FROM OUR PROGRAM DIRECTOR

Happy Spring! The ice is gone, hopefully we’ve seen the last of the snow, and the water temp is slowly coming up. We are looking forward to getting boats in the water and all of you on the boats. Uniform for practice is khaki pants and a navy blue top (i.e., whatever you have that’s warm, water temperature is only in the mid-40s, so it will be much colder on the water). We will be checking out foul weather gear and boots. Bringing your own hats, gloves and fleece is highly recommended. You will be learning about hypothermia and how to recover a MOB at the upcoming Safety at Sea Seminar, but we prefer to not to have live drills during our training! Good luck with the rest of your written tests, you will need to pass your Navigation exam and the annual Rules of the Road prior to doing the DELMARVA. As a reminder, you will also need to take the refresher Rules of the Road before you go out on summer block.

OSTS NOW HAS A FACEBOOK PAGE

OSTS now has its own Facebook Page! Please “Like” us at: http://www.facebook.com/USNAOffshoreSailTraining.

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 70 “likes” to date and growing every week.

THE HELMSMAN PUBLICATION

The Naval Academy Sailing is looking for a few good articles on seamanship for our The Helmsman publication. The Helmsman is a collection of narratives written by sailors of first-hand accounts of close calls, offshore mishaps, and lessons learned.

If you have a story to share about such an experience that could prevent a similar mishap, we would like to publish it for the benefit of other sailors. See our latest edition at www.usna.edu/sailing under “Announcements”.

For more information please contact Mr. Jon Wright, Vanderstar Chair at jnwright@usna.edu.

PHOTO CONTEST

Please submit your best 2014 sailing season picture, with a caption, to Rick Robey at richard.robey@gmail.com by March 31st. The top 3 photos will be selected and announced in the April OSTS Notes. Winning photographers will receive the coveted NASS burgee. Please submit photos that we can use on Facebook, this newsletter, and any other electronic or print media for OSTS. To date, only 2 photos have been received.

SPRING TRAINING

Navy 26 Colgate Training – if you didn’t finish your Navy 26 B qualification last fall, or joined the program this winter, you will need to get/complete that before summer sailing. We plan on opening up the first week in April; they are working hard at the Small Craft Repair Depot (SCRD) to get all our boats in the water. You will receive an email from the Basic Sail Training (BST)/Recreational Sailing Operations Officer, LT Dan Dematteo with information on how to sign up. The program is very
flexible, you can sign up for as many sessions as you need to get your qualification, and the times are very flexible. If you’re an accomplished sailor, we still recommend that you sign up for at least one lesson prior to your check ride. You will need to learn the specific way we perform certain maneuvers (departing the slip and returning under sail, and follow the SOP on MOB recovery) all part of learning the Navy way of doing things on each particular vessel. There are some differences in how we do a MOB recovery on the Navy 44, so keep that in mind when you switch platforms.

Please sign up now for spring training on the Navy 44s, if you haven’t already. We need a minimum of four crew, two instructors for day sailing, we can go slightly over eight crew for local day sailing but it gets a bit crowded. We need a minimum of six, maximum of eight crew and two instructors for overnight sails.

PERSONNEL QUALIFICATION STANDARD (PQS)

Please review your PQS book for any signatures you still need, and ensure you get those skills signed off this spring. This book is commonly referred to as the “Blue Book”.

Tally the hours you need in the logbook section for each qualification level (senior crew, watch captain) so we have a total. If you don’t have enough, sign up for more sailing. The intention is that you finish Watch Captain this spring, then get enough hours for your XO qualification during DELMARVA.

