



CSTS Notes

Newsletter of the United States Naval Academy
Command & Seamanship Training Squadron



DIRECTOR'S CUT

by Renee Mehl



Happy New Year to all!

It was great to see all the soggy sailors who braved the monsoon rains during the end-of-season potluck dinner in December. The event was for everyone who supported summer training last year. It was a fun and festive gathering, and the collaboration between the

bringer of the hot cider and the bringer of the bourbon was welcome on a wet, cold night, as was all the great food.

We are working away on several projects here in the Sailing Center. Never a dull moment but the pace is a little more relaxed than summer. You'll see our winter training schedule posted below. The four-class series on leadership will kick off on Tuesday, January 24th. We always start with this since it's the foundation of our midshipman training. We are adding some classes on seamanship and training for our new XO's and skippers (i.e., what to expect during summer sailing blocks) later in the spring. Classes will be in-person, live online and recorded online. You are encouraged to attend the leadership and navigation series in person if you can since they will be interactive with the class. The navigation courses will include chart plotting exercises so are also good to attend if you don't have any prior navigation training.

Both Saturday training sessions are full days. You will hear from the boat maintainers on engines, sails, plumbing, electrical and rigging systems on Saturday, March 4th. There are videos if you have to miss the training. We are able to offer the US Sailing sanctioned Safety at Sea Seminar hosted by Navy Sailing to volunteers for free on Saturday, April 1st. If you're unable to attend that you can purchase the online US Sailing Offshore course from the US Sailing website at www.ussailing.org to meet this training requirement. Attendance at a Safety at Sea seminar is valid for five years.

We will have updated navigation capabilities next summer on the Navy 44s. Santa delivered Samsung tablets for all the boats, which will be loaded with the Navionics® software. Electronic charts will be updated on the tablets prior to each block sail. The Furuno will still be the primary on-board navigation source, with

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the tablets as secondary. These changes and others will be included in the Navigation Standards update which will be published soon.

The summer block preference sign-up sheet was emailed out last week. The link is:

<https://docs.google.com/spreadsheets/d/1XsdCDDStQSS3-HCLa9cCds6oRCvvp31avwnISFdfdjg/edit?usp=sharing>

This does not obligate you, but we do need to have an idea of how many instructors we have for each block so we can request the correct number of midshipmen from the training office. If you plan on supporting this summer, whether it's for a full block, just the local week or just the offshore week, please take a minute to enter your availability -- thanks! Our goal is to get back to sending out 10 boats per block again, with the possibility of 12 boats during Block 2 if we have the instructional resources.

We look forward to seeing you in the classroom soon.



DEPUTY DIRECTOR NOTE

by Mr. Nathan Hesse



New volunteers’ names, emails, and phone numbers have been submitted to the Naval Academy’s Information Technology (IT) Department to be added to Blackboard®. If you have not yet received a phone call from the IT Department with your new log-in information, please let me know and I can connect you with them.

The most up-to-date Boat Information Book (BIB) and Standard Operating Procedures (SOP) are posted on Blackboard®. Please use these versions of the documents as a reference, rather than earlier versions. The biggest changes to the SOP are the procedures for alongside tow, and a “get off the dock quickly” checklist for weeknight training. The 2022 Navigation Standards are still on Blackboard® for reference, but if you are on a printing spree, know that there will be a new version for 2023.

We have made some changes to the Blackboard® exams this year. First, we’ve standardized the number of questions for the D-Qual exams. All questions are pulled from a question pool for each exam. Most sections now have 25 questions for the full exam. There are more questions for some of the critical exams (e.g., crew overboard has 30 questions). Sailing Theory and Heavy Weather have been combined into one 35 question section and a new exam on the BIB, SOP and Navigation Standards will also have 35 questions. We are still updating the Navigation Standards and will publish that exam section when it has been approved. The annual Rules of the Road exam will remain at 50 questions, and the quarterly refresher exam will continue to be 25 questions.

