



2023 SHYC Women's Instructional Sailing Program (Join us for Tuesday evening sailing classes!)

Program Description: This year's SHYC ladies' sailing program will offer a structured learn-to-sail curriculum focused on teaching fundamental sailing skills, building confidence, and developing sailing knowledge. All skill levels are welcome, no prior sailing experience required.

Time: Tuesdays, 5:30-7:30pm (arrive 15 min early to check-in)

Pre-program Instructional Session and Social: Friday, June 23, 6pm (open to all, no charge), Location TBA

Program Dates: Ladies sailing will be offered on five Tuesday evenings - June 27, July 11, July 18, July 25 and August 1. When you sign up, you will select your preferred Tuesday nights (minimum of three required to sign-up)

Program Cost: \$180/sailor, three-week minimum participation (\$60 per additional evening). No prorating or refunds. *(We will however maintain a waitlist, and you won't be charged if a sub is available and agrees to take your spot. It will be your responsibility to contact ladies on the waitlist and make sub arrangements.)*

Type of Boat: The program will use the club-owned Sonar and member-owned Sonars made available for our use through the generosity of their owners. (We may use other small keelboats if there is a need or interest from participants. 420s will not be used in Ladies Sailing.)

Requirements: Open to SHYC members, females ages 16+. Participants need to be able to swim, be comfortable getting wet, and be agile enough to climb in and around on a boat.

Gear: Sailors will need closed-toed shoes with non-marking soles, a properly fitting, Coast Guard-approved PFD (life jacket), and comfortable sports clothing. Sailing gloves are optional but recommended.

Maximum of 12 participants per evening: 4 ladies needed to run the program. If an evening is oversubscribed you may be asked to select another date or be put on a waitlist. Registration will open on May 21 at 12pm. [CLICK HERE TO SIGN UP](#)

Coaching: The program will be run by our new Head Coach, Meredith McCuskey. Her bio is included below. She will have a 2nd assistant coach each week, and a third coach will be added if we have more than 8 sailors.

Additional Practices & Group Chat: All our participants will be invited to join our SHYC Women's Sailing group text message chat to arrange additional sailing practices on their own and/or coordinate semi-private lessons with SHYC coaches.

Questions: If you have any questions about the program, please contact [Tracey Kammerer-Stelben](#), Julie Schaffer, Sarah Lieponis, [Whitney Peterson](#), or head coach, Meredith McCuskey

Meredith McCuskey – Heading Sailing Instructor. Meredith McCuskey is joining SHYC as the Head Instructor this summer. She grew up racing Optis and 420s along the East Coast. After graduating high school, she attended Orange Coast College School of Sailing and Seamanship in Newport Beach, CA where she obtained multiple USCG, US Sailing, and US Powerboating certifications through their Professional Maritime Program. She has experience teaching on a range of boats including Opti, 420, RS Feva/Zest/Tera, J22, Sunfish, and others. Most recently, she worked as a sailmaker and a Head Instructor in Annapolis, MD. In addition to coaching, she has participated in dinghy races, pHRF racing events, and long distance sailing trips. She

also owns and races a laser named Bourgeoisea. This past December she helped deliver a boat 400 nautical miles from Carricou to St Martin. Meredith holds a Level 3 US SAILING Head Instructor Certification and has been teaching kids how to sail since 2016.

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