Review the PQS book – you will be responsible for signing off qualifications for the midshipmen this summer, so it’s good to be familiar with it. Each qualification should be complete before you start signing off on the next qual. So, a midshipman should be able to get through Senior Crew during the first week of training, or into the next day or so of the second week. They should be serving as a Watch Captain (for a day) before you sign off on WC qualification items. Your upper class should be able to get through the WC qualification by the end of the block and 3/C can have some items signed off if you implement the “WC for a day” training on the trip back. If they are able to complete those qualifications (and not everyone will unless they show aptitude and interest), and you recommend them for XO training, that sets them up to finish their watch captain in the fall/spring and get XO signed off during the DELMARVA.

Finally, make a copy of your qualification Blue Book. For some reason they like to go swimming, at the docks, on cruise, etc. It’s much easier to recreate if you have a copy.

SPRING ON-THE-WATER TRAINING

Spring on-the-water training starts on Saturday, April 4th. This has a similar training format as last October with Fall Training.

There will be 2 DELMARVA training sails. DELMARVA-A runs May 08-11, and DELMARVA-B sails May 14-17.

The spring training schedule has been established to accommodate volunteers who need some additional flexibility, although we do encourage you to complete as much of one training block as possible for team building purposes. The Spring Training (S/T) is designed to finish up Senior Crew if needed, and achieve your Watch Captain qualification.

You may pick and choose (i.e., à la carte) any open training block - Orientation, S/T-A, S/T-B or S/T-C. However, if using the à la carte schedule you are responsible to sign up for the requisite number of minimum hours both day and night in order to achieve Watch Captain qualification. This is your individual responsibility. See the table below for a summary of hours needed for each qualification.

For our new volunteers who joined the program after fall training or any volunteer who desires some additional on-the-water time, we have set up the first 3 Saturdays of April for day sail "orientation" training. You can sign up under the TAB named "Orientation". These sails do count toward your qualification hours and are a good method to achieve some additional sailing hours.

The DELMARVA sail is designed to achieve your D-CS (XO) qualification once Watch Captain is achieved. However, the DELMARVA can be used to finish up Watch Captain qualification if you do not plan on sailing as an XO for the 2015 sailing season. Each XO candidate should get an individual debrief at the end of the DELMARVA. This is similar to what we do with the Midshipmen during the summer. You need to be recommended by your Skipper during DELMARVA to become an XO. If you don’t get approved as XO for this summer because you need more experience, we encourage you to continue with the program to get more time on the water. There is a lot to learn and safety is always our first priority, and that starts with our instructors.

Please sign up for your spring training and DELMARVA sails at the following link:

OSTS Spring Training & DELMARVA Sign-Up
SUMMER DESTINATIONS & BLOCK PREFERENCE

Thanks to those of you who have indicated that you will be able to participate next summer. Due to your responses, we are on track to complete 27 sorties this summer! The link is below if you haven’t signed up yet, and we will re-post this link in future editions.

OSTS 2015 Summer Block Sign Up

Block 1 – New York City, NY 4 boats
Stamford, CT 4 boats

Block 2 - Bristol, RI 4 boats
Rockport, MA 5 boats

Block 3 - Freeport, NY 5 boats
Newport, RI 5 boats

WORKING GROUPS

The working groups are making good progress and will be ready to share their work during the DELMARVA sails.

Below is a sample menu from the new Galley Guide for your sneak preview. **Deb Langheld, CDR Rosie Barnes** and **Philippe Duverger** have done a great job this winter putting the Galley Guide together. Also a very special thank you to all of you that made contributions to the guide.

Breakfast Burritos

- Throw 1 bag of tater tots in oven and allow extra time – 45 minutes or so to heat up.
- Brown 1 pound Jimmy Dean sausage in skillet and add chopped onions.
- Scramble 1 dozen eggs.
- Mix all together and add 1 pound shredded cheese.
- Serve onto flour tortillas, and add salsa or Pico de Gallo (salsa fresca).

Serves 10

WINTER CLASSROOM TRAINING

The **Safety at Sea Seminar** is our next training session on March 28th and 29th. The Seminar will be held in Alumni Hall just inside Gate 8 starting at 0730. Only the Saturday session is required every 5 years.

