



## Welcome!

We're back with our regularly scheduled programming! Welcome to *In the Groovette*: the quick edition newsletter to get everyone warmed up for our upcoming season.

Ever since we tucked our boats away in November, the University of Rhode Island Sailing Team has been itching to get back on the water with our favorite group of sailors. Nonetheless, team members have been finding ways to keep sharp. With group workouts, weekly team meetings, and winter racing, there's been no shortage of determination. Although the future of our spring season seems ever so fluid, we are ready to crush any and all sailing that we can.



### *What's in this newsletter:*

- WELCOME
- FITNESS
- LEADERSHIP
- NEW ASSISTANT COACH
- BOAT MAINTENANCE
- MEMBER HIGHLIGHTS
- STAY TUNED



## Fitness

Moose's favorite way to get us ready for a new season is to make sure we get whipped into shape during team workouts. Every year during our off-season, our team fitness coordinator will set up times and days for the team to be led by an instructor towards our fitness dreams during a group workout session. Normally, these workouts would be held in large groups in the Mackal Gym Cardio Room, but with the limitations of COVID our team fitness coordinator, Taylor Borges, has come up with some adaptations to our usual setup. Taylor has done an excellent job working with the team at Mackal to allow us two time slots per week in the weight room, and one session per week with an instructor on Zoom. These opportunities have been great for our team, as we miss out on so much bonding time when we are all isolated at home. This is a huge step in the right direction for us as we navigate becoming stronger physically *and* stronger as a team unit.

## Leadership

We all know how fast the sailing season comes and goes, so in preparation for next fall we will begin voting on new team leaders in the coming weeks. This is a very exciting time for team members, as people tend to show unique sides and talents of themselves that many wouldn't have known about previously. Similarly to last year, our voting will be held virtually. Each candidate that accepts their nomination for team captain will submit a brief video expressing why they should forge the path for our team. Our team captains harbor much responsibility for our team. They are the backbone and the communicators between many, many moving parts and their hard work should never go unrecognized. That being said, our team would like to thank our captains, Becca Read and Luke Ingalls, for their endless efforts towards making our team a safe, exciting, and an inspiring group to be a part of. Aside from team captains, we will also have many other leadership positions up for grabs, even newsletter coordinator, which I will sadly have to part ways with in order to enter the real world. These positions are not voted on by the team; instead they will be voted on by Moose, current captains, and the upcoming captains that are voted in. Stay tuned on our social media to get the latest updates on our new leaders!





As we get the ball rolling, it's important that everyone is updated on an exciting addition to our team of coaches. Andrew Sheerin will be our volunteer graduate student coach for the next few weeks up until he begins his job as head coach of the Middletown High School sailing team. The team is so excited to welcome Andrew and experience all of the coaching expertise he has to offer!

To prepare for this season our group of boat maintenance experts have been putting in the hours to ensure that our boats are shiny, beautiful, and most of all, unsinkable! Athena Vieira, Christian Moffitt, and Aidan Naughton have spent many days of the off-season doing fiberglass work and using their many skills to get our equipment in pristine shape.

## Member Highlights

What better time for sailing than during the freezing temperatures of the winter! Many of our team members braved the cold in their drysuits just to get some extra time on the water. For our first highlight, we have Oskar Schnippering, Owen Reuther, and Ryan Palardy who journeyed from the URI Bay Campus to Quonset Point on a Hobie Cat (pictured on right)! Next, we have our fabulous and quite large group of frostbiters, Meghan Haviland, Mackenzie Fraser, Josh Bartoszuk, AJ Kozaritz, Nick Kozaritz, Iain Jaeger, Luke Ingalls, Megan Gimple, Anthony Purcell, Henry Lee, Zach Champney, and Parker Colantuono. Parker raced in the laser 413 frostbiting fleet for the past few months, over in Newport. Being the fish that he is, Parker fully embraced the name "frostbiting", as he spent some time in the water after capsizing during a snowstorm. Although he has been up at the front of the fleet, he just can't help but to get his butt kicked by his mom every weekend!



Parker and Zach have been duking it out as they both continue to improve their laser sailing. With great sailors like Lars Guck, URI alum and All American, and Peter Shope, Laser Grand Master World Champion, our frostbiters have had an incredible opportunity to continue racing and improve their tactics for this season. And with a race committee ran by Moose, how could you resist?! Zach (pictured below) has found these conditions to be comparable to those on Mystic Lake and sometimes the Charles River. He says “I'm really hoping this experience will translate well going into the college year as I have been keeping my skills sharp, and when everyone is freezing, I am just going to be happy that it is above 30 degrees.” The results of the Laser Fleet 413 Frostbiting series can be found at <http://newportlaserfleet.org/2020-2021-season-cumulative-results/>. Our final highlight is Ben Rosenberg! Ben and his crew, Cali, continued their training with Riley Gibbs and Anna Weis as they led up to the Miami Olympic Class Regatta this January (pictured below and in pg. 3 header). Their training sessions were held down in Fort Lauderdale, FL and they spent 5 hours sailing down to Miami on one of the days! Ben and Cali ended up placing 4th out of 5 actively campaigning teams during the regatta!



## Stay Tuned

The start up of practice means a few things: finally getting out on the Salt Pond again, following the same COVID protocols as last season, sharpening our skills, and most of all, being together as a team again! One of the best things about studying at URI is the tight bond that our huge group of sailors has. The best part of the day has always been getting out of class and running straight to the boat house to see everyone. With the limitations of COVID obviously things have changed, but it's a wonderful thing that we get to share the experience of being out on the water with our best friends and amazing coaches yet again. We are all looking forward to another miraculous season, so stay tuned for updates!

If you aren't already connected with the URI Sailing Team's social media accounts make sure you add the following for the fastest information and updates!



@urisailingteam



URI Sailing Team



<https://www.urisailing.org/>