

Additional Information: The Captain's Daughters

Sail Training

This is a short section on why Sail training is so important. Many people may be unaware of what it is, who benefits, and how and why they should get involved.

Sail Training benefits approximately 25,000 young people every year – and that is just in the UK. In the UK there are around 50 sail training vessels, run by charities such as the Ocean Youth Trust and Trinity Sailing. These sail training charities work with young adults with challenging behaviour or disabilities from a variety of backgrounds, helping them gain confidence and essential life skills.

Recent research by the University of Edinburgh looking at the characteristics and value of the sail training experience highlights these points:

- Young trainees who participate in off-shore sail training programmes show measurable improvements in social confidence and their ability to work with others ... and the benefits are sustained over time after the voyage experience.
- The most common reasons for young people wanting to participate in a sail training voyage are the anticipation of adventure, making new friends, seeing new places and conquering their fear of heights ... with seasickness, and a concern about being among strangers in a confined space the main anxieties.
- The positive value of the sail training experience transcends national and cultural boundaries and is not much influenced by the size or rig of the vessel.

If you are interested in reading more of this research, the full report can be downloaded from www.sailtraininginternational.org

The Sail Training vessels are usually run with a mix of full time paid staff, and voluntary sea-staff. Without the volunteers these sail training charities would not be able to function, and they rely heavily on a large base of well trained and enthusiastic volunteers. Representatives from ASTO (Association of Sea Training Organisations: www.asto.org.uk) remarked that one of the main difficulties in maintaining the volunteer base is that many young adults who have been involved in sail training before university often lose contact during the university years. This is a great loss, and we are hoping that through our efforts we can help to change this. There are great benefits to working as volunteers on the sail training vessels. As volunteers students can expect to work as part of a team in challenging environments, and gain unparalleled experience developing leadership and management skills. Volunteers are generally hardworking, motivated, quick learning and high spirited individuals. Working in these challenging and dynamic environments they must be also adaptable, responsible and excellent communicators

The Captain's Daughters (www.thecaptainsdaughters.com)

The Captain's Daughters were established in 2006: we were volunteering on different vessels from separate sail training organisations and realized the potential we held for encouraging others in further education to get involved. Our main aims are to:

- 1) Actively assist in getting more young people involved in sail training and encourage those who sail with us to volunteer their time to help the many Sail Training charities around Britain.

- 2) Provide an opportunity for volunteers in sail training to develop their skills, both in sailing and in personal development.
- 3) Set up a network of young, university aged students who will keep recruiting more sail training volunteers in the future.

Projects so far undertaken include the entry of a Captain's Daughters boat into the Glasgow-Belfast Small Ships Race 2006, Brixham-Guernsey Small Ships Race 2007. We then entered four boats into the Cowes Small Ships Race in October 2007.

The Project Organisers

The organisers of The Captain's Daughters are a committee of four, aged 22-24, all currently students and all volunteers with various sail training charities around Britain, such as The Ocean Youth Trust and Trinity sailing. We also have the support and expertise of professional skipper Nick Legg who has experience training volunteers and who we have known through this for many years.

Sarah Palmer (24) **2520 hours** as a volunteer on sail Training vessels, primarily on GMC, Alba Venturer, Alba Volunteer and Provident from Trinity sailing. I am currently working towards my MSc in Chemistry and spending this year on an Erasmus exchange in Bergen, Norway where I captain the Ladies regatta sailing team. I have represented Glasgow University at BUSA team racing and yacht racing events. I have various RYA qualifications including Yachtmaster Theory, Day Skipper, Radar and Diesel engine, and have recently secured further funding from Trinity House for more training.

Clare Louise Thorpe (22). **8640 hours** as volunteer on sail training boats including: GMC, Lord Rank, James Cook, Vegewind and Anne Margaretha. Clare is our Skipper this season. She passed her RYA Yachtmaster last summer and has numerous qualifications including RYA first aid, sea survival, VHF radio and Dingy instructor. In her spare time from doing research for her MSc in Geomicrobiology she captains the Manchester University sailing team and is the representative for Northern University sailing in Britain.

Colette Mathewman (24). approx. **3864 hours** on board sail training vessels including Europa, Vegawind and various OYT boats. Colette is currently doing a PHD in plant science. In her spare time last year she organised a sponsored cycle from Lands End to John O'Groats and raised £1000 for the Royal National Lifeboat Institution (RNLI).

Emma Clifton (24) has volunteered extensively on GMC as both watch leader and bosun, but has also sailed on James Cook, Vegawind and Black Diamond. She is currently in the final year of her Outdoor Education degree in Liverpool. In her spare time she volunteers for OYT North West, both during the summer, and during the winter refits. She is also currently studying for her RYA Yachtmaster theory, but already has day skipper theory, competent crew, and her radio licence certificate.

Advisor: Nick Legg (33) Nick has been involved in sail training for many years now, and used to work as a professional skipper. He now provides invaluable advice and support to The Captain's Daughters, and will be joining us in the summer to act as bosun, and to aid the crew's ongoing training.

Please feel free to call or email if you have any enquiries. There is further information on this project on the website I set up for potential sponsors:
www.thecaptainsdaughters.com