

## Encinal Junior Sailing Teaches Skills, Sportsmanship

By Jennifer Wake

More than 25 Encinal Yacht Club sailors from 10 local high schools, including Campolindo, Miramonte and Acalanes, headed into the final Regatta of the summer season last weekend, vying for top positions in the Bay Area Youth Sailing Series Regatta in Tiburon. As part of the Encinal Yacht Club Junior Sailing Program, Acalanes sailors Thomas Maher, Lindsay Grove, Kelsi Schoenrock, Michael Grove and Ted Netland, as well as Campolindo's Lindsay Willmore, all entered with potential to win one of the top three slots.

Encinal Yacht Club Junior Sailing is supported by the Encinal Sailing Foundation – a non-profit organization that provides the boats and funding for sailing scholarships for needy children throughout the Bay Area and promotes sailing for children 8 to 18 as a lifelong skill and means of enjoyment. According to Encinal's High School Sailing Program Coordinator Barb Grove, instruction teaches confidence, team work, sportsmanship, strategy/decision making, and self reliance.

"We have about 200 kids come through in the summer, and a consistent 30 kids throughout the high school sailing season, from September through April," said Grove, whose family has been involved in the program for more than eight years. The summer program encompasses nine weeks from mid June to mid August, where sailors attend classes ranging from beginner sailing to advanced racing. Approximately 25 advanced racers representing Encinal Yacht Club compete locally and nationally.

For Campolindo senior Gavin Schlissel, the program not only has enhanced his sailing skills, but has solidified his appreciation for the sport.

"I've been sailing for about eight years, but until I joined the Encinal team, I never realized there was such a community for it in Lamorinda," he said. "The transition from recreational sailing to competitive sailing is daunting, but the climate in sailing is such that you can take it as seriously as you want – you can finish dead last and still have an awesome time, because people are there for love of sailing. Winning is a bonus."

On the national scene, Encinal Yacht Club Acalanes Sailors Lindsay Grove finished 11th and Kelsi Schoenrock finished 33rd in the U.S. Sailing Women's Doublehanded Championship in New Orleans. Lindsay Grove, Kelsi Schoenrock, Michael Grove and Alex Delle Cese (Bishop O'Dowd) placed 7th and 10th respectively at the U.S. Sailing Junior Doublehanded Championship in Bay Head, New Jersey.

During the 2006-2007 season, Acalanes ranked 3rd among Northern California Teams and 18th out of 90 teams in the West coast and Hawaii, in addition to beating the perennial northern California powerhouse Marin Catholic.

The current active high school roster includes Acalanes students John Cattaneo, Thomas Maher, Kelsi Schoenrock, Lindsay Grove, Michael Grove, and Ted Netland. Miramonte will start up a team this year with Nico Gole-sorhki, and Jean and Kirsten Rutledge, while Campolindo potentially will have



Michael Grove on the trapeze, and Alex Delle Cesse at the helm

Photo by Gavin Schlissel

two sailors: Josh Goldberg and Gavin Schlissel, along with Lindsay Willmore competing regularly in another boat class. Recent 2006 Acalanes graduates, Patrick Maher and Megan Grove, are continuing to sail in college at Cal Poly and Stanford.

"Most people think of sailing as a rich kid sport for preps from New England, but the thing I love about Encinal is that the people are down to earth and laid back," Schlissel said. "It makes for a really friendly environment and everyone just has fun. Sailing team is like endless summer because every practice is like another day at the beach."

You can get more information on Encinal Yacht Club's Junior Sailing Program at [www.encinal.org](http://www.encinal.org).



Coach Katie Tinder racing with the team during practice

Photo by Gavin Schlissel

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