseason ready to get to work. We brought on 5 new freshmen to increase the team size to 21, and they have been an incredible inclusion to the team. We have 4 practices per week now, Tuesday through Friday with team members expected to attend 3 per week and the same workout schedule from the spring. This fall, we knew we were good enough to start winning. Penn Sailing has sent far too many messages to the other teams in the past, but this time we were ready to follow through and be a consistent powerhouse in MAISA and ICSA. We started the season by doing just that, winning our home event, the Philly Fleet Race, and winning Navy Women's on opening weekend. We followed this up with a 2nd at MAISA Women's Laser Championship, qualifying us for the ICSA Women's Singlehanded National Championship, and a 2nd at MAISA Match Race Championship, qualifying us for the first time in program history for the ICSA Match Race National Championship. We continued our fall with a couple of tough finishes at the MAISA Top 9 coed and women's regatta and the Harvard Showcase Coed Semifinals. We

persisted throughout and kept our heads down working hard, strictly adhering to our 24-hour rule of celebrating a win or bemoaning a loss until moving forward with our work. The end of this season came together splendidly, with our Women's team finishing 6th at the Women's Showcase Final and 4th at MAISA Women's Championship. The Coed team finished the season off with a program high of 5th at the War Memorial, making it the first season Penn Sailing has finished Top 5 in all of the disciplines in which we competed: Women's Singles, Match Racing, Women's Dinghy, and Coed Dinghy. Additionally, Lenox Butcher C'20 finished 6th out of 18th at the ICSA Women's Singlehanded Nationals in Michigan, another team record.

These results are not magical or due to luck, these results are just the beginning of Penn Sailing's potential and are the result of the unquantifiable abundance of effort, heart, and faith they have in themselves and in their team. The path to the top gets steeper and more difficult as you climb, but these Penn student-athletes have it in them. It's the same drive that brought them to Penn in the first place: the quest to be ever better and always improving. The internal voice that rejects that what they are doing is "good enough" or the best it ever could be. These Penn athletes want to use their power and will to accomplish what hasn't been accomplished before.

Isaac Clark
Head Coach

Women's Team Report

This past year has been truly special for the Penn Women's Sailing. With Isaac Clark taking the role as Penn Sailing's first full-time coach, he has pushed us to increase our commitment and to practice harder and better. Our women's regatta schedule has become increasingly intense with intersectional competitions almost every weekend. The female crews compete with the women's, coed, and team racing teams. The latest women's sailing rankings have Penn at 7th in the country!

This past May was the first time we qualified out of Women's Nationals Semifinals into Women's Finals, held at Old Dominion University. Carolyn Kearney E'18 sailed with Lucy Sergeant C'18 in A

division while Dana Hackett N'20 and I took B division. We placed 16th respectively in our division and 18th overall by 1 point. The whole regatta was an emotional and physical battle: four days of sailing in little wind, hot temperatures, and very close competition. Seeing the Penn "P" on our pinnies competing neck and neck with some of the best varsity teams in the country was truly gratifying. But this is not the whole story: we are riding on the legacy of our predecessors who advocated for our participation in women's sailing and continually raised the level of competition. Putting in the hours of practice, workouts, and team management while working to balance the pressure of Penn academics *season to season* has only pushed our entire team harder to progress together under the guidance of our coach Isaac. At the end of the summer, the entire team moved in one



All smiles for a fourth-place finish at The MAISA Womens Championships– Rob Migliaccio



The University of Pennsylvania Women's Sailing Team 2018

week early to begin preseason training, including workouts to reach our summer fitness goals. With the help of the entire team, our hard work paid off in big breeze at our first regatta at the Naval Academy. Kelly Hanlon W'21 and I won the regatta. It was our California freshman Amanda Majernik's C'22 college sailing debut, driving for Dana Hackett N'20 and Jenna Weiner C'21. The rain and gusty winds all weekend did not impede on our excitement to sail, especially for Kelly, who had an injured shoulder last season and was unable to compete. One of the Navy umpires even told Kelly and I that our "ooching" and pumping over the waves was a "little bit aggressive", but nonetheless made the downwinds much more fun and fast. No longer do we fear big breeze: we have learned to own it.

We finished 4th at the first Women's Showcase Semifinals at St. Mary's to qualify for the Women's Showcase Finals at Brown two weekends later. This regatta's competition is the equivalent of Women's Nationals Finals in the Spring. Dana and I ended up 7th in A Division while Lenox Butcher C'20 and Jenna finished a strong 4th in B Division, finishing 6th overall.

Our last regatta was the MAISA Women's Conference Champs held at Cornell. Leading up to the weekend, Isaac told us to "bulk up" on calories since the weather was forecasted to be

windy and snowy. He pushed us hard in breezy practices and mentally hyped us up for the coming success. That weekend, I believe had what Isaac calls a "seminal moment" in my college career. At the end of racing on Sunday, I smiled as I watched B Division sail into the dock. We grabbed the boat, congratulated Lenox and Amanda, and derigged as the sun came out. We were disappointed to have finished fourth overall despite winning five out of ten races that day in 15 knot winds, lake chop, and 35 degree temperatures. We hugged each other and piled into the van--a bit tired, cold, and frustrated. As we drove through my beloved upstate New York landscape, I felt undoubtedly happy with my teammates' persistence and know that we feel much hungrier for success now than ever before.

I got home and couldn't wait to see everyone's faces at 8am workouts Tuesday morning. Every time we are on the water, each one of my teammates works to hike longer and roll tack harder, never making excuses and always supporting each other. I have learned to appreciate these moments as true reflections of our athletic and personal success. I could not be more grateful to be part of an amazing group of women and men who are continually supported by our alumni, friends, and family.

Ava Esquier C'20

Co-ed Team Report

Penn's Co-ed team is in a period of development, getting stronger every week. Training three to four practices a week, traveling nearly every weekend in season, and cardio and strength training multiple times a week characterize the grind to which our co-ed team is committing. We're working with our heads down ready to see the results in the conclusion of our fall season at the War Memorial conference championship.

Isaac Clark, our recently hired head coach, has really spiced up the team dynamic in a variety of ways: the most important of which have given people like me the motivation and the resources to improve my abilities substantially through hard

work and consistent focus. I've become really excited about the team's future, which makes it easy to show up every day to practice and workouts to work hard towards my goals. The Co-ed team is finding a culture of hard work and commitment that is key to the success of any high-level sports team.

The Co-ed team began to hit the ground running this fall season, winning our home regatta, the Philly Fleet Race, for the first time ever. Other strong showings include Dana Hackett N'20 and my eighth place finish in A division at the Co-ed Showcase Semi Finals held at Harvard and the team's seventh place finish overall at the co-ed Showcase B Finals at Navy, with Nick Floyd C'19 and Dana taking fourth in A division. We concluded this season especially strong with a fifth-place finish at the fall's



Working on boat handling at a weekday practice



The Co-ed Team at The Naval Academy after a fifth-place finish at the 2018 War Memorial

conference championship, the War Memorial, Penn Sailing's best finish in over a decade. This year's War was a full regatta with 18 races sailed in reach division. The effort in A division was led by skipper Nick Floyd and crews Dana Hackett N'20 and Porter Killian E'21 with a seventh-place finish; I skippered B division with crews Kelly Hanlon W'21 and Emelia Bartusiak W'21, finishing fifth place. The Naval Academy saw a variety of conditions on both Saturday and Sunday, ranging from 15+ knots and planing on sections of the course, to 5 knots and requiring much more work to keep the boat moving forward. Through it all, the Quakers were able to find success battling it out with the best of the MAISA conference.

Contributing to this success, the biggest improvement I've made this season was my boat handling. Collegiate boat handling at the top level is still at a point where there are innovations every season, as sailors change and add moves to increase the

quality of their maneuvers. I'm getting to a point where I can begin with my own experimentation, increasing the quality of my boat handling immensely in just this season alone. I think these sentiments ring true with our entire team. Working with Isaac these past two seasons has given everyone the mechanical foundation we needed to be able to succeed as we have in the conclusion of this season.

My experiences thus far with Penn Sailing excite me for my years ahead. The work that the entire team is putting in is starting to show this season. With that, the co-ed team is looking forward to shooting for Nationals in Newport this spring and ready to keep up the grind in order to keep improving in the years to come.

Joe LaForgia E '21

Laser Report

When I first joined Penn Sailing in the fall of my freshman year, I never expected the depth of loyalty and perseverance of the team. But let me tell you, Penn Sailing is not your typical team. For the first two and a half years we had so much uncertainty with our coaches that we learned to rely on each other. What we lacked in stable leadership we made up for in comradery.

My first regatta in college was the laser district championship with the top 5 qualifying for Women's Singlehanded Nationals. After the first three races I had almost entirely sailed myself out of qualifying. In that moment, with nothing to lose, I gave it everything I had. I fought my way back, finishing third overall. When I got to shore, I realized how special our team really was; the entire team had been following my results for every single race and had sent me an outpouring of messages. Even when it seemed impossible for me to qualify, they were all still there cheering me on.

That's what we do. We rally behind each other, support one another, and persevere. We did not have many resources for preparing for laser nationals with just one laser with run-down equipment and no laser coaching, so I trained

with my brother Keen Butcher E'18. The rest of the team did everything they could to help – even practicing an extra two weeks when Singlehanded Nationals was the only regatta remaining. Our teamwork and efforts paid off. I ultimately placed 9th that fall and qualified again last year, placing 7th against the 18 best female sailors, club or varsity, in the nation.

Over the past couple of years, our team has evolved. We now have a second laser with new equipment for both boats from a generous donation. We have support and stability from our coach. We have another laser sailor, freshman Amanda Majernik C'22. But the qualities that made Penn Sailing successful since the beginning have not changed.

We started off the season strong with Amanda and I both training up until the laser district championship. My brother came back to coach us for that qualifier, and we both sailed well with Amanda finishing 9th out of the 17 best female skippers in our conference and me placing 2nd. With two boats and two sailors, we are each other's training partners. The competition is tough, but with the path now paved, there's no telling what the current and future Penn sailing teams can accomplish.

Lenox Butcher C'20



Lenox ripping in the Radial to a sixth-place finish at the 2018 Nationals – Evan Rodgers Photography

Match Racing Report

One day in the summer, I received a text from the University of Pennsylvania Sailing coach, Isaac Clark, inquiring about match racing in college. I grew up sailing and learning about match racing with my older brother Christophe, who was ranked number one in the United States in match racing at one point. I was ecstatic that I would be able to pursue my favorite discipline of sailing for Penn. Leading up to the regatta, my team of Nick Floyd C'19 (middle), Tanner Probst W'21 (jib), and Kelly Hanlon W'21 (bow) and I put in a lot of practice, from boat handling by ourselves to match race sparring with another boat. I was a little nervous at first as I was the only freshman on the match race team, but over time that faded as I began to bond with the team and see how much of a family Penn sailing really is. While our qualifier was in Sonars, our training in Corinthian Yacht

Club's J22s allowed us to get up to speed with what all members of the boat were supposed to be doing at any given time during a race. One of the weeks that we were practicing for the regatta, my brother had the chance to come to Philadelphia and race against us. He gave us some of his tips and tricks in the sport of match racing which gave us an edge over the rest of the competition.

Going into the regatta, our team was very excited and a little nervous about the tough competition ahead, but the worries faded as soon as we arrived at the venue on the morning of the regatta. Upon arrival, the conditions were looking very bleak with only a couple knots of breeze and a significant amount of current. In the very first race of the regatta, we were up against one of the more experienced teams from Georgetown. It was a tough fight, but we were able to scrape a win in the last couple



The Match Race Squad with their fellow qualifiers, SUNY Maritime, after a second-place finish

of seconds of the race by inches. After the first day of racing, we were in 5th place. Everyone was disappointed, but we knew that if we won all of our races on the second day, we would have a chance at securing a position at match race nationals. Everyone on the team had a winning mindset going into the day and we knew that every race would matter. Together we fought and won all of our races, some by large margins and others by just a couple feet.

What I have learned about this team through this experience is the resiliency and ambition of all members of Penn Sailing. Even though we had only a small chance to move on to nationals, we gave it our all and persevered. We will be heading out to Balboa Yacht Club in California for Penn's first-ever appearance at the ICSA Match Race Nationals! Go Quakers!

Porter Killian E'22



The Match Race Team leading a downwind at the MAISA champs

– Rick Dominique

All photos with his watermark credited to Rob Migliaccio, Match Race photos to Rick Dominique, Laser to Evan Rodgers, and the rest were taken by Penn Sailing

The Penn Sailing Alumni, Family, and Friends Regatta

Join us at Corinthian Yacht Club on Friday, May 17, 2019

RSVP to ihclark@upenn.edu

Freshman/Walk-On Experience

Before coming to the University of Pennsylvania, I had never stepped foot in a sailboat, nor given much thought to the sport. I definitely did not envision myself wearing a drysuit, lobster gloves, and lifejacket in the near future. It was at the Penn Athletics Picnic during New Student Orientation that I first heard of the sailing team. One of my friends told me that they were thinking about going to tryouts and, most importantly, that previous sailing experience was not necessary to attend. Not

expecting to make the team, I still liked the idea of spending an afternoon on the water. So, though my friend decided against it, at the end of my first day of classes I found myself in the sailing van being driven to the Delaware River.

After arriving at Corinthian, I was paired with a skipper, Tanner, and everyone started rigging the boats. At this point, I began to realize that I had absolutely no clue what I had signed myself up for. People were saying words like “jib,” “vang,” and “cunningham,” and I did not know the meaning of any of them. It was like I stepped into a foreign country where the primary



The newly instated Freshman Pinnie Ceremony



Penn Sailing practicing a light air reach

language was sailing, not English. I know my confusion must have been clearly displayed on my face, because next, Tanner

asked if I had ever sailed before. I explained that I had not, and he reassured me by saying that it was going to be a lot of fun.

Once we got on the water, and after I accepted that, although it felt like it, the boat was probably not going to capsize on every tack, I concluded that Tanner was right. I loved the feeling of the boat flattening underneath me, and that, for a few hours, school was the last thing on my mind. At the end of tryouts, I had proven that I was certainly not a natural-born sailor, but I was determined and excited to learn. In the few short months that I've been on the team, I have gained so much knowledge and made some incredible

friends. Tanner and all the other skippers that I've sailed with are always patient and willing to explain the logic and mechanics behind every maneuver, which I know must be frustrating at times. Additionally, the more experienced crews

often share their personal tips and tricks to help make things smoother. Everyone has been inclusive and happily welcomed me and the other walk-ons to the world of sailing. While I'm still far from fluency, I can confidently say that I now know the difference between windward and leeward, and that the hiking straps are useful for more than just tripping over. As far as the language of sailing goes, I would say that is a pretty good start.

Meghan Perez C'22

Senior Report

Picture this scene.

It's August 2015. The first week of classes.

New and returning students have settled into campus for the start of a new school year. Upperclassmen are making plans to reunite with old friends after a summer apart. The freshmen are being thrust into the thick of things, nervously trying to find their way around campus after having been herded from activity to activity for NSO the week before. One freshman, in particular, just left her very first college French class and is trying to find the exit to the maze that is Williams Hall. Eventually, she finds herself on Locust Walk where the Student Activities Fair is currently taking place. Hundreds of students line the Walk darting from table to table eager to find organizations to get involved in on campus. Slowly, she makes her way down Locust Walk stopping every so often to make sure she doesn't miss anything. It's overwhelming. There are too many options. Just when she's about ready to give up and head back to her dorm room in Hill, she spots it... a table with a sign that reads "Penn Sailing" and four smiling students standing behind it holding the beloved Penn Sailing burgee...

If you haven't already guessed it, that freshman was me. I'll admit that before that moment I had absolutely no idea that Penn had a sailing team, but I can say now with absolute certainty that joining this team was one of the best decisions that I've made at Penn. And that single decision, that single moment in time when I stopped at that table was the start of a spectacular journey with a team that has been through so many ups and downs and has come out the other side stronger and more determined than ever. What a ride it has been!

When I walked on to Penn Sailing in the fall of my freshman year, we were a relatively small team. Aside from our part-time coach Billy Martin, we were a student-led team under the direction of team captain Catie Hopkins C'17. In addition to being one of our best sailors and putting in a lot of time on the water, Catie also took care of coordinating the logistics for traveling and competing and served as the liaison between the team and the Penn Recreation/Sport Clubs department. We had a core group of students who traveled and sailed almost every weekend and practiced every Tuesday and Thursday afternoons. As a team, we were thriving and competing successfully against some of the best varsity teams in the nation. Our success led us to ICSA National



The Class of 2019: Jacob Rhode, Kristen Tilley, Raemie Ladner, and Nick Floyd



Beautiful Day for a Match Race Practice

Semifinals (and Finals for our coed team) in San Diego at the end of that year.

