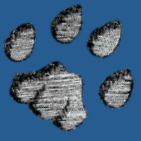


# The Windward Panther

## End-of-Season Report – Fall 2016



### Message from the Board

This season, we finished 19th overall in NEISA and wrapped up the season finishing 2nd overall and 1st in A division in the Fall Tourney. Starting in September, MCSC got to work, preparing for our first regattas the first weekend of school. Since then, the team has put in a lot of hours practicing, traveling, and racing to get to where we are right now. In the beginning of the semester, we held our annual Stuart Walker Regatta and Family & Friends Regatta. There, we announced our “It’s A-boat Time!” Campaign as we are currently working towards buying a new fleet of FJ’s and possibly moving our venue to Lake Champlain. As we look forward to the spring, we’re excited about our spring training trip in Santa Cruz and continuing to improve our rankings within NEISA. Please help our team stay afloat and reach our goals!

- The Board (Alden Cowap, Jade Forsberg, Nathaniel Wiener, Erich Wu, Casey Astiz, Ben Brown, Lexie Lessing, Alex Baskin)



Now that the season is officially over, with most of our boats completely packed away in the ‘sheep barn’, we can spend a few minutes to reflect on the last three months. We could write all day how hard the sailors worked, that they sailed a lot, how they far they traveled, etc. Instead, we compressed the season into a snippet of numbers and stats to demonstrate how this season went:

- 22 Total number of Middlebury College students who competed in a regatta in Fall 2017
- 8 Total number of Middlebury Students who tried sailing for the first time
- 5100 Miles of total travel
- 15 regattas competed by team
- 235 total races sailed
- 6 total races won
- 400 Hours competed in regattas by our sailors
- 19th Overall place in NEISA (out of 40)

- 1st Overall finish by Ben Brown and Alden Cowap in A Division at NE Fall Tourney
  - 6 States raced in (ME, NH, MA, VT, RI, CT)
  - 6 types of boats raced this semester (420, Z420, FJ, Firefly, Tech Dinghy, Turbo Larks)
  - 28 knots Strongest wind velocity raced in (either: Central 6 @ Boston College or Salve Regina, or maybe Peak Foliage @ Tufts)
  - 1 strong sailing team at Middlebury and 1 very successful season
- Alex Levin

COACH'S CORNER

# Reflections By the Team

During one of our off-sets at NE Fall Tourney, I commented to Alden and Coach Alex, “you know, we haven’t capsized yet all season,” which was nothing short of miraculous considering the ludicrous amount of swimming Alden I did freshman and sophomore year. In fact, in our very first regatta, we turtled on the Charles and lost a rudder, and in our second regatta, we were in 3rd place when I fell out of the boat about 30 feet from the finish line.

But, commenting on our lack of capsizes in the middle of our biggest regatta of the season is a really good way of jinxing us...

Our very next race we had a bad start and tacked away and split from the fleet. Halfway up the beat, we saw a giant puff coming down the right-hand side of the course, just what we needed! We tacked right as the puff hit, but we severely misjudged how big it was and way over-rolled on the tack. We both jumped to the high side as fast as we could, clinging for dear life. The board was completely out of the water and the mast was inches from dipping in, but somehow we still managed to save it from going over! Once we were fully upright again, the boat was completely full of water, but I’m proud to say that I didn’t capsize (in a regatta) at all this season!

-Ben Brown

Thoughts of A  
Skipper

## Crew Commentary

I am a new sailor as of last spring. This season, I’ve gotten the chance to race in four regattas—from Maine all the way to Rhode Island— as well as take second place in our Race Day rankings. Unlike in the spring, I’ve had more time to practice on Dunmore, even without a drysuit! From blowing 20+ knots and having the mast de-step to kinetics or rudderless races, I enjoyed every day of practice in the beautiful setting with an amazing team. I hope to do all I can to help the team grow and thrive in the coming years.

-Casey Astiz

With the holidays in season, having friends and family over to reconnect over meal is a time of enjoyment, but also a time of stress and anxiety over what should serve. A few options are out. Turkey and cranberry sauce are worn after Thanksgiving, and Christmas ham should be saved for Christmas. Entertain your guests with a three course menu inspired by what Middlebury College sailors have when they compete in a regatta! The fresh flavors invoke the fine dining experiences of college. All the plates pair well with your favorite Franzia boxed wine, craft PBR, or spring water in a Nalgene.

### **Starter**

Root Vegetable Snack Board

*Baby carrots, store-bought hummus, pretzels.*

### **Main**

PB&J

*Smooth peanut butter, strawberry preserves, untoasted whole wheat bread.*

### **Dessert**

Petit Fours

*Funsized Snickers, Reese's, M&M's, Nature Valley Honey & Oat bar.*

-Sarah Yang

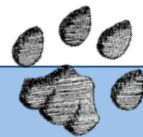
# ALUM SPOTLIGHT!



Sean Willerford  
& Annie Hopper

Sean Willerford and Annie Hopper are graduates from the class of 2014 who have recently moved back to Vermont. In the

past few months, Sean and Annie have been helping the team consider new locations for MCSC's sailing venue, suggesting a spot in Panton, VT on an inlet of Lake Champlain. Sean and Annie continually support the team, and we loved seeing them come out to visit during our 3<sup>rd</sup> Annual Stu Walker Regatta, and race a single-handed mini regatta with the other alum. Thank you for your dedication to MCSC!



## Looking to become more involved?

**Host the team!** Our sailors travel across the country to regattas, let us know if you are willing to host four of us for a weekend!

**Fundraise!** The team fundraises for the spring training trip, coaching expenses, new boats and equipment, and other needs. We would love for alumni to help coordinate our fundraising efforts.

<http://sites.middlebury.edu/sailing/support-us/>

**Buy a Shirt!** MCSC finally has merchandise in the bookstore! All profits from the two shirts being sold in the bookstore go directly to the team and buying new boats! [goo.gl/5EOeGE](http://goo.gl/5EOeGE)

For more information or to donate please contact Erich Wu or Casey Astiz, Ministers of Special Events

Middlebury College Sailing Club • Attn: Casey Astiz

Middlebury College Box 2033 • Middlebury, VT 05753

E-mail: [sailing@middlebury.edu](mailto:sailing@middlebury.edu) Or visit our website: [sites.middlebury.edu/sailing](http://sites.middlebury.edu/sailing)

FIND US ON FACEBOOK: Middlebury College Sailing Club

March 11-12	Connecticut College
March 18-19	Mass Maritime Academy & Sacred Heart/Fairfield
March 25 - April 3	Spring Training UC Santa Cruz
April 8-9	Sacred Heart University
April 15-16	MIT
April 22-23	Brown, Sacred Heart & Mass Maritime
April 29- April 30	Tufts and Middlebury

2017 Spring SCHEDULE