



CHANNELS

THE MONTHLY NEWSLETTER OF THE
SAILING CLUB OF WASHINGTON

JULY 2020

COMMODORE'S LOG

BY RICHARD KAISER



Happy Independence Day! This July 4th may look a little different than holidays past, but hopefully, this brief issue of ChaNNels will find you and yours healthy and safe.

Your SCOW COVID-19 Task Force had a meeting of minds last week and determined that with the severe uptick of infections across the country, that relaxing our Club limitations at this time would be a step back into a riskier environment than where we are now. As I've said from day one of this virus, our Club has to do their part in reducing the spread of Coronavirus, so we can try and get back on the water sooner than later, our kids can get back to school, weddings and vacations don't need to be postponed, and we can spend time with all of our loved ones, regardless of their age.

Therefore, we are continuing to implement SCOW's Phase 1 of reopening, with no additional relaxation of our current Phase 1 limitations on social and other Club events at this time. Sailing is still limited to 3 on a boat, unless ALL crew and the Skipper are part of a household.

As we work toward our Phase 2 plans, including social and river events, please be patient and continue to follow safety guidelines at the marina and wherever you may go. We value your good health and so should you.

And to brighter news - *Andiamo* has been out on our lagoon and is ready to share the waters with you. I hear she's fast and comes with a few new bells and whistles for our Club members. Hopefully, we will be able to have a formal christening, before the end of the 2020 sailing season.

Thank you again for your patience as we sail through this heavy weather. We still have plenty of season left and our boats are just a reservation away.

See you on the water - Stay well!

Richard Kaiser, Commodore

IN THIS ISSUE

TOKYO 2020 | 2
MEMBERSHIP | 4
SKIPPER'S CORNER | 4
CALENDAR | 5
WHO'S WHO IN SCOW | 6

PLEASE SEND YOUR ARTICLES
FOR FUTURE CHANNELS
NEWSLETTERS TO:
EDITOR@SCOW.ORG

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TOKYO 2020: TRAINING WHILE QUARANTINED

SHARED WITH PERMISSION FROM SCUTTLEBUTT SAILING NEWS

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Following confirmation from the United States Olympic & Paralympic Committee that athletes selected for the Tokyo 2020 Olympics remain unchanged despite the one year postponement, the US Women's Skiff team of Steph Roble and Maggie Shea need now only focus on their preparation... here's an update:

e-Training Together, Apart

Spending this much time away from the boat has been difficult for us, but being quarantined has provided our campaign a pretty unique opportunity. Without practice sessions on the water, we now have the chance to revisit some of our training resources, invest more time in reviewing our past performances, and learn new skills to elevate our game.

For more about the tools we're using to reflect and keep learning at home, [click here](#).

Self-Evaluation and Review

We started our self-evaluation by rating ourselves on tactics, strategy, and boat handling for each part of the race course, boat speed and our mental skills. Then, we used TruSail and SAP Sailing Analytics to take a closer look at our personal performance with the boat, and our past performances on the race course.

The self-analysis sparked a lot of interesting discussions and has been a really helpful exercise for formulating our training plan and priorities for the next 15 months. We have also been spending a lot of time reviewing our notes, playbook, and communication.



STEPH ROBLE AND MAGGIE SHEA

We are aiming to stay mentally sharp and physically strong so whenever we can hit the water again we can jump back into a similar place we left off!

Webinar Chalk Talks

Another large part of our "e-Training" has been the US Sailing Team webinar series with 3 or 4 per week. So far, we have heard talks from Olympians Tim Wadlow and Charlie McKee, rules expert Dave Perry, meteorologist Chelsea Carlson, pro sailor Steve Hunt, nutritionist Shelly Guzman, and about USOPC programs. Some of our biggest takeaways were about the weather, which is a newer topic to us that we are excited to learn more about, and tactics from skiff legends Tim Wadlow and Charlie McKee.



TOKYO 2020: TRAINING WHILE QUARANTINED

CONTINUED FROM PAGE 2

Fitness

Our fitness program has been one of the most fun challenges we're facing during the quarantine. We are currently unable to train on the water, so we are turning solely to our land-based fitness program to continue developing our strength and endurance, and we are exercising at home.

We have been working closely with our fitness coach Mike Kushner, Head Fitness Coach of Sailing Performance Training, to continue adapting our land-based training program to ensure it's compatible with our make-shift home gyms. Indoor bike trainers and plyometric routines are some of our favorite substitutions, and we have enjoyed getting creative with household equipment to execute some of our exercises.

While Maggie's neighbors probably don't share the same enthusiasm for the noisy plyo exercises, Steph's might at least get a chuckle watching her run with a parachute around the sidewalk in Miami.