When our coach resigned halfway through the following fall season, we persevered and relied on our captain Catie and each other to finish the season strong. In the spring of 2017, Max Slosburg W'19 and I were elected as the new team captains, taking over for Catie. Throughout most of 2017, we were lucky enough to have several former college sailors and alumni coach us for some weekends, but we struggled to find a permanent solution. It was a very tough year for Penn Sailing in all honesty. Without a permanent coach, we had a difficult time both on the water and in terms of team morale. However, this period in our history really illustrates the team's perseverance. As a student-run team, we relied on each other for accountability during these trying times, and the dedication of every team member at that point in our history is a testament to that.

The end of the fall 2017 season really marked the beginning of a new era for Penn Sailing. Thanks to the leadership and the generosity of our alumni and donors, we began the process with the Penn Athletics department to hire a full-time head coach which is something that no club team at Penn had ever done before.

Now almost a year since we hired a head coach, we hold practice four times a week, have team workouts twice a week, have team fitness goals, and attend weekly meetings to go over film in addition to a full regatta schedule. The level of dedication within this team is unparalleled. Since his arrival last February, head coach Isaac Clark has instilled in us a drive to be great and has shown us that we have the potential to be one of the best.

With Isaac at the helm and the championship mindset of these sailors (and the addition of the brand-new van!), I have absolutely no doubt that this team will continue to thrive long after I'm gone. While my time here at Penn is quickly coming to an end, I am truly honored to have been a part of Penn Sailing's success, and my hope for the current and future team members is that they remember and honor the legacy of those student leaders and alumni who came before them and who paved the way for the team to be what it is today. I can't wait to see where Penn Sailing is headed next.

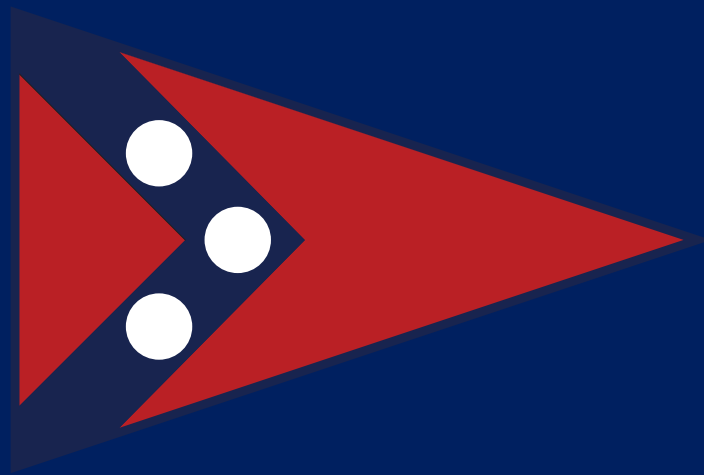
Raemie Ladner W'19

We would like to express the sincerest of thank yous to the Hanlon, Floyd, Esquier, LaForgia, and Weiner families for providing housing and meals for the team this season. Without this type of support, we would not be able to operate at the level we need to in order to succeed, so Thank You!



The University of Pennsylvania Sailing Team in front of our home, Corinthian Yacht Club of Philadelphia. Back Row, Left to Right: Isaac Clark, Amanda Majernik, Will Gallagher, Raemie Ladner, Jenna Weiner, Tanner Probst, Jacob Rhode, Joseph LaForgia, Porter Killian. Front Row, Left to Right: Kelly Hanlon, Lenox Butcher, Kristen Tilley, Dana Hackett, Emelia Bartusiak, Ava Esquier, Nick Floyd. Not pictured: Laura Whelan, Meghan Perez, Michael Columbo, Adam Hano, Lauren Nguyen, Alison Gern.

For information, contact
head coach Isaac Clark at
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UNIVERSITY *of* PENNSYLVANIA
SAILING TEAM

Fall 2018