Proficiency exams will now have 15 questions each, (vice 20) except for Crew Overboard (COB), BIB and Sailing will remain at 20 questions. *If you are due for your D-Qual proficiency exams this year, we are requiring that you complete those by May 1 in order to be eligible for a summer block.*

Exam questions answer references were all updated by our team of the newly commissioned officers and staff this past Fall. Study material from textbooks has been scanned and is all available on Blackboard®. References were taken from specific editions of each book, so we recommend you use the posted material to study.



FLEET CAPTAIN NOTE

by John Formisano



Skipper John Formisano

It seems like we just put the boats away for winter maintenance, but we are only a week away from the start of winter training classes and the start of the training cycle for the summer of 2023.

When you look at the training schedule you will notice that the first 4 classes are devoted to leadership. While you can learn sailing and seamanship outside of USNA, these classes are the place where you will learn about the foundation for the CSTS program -- leadership. I see these classes as where sea stories become lessons learned, as it is an opportunity to understand how the things that happen on the water can translate into meaningful learning opportunities for our midshipmen.

If you have spent any time on the water, I am sure that you have your own sea stories to share; I know that I do. I have included a link to the investigative report from the United States Coast Guard about the Hong Kong flagged container ship EVER FORWARD grounding in the Chesapeake Bay east of the Craighill Channel last Spring. The key factors that contributed to this grounding included: (1) failure to maintain situational awareness and attention while navigating, and (2) inadequate bridge resource management. There was a professional licensed Maryland State pilot onboard the vessel and on the bridge at the time of the incident.

I’m sure that you will find a few more applicable lessons in the report of investigation that we can all learn from, I know that I can; but I’ll save that for another time and place.

You can find the report of the investigation here at this link:

https://www.dco.uscg.mil/Portals/9/DCO%20Documents/5p/CG-5PC/INV/docs/documents/EverForwardGrounding_ROI_Redacted.pdf?ver=odDgOSiBdmfRW2gXWrdnEQ%3d%3d

MAINTENANCE DIRECTOR NOTE

by Craig Patterson

Hello CSTS team. Glad to be starting my 23rd year at the shed. Lots of good things are happening here in Santee Basin and at the waterfront across the river. The winter maintenance package is 35% complete as of January 13th. We are launching the first of the CSTS Navy 44 boats the week of March 20th.

Recent winter projects completed include:

- All winches have been cleaned and maintained; and,
- All load out kits have been inventoried and restocked.

Spring sailing is not far off now!



WINTER TRAINING SCHEDULE

The winter training schedule is provided below. Classes will be in-person, live online and recorded. The boats systems and Safety at Sea seminar Saturday sessions will be in-person events only. The training schedule is also available on Blackboard®. Blackboard® will maintain the official training schedule. Recommend you double check the schedule and classroom location prior to a schedule class particularly if you are traveling to the Yard to attend training. Final classroom locations can shift around a bit. Virtual training links will also be posted for each class as applicable on the master training schedule.

01/24/23 LEADERSHIP - USNA PROF/CSTS CO/MIDN TAD
 01/26/23 LEADERSHIP - USNA PROF/CSTS CO/MIDN TAD
 01/31/23 LEADERSHIP - USNA PROF/CSTS CO/MIDN TAD
 02/02/23 LEADERSHIP - USNA PROF/CSTS CO/MIDN TAD
 02/07/23 OPERATIONAL RISK MANAGEMENT - CAPT(ret) Doug Rau with the Offshore Sailing Team
 02/09/23 RULES OF THE ROAD - LT Brendan Fay
 RADIO COMMS - CDR Chas Hewgley (ret)
 02/16/23 ELECTRONICS – CDR(ret) Bill Aucoin
 02/21/23 INTRO TO NAV – LT Burton
 02/23/23 NAV 101 – LT Burton
 02/28/23 NAV 102 – LT Burton
 03/02/23 NAV EXAM (1600-1900)
 03/04/23 Small Craft Repair Depot (SCRD) Boat Systems (all day) – boat maintainers
 03/07/23 SEAMANSHIP – Renee Mehl/Nathan Hesse
 03/09/23 XO/CO TRAINING – Renee Mehl/Nathan Hesse
 03/21/23 FIRE SAFETY and ONBOARD EMERGENCY DRILLS – Ned Ross/CSTS CO/staff
 04/01/23 SAFETY AT SEA Seminar (all day, Alumni Hall)

All classes are 1600 to 1800 unless otherwise noted.