For more about our home fitness training, [click here](#).



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SKIPPER'S CORNER

BY CHIP LUBSEN, SKIPPER CERTIFICATION DIRECTOR

New SCOW Skipper

Congratulations to **Eric Schmidt**, our newest Scot Skipper. Thank you to Tutor **Tim Bliss** and Checkout Skipper **John Rogers**, and to **Connie Li** for additional instruction.

2020 Skipper Counts

As of June 30, we have 107 individual skippers certified for 2020, up 9 from a month ago. 97 of them are Scot skippers and 50 are cruiser skippers, while 40 are certified for both. In 2019 we had a total of 133 individual skippers.

Skipper Candidates A few skipper candidates are getting back out there, tapping into very limited tutor availability. Three candidates are awaiting checkout and 6 submitted written basic sailing tests for grading in June. On-the-water training is also beginning slowly for those that have taken the basic sailing course on-line. If you have not already, please let me know your intentions and estimated timing for 2020. Please email me at skipper@scow.org. Forward progress will be challenging under the circumstances, but we will do our best to support your 2020 goals.



ERIC ON A PRE-CHECKOUT RUN THROUGH WITH TIM

ROTR Reminder

If you have not yet reviewed the Scot and/or Cruiser 2020 Rub Off the Rust material and plan to sail soon, please do so and let me know that your review is complete. The documents can be found on the SCOW website, member's area, skipper information – scroll to the bottom of the page.



MEMBERSHIP CORNER

BY TONI COLE, MEMBERSHIP DIRECTOR

Ahoy!

Let's extend a warm summer welcome to a few new members this month **Craig Longmire, John Baum, Patricia Kakridas, Rose Marie, Romain Ingrid Fernando, Pushaen Gunasinghe, Julie Halstead, Erin Spaniol, Megan Grimes, Tahj Merriman, Karl Hertag and Adrian Burde** and son!

For those that are ready to get out there, some good news as WNR starts back up in July! To all those members who continue to renew, we thank you. We're making the best of it this year.

For now, I hope everyone stays safe and healthy. Looking forward to seeing you all out there soon!

GIVES NEW MEANING TO "POOP DECK"

SUBMITTED BY DICK VIDA



THERE ONCE WERE FOUR MEN IN A SKIFF,
THEY NOTICED AN UNPLEASANT WHIFF.
ONE HAD AN IDEA, HIS MISSION WAS CLEAR
A HEAD IN A BOX WOULD BE SPIFF!

JULY EVENTS

7 | SCOW BOD MEETING | 7-9PM
ONLINE

8, 15, 22, 29 | WEDNESDAY NIGHT RACING | 6PM
PLEASE [CLICK HERE](#) FOR SPECIFIC RACING PROTOCOLS DURING COVID

10 | SPINSHEET FACEBOOK LIVE: WOMEN SKIPPERS | 5PM
TALK TO WOMEN SKIPPERS ABOUT HOW THEY GOT INTO IT, THE CHALLENGES,
AND WHY THEY THINK MORE WOMEN SHOULD OWN AND SKIPPER THEIR OWN
BOATS | [JOIN HERE](#)

**17 | SPINSHEET FACEBOOK LIVE: SHORTHANDED & SOLO
SAILING | 5PM**
TALK TO EXPERIENCED SHORTHANDED AND SOLO SAILORS ABOUT HOW THEY
SET UP THEIR BOATS, THE CHALLENGES, AND THE REWARDS OF SAILING WITH
FEWER HANDS TO HELP | [JOIN HERE](#)

24 | SPINSHEET FACEBOOK LIVE: DOUBLEHANDED RACING | 5PM
TALK TO EXPERIENCED DOUBLEHANDED RACERS ABOUT HOW THEY SET UP
THEIR BOATS, THEIR WATCH SCHEDULES, THE CHALLENGES, AND THE JOYS OF
RACING WITH JUST TWO SAILORS | [JOIN HERE](#)

WHO'S WHO IN SCOW

2020 OFFICERS

Richard Kaiser, Commodore | commodore@scow.org

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Mike Hooban, Treasurer | treasurer@scow.org

2020 BOARD MEMBERS

Marie Brennan, Social Activities Director | social@scow.org

Trueman Sharp, Training Director | training@scow.org

Carlie Smith, River/Bay Director | river@scow.org

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scotmaint@scow.org

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Chip Lubsen, Skipper Director | skipper@scow.org

2020 BOARD APPOINTEES

John Rogers | Chair, Training & Skipper Certification Committee |
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Vacant | Chair, Investments Committee | investment@scow.org

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