Parking may be tight due to a number of other events at the Academy this weekend, but there is free parking in the Bladen Street parking garage (by St. John’s College) and eCruiser shuttle to and from Gate 3 if you can’t find a parking spot.

Our last 2 winter classroom sessions are:

- Marine Weather & Rules of the Road – March 28th
- Teaching Methods & Program Updates – April 7th

These sessions will be in Michelson 110 starting at 1630.

OSTS NAVY SAILING JACKETS

You can pick up your Navy Sailing jacket at the Safety of Sea Seminar during check-in on Saturday morning.

PLEASE WELCOME LT OSEI ASANTE

**LT Osei Asante** has reported onboard as the new OSTS Training Officer. He originally hails from Houston, Texas - born and raised! He started playing football at an early age, and dreamed of playing college football. Luckily, the Naval Academy was willing to give him a shot to play, so of course he jumped at the opportunity. He first attended the Naval Academy Prep School (NAPS) in Newport. He stuck out football and lettered his second and firstie year. He also sailed with OSTS during his younger summer. He is a proud graduate of 2010, and upon graduation, he was blessed with the opportunity to coach at NAPS. It was a great experience, and he can’t wait to get back to coaching.

He then reported to the USS McClusky (FFG-41) in San Diego, CA. He was the Repair Officer for the majority of his division officer tour, and enjoyed every minute of it. After one deployment, and 2 1/2 years there, he moved onto the USS Lake Champlain (CG-57) as the Main Propulsion Assistant for 18 months.

Please welcome LT Asante to the OSTS team!
CONGRATULATIONS SKIPPER LYNN OHMAN

Skipper Lynn Ohman was recognized at the annual volunteer recognition dinner as the 2014 volunteer of the year. She was presented the Captain Alex and Marcia Grosvenor Trophy for her most exemplary volunteer contributions to Navy Sailing in 2014. Well done Lynn!

EMAIL OPT-OUT

If you are on this email newsletter and would like to be taken off, please let us know.

As always, thank you for your support of OSTS.

THANK YOU!

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For Updates & More Information: www.usna.edu/Sailing
Follow us on Twitter at www.twitter.com/NavySailing (@NavySailing) & Facebook at www.facebook.com/USNAOffshoreSailTraining
## 2015 Winter Training Schedule

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<thead>
<tr>
<th>Dates</th>
<th>Course</th>
<th>Time</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-Jan</td>
<td>NAV Exam (MIDN only)</td>
<td>1600-1800</td>
<td>Luce 101</td>
</tr>
<tr>
<td>27-Jan</td>
<td>NA44 Electronics/Radar</td>
<td>1600-1800</td>
<td>Michelson 110</td>
</tr>
<tr>
<td>31-Jan</td>
<td>NA44 Systems</td>
<td>0900-1600</td>
<td>SCRD</td>
</tr>
<tr>
<td>3-Feb</td>
<td>Leadership 1</td>
<td>1600-1800</td>
<td>Michelson 110</td>
</tr>
<tr>
<td>5-Feb</td>
<td>Leadership 2</td>
<td>1600-1800</td>
<td>Michelson 110</td>
</tr>
<tr>
<td>10-Feb</td>
<td>Leadership 3</td>
<td>1600-1800</td>
<td>Michelson 110</td>
</tr>
<tr>
<td>12-Feb</td>
<td>Leadership 4</td>
<td>1600-1800</td>
<td>Michelson 110</td>
</tr>
<tr>
<td>19-Feb</td>
<td>Medical</td>
<td>1630-1800</td>
<td>Michelson 110</td>
</tr>
<tr>
<td>26-Feb</td>
<td>Operational Risk Mgmt/Radio Comms</td>
<td>1630-1800</td>
<td>Michelson 110</td>
</tr>
<tr>
<td>28-Feb</td>
<td>Intro to NAV (optional)</td>
<td>0900-1200</td>
<td>Luce 101</td>
</tr>
<tr>
<td>10-Mar</td>
<td>NAV 101</td>
<td>1630-1800</td>
<td>Luce 101</td>
</tr>
<tr>
<td>12-Mar</td>
<td>NAV 102</td>
<td>1630-1800</td>
<td>Luce 101</td>
</tr>
<tr>
<td>17-Mar</td>
<td>NAV Exam</td>
<td>1600-1800</td>
<td>Luce 101</td>
</tr>
<tr>
<td>28-Mar</td>
<td>Safety at Sea Seminar</td>
<td>0730-1730</td>
<td>Alumni Hall</td>
</tr>
<tr>
<td>31-Mar</td>
<td>Marine Weather/ Rules of the Road</td>
<td>1630-1800</td>
<td>Michelson 110</td>
</tr>
<tr>
<td>7-Apr</td>
<td>Teaching Methods/Program Updates</td>
<td>1630-1800</td>
<td>Michelson 110</td>
</tr>
</tbody>
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SATURDAY, March 28, 2015
Chuck Hawley & Jon Wright, Co-Moderators