HOW STUDENTS LEARN

by Rick Robey

To effectively teach sailing and leadership skills to Naval Academy midshipmen, it is important to use a combination of visual, auditory, and kinesthetic teaching methods. This will help to engage all students and accommodate different learning styles.

Here are five tips for using these methods in your teaching and coaching during your summer block:

1. Use visual aids. Visual aids, such as diagrams and videos, can be a helpful way to explain sailing concepts and techniques to your midshipmen. You can use these aids to demonstrate how different parts of a sailboat work, such as the mast, sails, and rudder. Diagrams can be particularly useful for showing the relationship between the wind and the sails, and how this affects the movement of the boat. Videos can be a useful way to show how to perform specific maneuvers, such as tacking or jibing.
2. Explain concepts verbally. Verbal explanations can be a useful way to provide additional information and context to your students. You can use verbal explanations to describe the principles of sailing, such as how the wind interacts with the sails to move the boat. You can also use verbal

explanations to provide tips and advice for performing different maneuvers, such as how to trim the sails for maximum speed and control. In addition to teaching sailing skills, you can use verbal explanations to teach leadership concepts, such as setting goals and making decisions.

3. Provide hands-on experience. Kinesthetic learning, or learning through active doing, is an essential part of teaching sailing and leadership skills. Make sure your midshipmen have plenty of opportunities to get out on the water and practice what they've learned. This can include steering the boat, hoisting the sails, and performing different sailing maneuvers. Hands-on experience is also important for teaching leadership skills, as it allows your midshipmen to apply what they've learned in a real-world setting. You can use hands-on activities and simulations to teach leadership skills, such as decision-making and problem-solving.
4. Use group activities and discussions. Group activities and discussions can be a great way to engage your midshipmen and help them learn from each other. You can use these activities to encourage teamwork, problem-solving, and communication among your students. For example, you can have your midshipmen work in teams to plan and execute a crew overboard maneuver and recovery, and then debrief afterwards to discuss what went well and what could be improved. You can also use group discussions to teach leadership skills, such as listening and giving feedback.
5. Provide ongoing support and feedback. As your midshipmen learn and progress, it's important to provide ongoing support and feedback. This can include providing individualized guidance and advice, as well as offering constructive criticism to help your students improve their sailing and leadership skills. By providing ongoing support and feedback, you can help your midshipmen continue to develop and grow as sailors and leaders.

CSTS FACEBOOK PAGE

CSTS has its own rebranded Facebook Page! In addition to this newsletter, we will post important information about the program to this Facebook page. Please “Like” us so you have the program information as it is released. We have 1.1K “followers” to date and growing every month. Help us get to “2,023” in 2023. Please encourage your midshipmen to send photos and video from their spring training sails and summer block sortie. Anyone can post to our Facebook page. Just let Rick know by email or text so he can approve your post. We are generating a good following of CSTS family and friends that are following your sailing experiences. Do not be shy and please post!

Please “Like” us at:

<http://www.facebook.com/USNAOffshoreSailTraining>.

EMAIL OPT-OUT

If you are on this email newsletter and would like to be taken off, please let us know. If you have any articles or information you would like to share through this newsletter, please email to

richard.robey@gmail.com. As always, thank you for your support of CSTS.

We keep about 12 months of past CSTS newsletters posted on the Navy Sailing website for your reference at:

https://www.usna.edu/Sailing/Command_and_Seamanship_Training_Squadron_CSTS/Newsletters.php

THANK YOU!

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Notes:

