empowering youth, building community, and promoting diversity through sailing in the south bronx

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sailing program director
at rocking the boat, kids don’t just build boats, boats build kids
Rocking the Boat empowers young people from the South Bronx to develop the self-confidence to set ambitious goals and gain the skills necessary to achieve them.
our tools

wooden boatbuilding
our tools

wooden boatbuilding rowing
our tools

wooden boatbuilding rowing bronx river restoration
our tools

wooden boatbuilding  rowing  bronx river restoration  sailing
wrap-around social work support

three full-time, in-house social workers and a new post-secondary opportunity advisor support students by offering:

• social-emotional support
• academic support through high school and college
• individual and group counseling
• job readiness training
• college and trade school admissions and financial aid guidance
Hunts Point: a community in desperate need of services

- 10474 is the poorest zip code east of the Mississippi River; 15 Congressional District is the poorest in the nation
- Poverty rate of 41.8%, is 12% higher than in the Bronx as a whole (29.8%), and more than double that of New York City (20.3%)
- 30% of families make less than $15K annually, less than half the $50K NYC median household income
- 33% on time high school graduation rate, a full 45% of adults (ages 25 and older) have less than a high school diploma or equivalent degree
- The worst air pollution in NYC with 15,000 annual truck trips in and out of the nation’s largest wholesale food market, a sewage treatment plant, and 11 waste transfer stations
- Both the violent felony rate (15.7 crimes per 1,000 residents) and teen birth rate (41.3 births per 1,000 girls ages 16-19) are the highest in all of New York City.
impact

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38 / 41
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5
5000+
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5 alumni on full time staff
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5 alumni on full time staff
5000+ community members served each year
what makes after-school programming effective?

- choice
- fits interests, values, and norms of diverse cultures and surrounding community
- novel, varied tasks that challenge and develop skills
- fun
- strong social component
what are benefits of effective after-school programming?

• increased academic motivation and performance
• improved behavior and self-confidence
• better relationships with parents
• attend school more often
• increased sense of self & identity as learner
evolution of sailing
at rocking the boat
grasroots sailing program development

• how do we create a program that fits into the hunts point community?
• how do we make it relevant and authentic to our kids?
• how do we create a program that will foster long-term participation and development?
importance of place
fleet building
curriculum design
## Level 1
### Beginner Student

**Task 1:** Tie & Teach five basic knots
- Square knot
- Bowline knot
- Figure 8 knot
- Clove hitch
- Doby hitch

**Task 2:** Sea state & wind direction
- Identify wind direction using 3 reference points & Beaufort force scale:
  - Wind Force 1: Gentle Breeze
  - Wind Force 2: Moderate Breeze
  - Wind Force 3: Fresh Breeze
  - Wind Force 4: Strong Breeze
  - Wind Force 5: Near Storm
  - Wind Force 6: Storm
  - Wind Force 7: Violent Storm
  - Wind Force 8: Hurricane

**Task 3:** Rig mainsail
- Identify all parts of the sail
- Rig mainsail on wooden & RS boat

**Task 4:** Identify points of sail & tack

**Task 5:** Prep and rig a whitehall
- Retrieve proper gear from storage
- Use of proper terms
- Launch and landing technique
- Land and disembarking
- Clean up, de-rigging, and stowage of boats and gear

**Task 6:** Float plan
- Use proper resources to access forecasts for tide, wind, and weather
- Complete full and accurate float plan & post
- Identify and brief land-based radio and phone contact

## Level 2
### Job Skills Prerequisite

**Task 1:** Fully rig sailboat
- 1 wooden sailboat, 1 RS boat
- Identify all parts of the boat
- Correctly tie & rig all standing weather
- Clear running rigging
- Rig foils and tiller
- Launch & get underway
- Derig and stow gear
- Boat storage or mooring set up

**Task 2:** Sail between two buoys
- Proper sail trim, positioning, and crew communication
- Proper tack: positioning, face forward crossing over, transition behind back, sail trim
- Rounding: Within 2 boat lengths yet doesn’t hit mark

**Task 3:** Rules of the road
- Know rules for when boats meet: stand on / give way
- Port / starboard
- Windward / leeward
- Overtaking vessel
- Two power driven vessels

**Task 4:** Sail upwind to a mark
- Understand basic coastal piloting rules and regulations
- Channel markers and other navigation aids
- Basic running light patterns
- Basic chart work and use of online navigation applications

**Task 5:** Capsize recovery
- Walkover (dry) recovery, singlehanded
- Scoop recovery method, double

**Task 6:** Roll tack and gybe
- Increased efficiency and speed
- Proper boat handling & crew work
- Active / efficient sail trim through the tack or jibe
- Safe jibes in breeze

**Task 7:** Spinmaker work – set, fly, and strike
- Set, fly, and strike spinmaker on RS Venture and Pegasus
- Foresail on Pegasus
- Proper trim at various points of sail off the wind
- Communication with helmsman

## Level 3
### Job Skills Work

**Task 1:** Sail around a course @ every point of sail
- Proper sail trim & boathandling at each point of sail
- Smooth transitions: rounding, tacks and jibes
- Clear communication with crew

**Task 2:** Dock, anchor & moor a boat
- Under control and safe operation of sail and row boats while coming alongside to a dock or approaching a mooring.
- Proper anchoring technique for each vessel type
- Properly secure each vessel type to a dock and mooring

**Task 5:** Tie & teach advanced knots
- Sheet bend
- Rolling hitch
- Constrictor knot
- Zeppelin bend
- Butterfly knot
- Round turn & 2 half hitches
- Bowline on a bight
- Anchor bend

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## Level 4
### Program Assistant Ready

**Task 1:** Design a lesson plan
- Objective / goal setting, outcomes, materials, content
- Purpose value statement / question
- Account for different learning styles
- Methodology

**Task 2:** Plan and give chalk talk
- Review important points from chalk talk
- Provide directions to the class
- Demonstrate land drill to students
- Each student practices land drill & receives feedback

**Task 3:** Run land & water drills
- Be flexible and account for environment
- Proper set-up and powerboat handling
- Focus feedback on skills
- Take notes to follow up on

**Task 4:** Powerboat operation & certification
- Complete & pass 2-day hands-on US Powerboating Safe Powerboating course

**Task 5:** Compete in a regatta
- Parts 1 & 2 of the racing rules of sailing
- Starting / barging
- Mark roundings / buoy room
- Favored end / side
- Reading / reacting to windshifts

**Task 6:** Racing tactics &

**Task 7:** Backwards & rudderless sailing

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**Rocking the Boat Sailing Program**

**Technical Skills**

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diversity
challenges and missteps
funding

- 501c(3) non-profit
- 96% income from donors
  - foundations (36%), government (12%), corporate (9%), individual (35%), donated services (4%)
- 4% revenue from school group and camp programs
- No individuals pay—older participants get paid
- 3 full time development staff
- annual gala at NYYC support sailing program
feedback
Your Opinion Matters

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