0730  USNA Welcome and Opening Remarks CDR Les Spanheimer, Director of Navy Sailing
0745  Introduction, Chuck Hawley
0800  Keynote Speaker, Gary Jobson, past President US Sailing, vice-President ISAF
0845  Care and Maintenance of Safety Equipment, Chuck Hawley, CAPT Kip Louttit USCG (ret)
0930  Break
0945  MOB prevention and Recovery, Jahn Tihansky, USNA Varsity Offshore Racing Coach
1030  Damage Control, Steve D’Antonio, Marine Consultant
1115  USCG Communications and Search and Rescue, CAPT Steve Bonn USCG (ret)
1205  On-the-water demonstrations, MOB Recoveries, Chuck Hawley, Jon Wright, USNA Safety Chair
1330  Lunch
1410  Weather Forecasts and Features, Joe Sienkiewicz, Paul Vukits NOAA
1450  Sail Selection and Handling Heavy Weather, Dave Flynn, Sailmaker
1535  Break
1550  Safety through Seamanship, Ralph Naranjo, past USNA Safety Chair
1635  Hypothermia and Medical Emergencies , Dr. Michael Jacobs
1715  Closing Remarks, Chuck Hawley
1730  Meet the Speakers Reception –Following Sessions, Bo Coppedge Room – Alumni Hall

Sunday, March 29, 2015

ISAF (International Sailing Federation) Advanced Offshore Personal Survival Course – MacDonough Hall/Luce Hall
0830  A Safety Ethos, Jon Wright —Luce Hall
0900  Attendees will be split into 4 groups and alternate through the 4 sections before and after lunch:
1130- Lunch
1230
1515  Exam and Grading

Advanced Cruising Seminar – Alumni Hall
0815  Welcome, Opening Remarks, Chuck Hawley
0830  Navigation as a Seamanship Issue, John Martino, President, Annapolis School of Seamanship
0915  Ocean Currents and Wind/Wave Dynamics, Frank Bohlen, Professor, University of Connecticut
1015  Break
1030  Ships, Channels and Right-of-Way, Bill Band, retired Chesapeake Bay Pilot
1115  Cruising Preparation, Pam Wall, Cruising and Sailing Consultant
1200  Lunch
1300  Choose one of the following:
1. Interactive—participate in each of these small group discussions/hands-on demonstrations:
   Engines and Systems, Steve D’Antonio and Phil Mitchell (hands-on electrical)
   Weather and Oceanography, Frank Bohlen, Joe Sienkiewicz and Paul Vukits
   Cruise Planning and Preparation, Dr. Jacobs, Pam Wall
2. Practical:
   In-Pool Life Raft & Safety Gear Training,
   John Martino, Annapolis School of Seamanship
1600  Closing Remarks at each location.