



# ATLANTIC HIGHLANDS SAILING EDUCATION PROGRAM

## 2011 SCHOLARSHIP CONTEST





# Atlantic Highlands Sailing Education Program 2011

## Why I Want To Be A Sailor

### Scholarship Competition For Students Ages 8 To 17

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## **Introduction**

The Atlantic Highlands Sailing Education Program (AHSEP) teaches sailing skills to Bay Shore youth aged eight to seventeen years. Students learn the basics of sailing, water safety, teamwork, and begin to appreciate sailing as a sport and a recreational pastime.

The Atlantic Highlands Sailing Education Program is a not-for-profit charitable corporation. Donations to the program are fully tax-deductible as charitable contributions to a 501 (c) (3) corporation. Volunteers from the Atlantic Highlands Yacht Club and the community provide dockside support, perform boat repairs, assist with teaching, and help to raise funds. Major contributors to the program are: Atlantic Highlands Harbor Commission, Atlantic Highlands Yacht Club, The Blue Room Society and private individuals. The program is taught by US Sailing certified instructors using US Sailing's proven techniques. All boats and equipment are supplied with enrollment fee. The current programs are listed below.

## **Novice**

The novice program is an introduction to sailing for youths beginning at age 8. Students sail in Opti's to learn sailing basics including: sailing safety, boat nomenclature, rigging, points of sail and related sail trim, basic sailing knots, capsized recovery, and teamwork.

## **Intermediate**

The intermediate program focuses on sailing skill improvement for youths aged 8 to 15 years, continuing to use the Opti. The curriculum first reviews the basics as presented in the novice program. Then, students learn more advanced sailing skills including crew responsibilities and teamwork, crew position and boat balance, sail trim and shape, building boat speed, enhancing boat performance on various points of sail, and basic racing. Students entering the class must submit US Sailing Red Books showing that they can safely steer a boat in all points of sail and have mastered capsized recovery skills.

## **Advanced**

The advanced program focuses on racing and boat handling skills. This program is for graduates of the Intermediate program and provides on the water coaching to improve sailing and racing skills. Depending on the sailor's size and experience, the 2 person 420 may be introduced at the level.

## **Open Sailing / Skills and Thrills!!**

Available to all current AHSEP students, this program is offered Tuesday evenings during the sailing season. These nights are packed with fun and excitement. What about a sailing scavenger hunt, learn new sailing tricks, Opti-Ball, water balloon tag, and meet new friends? This program is to hone your sailing skills while having lots of fun.

## **Sailing Adventure Week**

This is a one-week session concluding the summer. Instead of racing, the focus will be on enjoying sailing in other ways. Weather permitting; we plan to have activities such as sailing to a beach for a picnic, a pirate treasure hunt, and sailing games.

## **Early Season Saturday Sailing (For sailors who have completed Novice)**

Get a jump on the sailing season with 5 days of Open Sailing on Saturday mornings! Optimists and 420's will be available. Program begins in May.

## **Junior Sweepstakes Week**

The Junior Sweepstakes Regatta consists of 4 days of racing: The first 2 days will be sailed at SSYC on the Shrewsbury River (the South Shrewsbury Regatta), and the following 2 days will be sailed at Monmouth Boat Club on the Navesink River (the North Shrewsbury Regatta). Parental participation is necessary for boat transport. Lunch is provided each day.

## **2011 Essay Topic**

**The premise for the essay should be why the applicant should be considered for an AHSEP scholarship.**

### **What Do Essay Contest Winners Receive?**

Winners of the scholarship contest will be eligible for a free sailing program session based on the student's current ability. **There will be 2 scholarships awarded. The two scholarships are for sailing classes only.**

**There will be 2 categories in which the essays will be judged—new to AHSEP and existing AHSEP student.**

### **When is the deadline?**

**Entries must be postmarked by May 1, 2011**

### **Who is Eligible?**

- ages 8-17
- residents of Bay Shore Area
- all sailing abilities from never to expert
- previous honorable mentions are eligible to enter

### **Who is Not Eligible?**

- previous first-place winners
- immediate relatives of a previous winner
- immediate relatives of the judges and AHSEP board members

**We encourage students of all backgrounds and ability to participate in the contest.**

### **How Will Your Essay be Judged?**

Essays should be mailed to the Atlantic Highlands Sailing Educational Program, where the AHESP Board of Directors will evaluate the essays according to the criteria, described below. The decisions of the judges are final. The organization reserves the right to present no scholarship or reduce the number of scholarships if an insufficient number of deserving entries are received. **Participants are notified by the end of May of their essays' status.** Applicants should not contact the organization for information about the status of the essays.

## **What Are The Essay Requirements?**

For the purpose of the AHSEP Essay Contest, a three part, 250-word essay should explain why an applicant should be considered for an AHSEP scholarship. The essay should be a narrative description or a statement of opinion.

**Your essay should have the following structure:**

**Introduction:** Introduce yourself and state your reason. The objective is to demonstrate that you truly do have an interest in learning to sail or continue your sailing education.

**Body: Give 3-5 specific reasons with supporting details to prove to the readers** why you should be considered for a sailing scholarship. Be sure to identify the sources of any outside information you use.

**Conclusion:** Summarize your reasons and end with a strong conclusion statement.

**Credit the Sources of Information and Ideas:** Use standardized method to give credit to the sources of the ideas and information used in your essay. Use in-text citations, footnotes, or endnotes to give credit to the sources of your information or ideas. Also include a bibliography or a reference list of the works or people that you have cited in your essay or have consulted in order to write your essay.

**Your essay must**

- Be in English
- Be typed, on white 8 ½ by 11 (letter size) paper with left and right margins. The font size must be no smaller than 12-point. Use Times New Roman or similar font.
- Have a title and page numbers (if needed).
- Have no more than 250 words
- Include standardized citations and a bibliography with sources listed
- All pages should be stapled
- Be submitted by May 1, 2011

**Please mail your essay and registration form postmarked no later than May 1, 2011 to AHSEP, PO Box 43, Atlantic Highlands, NJ 07716 Att: Scholarship Contest.**

# **ATLANTIC HIGHLANDS SAILING EDUCATION PROGRAM**

The Atlantic Highlands Sailing Education Program (AHSEP) is an independent, non-profit organization. AHSEPs' goal is to introduce children to the joy of sailing using small boats to teach basic seamanship; to advance interested students into intermediate sailing principles and then racing techniques; to foster inter-club competitive sailing in the Sandy Hook and Raritan Bay area; to provide opportunities for students to participate in local, regional and national regattas, and encourage students to continue with sailing as a lifelong competitive or recreational sport.

Courses are conducted by the Atlantic Highlands Sailing Education Program. Instructors are certified US Sailing Instructors and use course materials supplied by US Sailing. Students learn to be skipper and crew, get classroom training and valuable on-the-water experiences. The courses include sailing safety, basic and advanced sailing skills, person overboard recovery, knots and lots more.

## **BOARD OF DIRECTORS**

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