

LAKE MICHIGAN SuRF

Newsletter of Lake Michigan Sail Racing Federation

July 2026

GRANTS-IN-AID COMMITTEE NEWS

Welcome to the Lake Michigan Sail Racing Federation Grants-in-Aid Committee newsletter. This will be distributed irregularly to provide updates on our program and also to share the reports submitted by our many Grant recipients. We hope you'll find these reports of interest.

The Grants-In-Aid Committee considers applications and makes grants to LMSRF members for sailing education and major competitions from the proceeds of the LMSRF Endowment Fund. Not one penny comes from dues.

2025 LMSRF Grants-in-Aid Program

We have updated our application process.

Visit www.lmsrf.org and hover Grants-in-Aid.

Read the requirements (<http://lmsrf.org/grants-in-aid/grants-requirements>).

Then download the appropriate application.



If you have an old form, you must download a new one—there are four of them, targeted by applicant's area of interest. Thank you.

IMPORTANT: Applications **MUST** be submitted **BEFORE** the event or training starts.

This includes on-line segments preceding in-person training programs.

GRANT RECIPIENT REPORTS

US Sailing Level 1 Sailing Instructor Certification

The first day, we began with a welcome and Partner work where we met our fellow Instructor candidates and got to know them and where they're from. This was a small class of 6, so it was very personal, and by the end of the session, we all ended up being good friends. After the initial meeting, we began with a name game to see if we could recall information quickly, and then moved into the curriculum. Our Instructor trainer, Matt, laid out the weekend and then proceeded to discuss the legal responsibility of a sailing school and their instructors, the certifications that need to be renewed to continue as an instructor, and recurring payments. After a quick break, we went through the expectations of a powerboat handling and then did a swim, tread, and capsize test. Since it was early May in Wisconsin, the weather was windy, 38 degrees, and freezing water. Although we had dry suits, we all got soaked, but we did what needed to be done. We broke for lunch and began with demonstrations of a Chalk talk, land drill, and on-water activity. After changing into sailing gear, we got out on the water and sailed for the majority of the afternoon. This included clearly demonstrating

rigging, boat handling skills, points of sail, backwards sailing, and docking. We ended the first day with knots and had a review of the day and a check-in as to what is expected of us for the next two days. On day two, we began with basic procedures, a name game, and an overview of the day. Half of the class then went out to test on the powerboat, and the other half stayed in to work on joint chalk talks, land drills, and on water drills as we were leading them with a partner that day. While waiting, we also reviewed the course rubric and class expectations. Then we did a paired chalk talk where my topic was tacking and worked with other groups to give praise and constructive feedback for our graded portion on day three. After we did blindfolded 420 rigging, we had a break. After the break, we did a paired land drill on tacking, and it went very well for my partner and me. Then we had a quick lunch, explained our courses, and got out on the water for our partner on-water drills. We sailed each other's courses purposely making mistakes to give the leading group the opportunity for feedback, and came back to the dock after a few hours. Then we had our daily debrief, finished up our powerboating practical tests, and had an individual mid-course check-in with Matt.



Erica Herzog outside the training facility and inside during the training. Photos courtesy Erica Herzog.

On the third and final day, we began with a name game and then jumped into our individual tests. We each lead a chalk talk, land drill, and walk-through of our on-water course. My topic for this portion was tacking, and I was very proud of the demonstration I gave with my land drill. As each candidate did their drills, we acted as students, listening, participating, and even getting distracted as students or kids would do. After lunch, we had planned to go sailing and do an on-water drill. Unfortunately, after about two hours of waiting, the wind kept building to consistently over 30 knots, and we were not able to get out on the water. Matt was in constant contact with US Sailing, and they decided that the on-water drill from day two would be a satisfactory assessment of our on-water skills. At the end of the day, we had a final conference with Matt, and I was informed that I had passed the course.

I am very fortunate to have had the opportunity to be a part of this course in my hometown and at my home sailing school. I am so excited to instruct this summer and look forward to teaching a new generation of sailors to love the sport as I do. I would like to express my thanks to the Lake Michigan Sail Racing Federation for funding to take this course, and I intend to represent LMSRF proudly.—**Erica Herzog, Sheboygan Youth Sailing Center**

US Sailing Basic Keelboat Certification

I recently completed the US Sailing Basic Keelboat Certification course at Great Lakes Sailing in Chicago, IL. The course provided comprehensive hands-on and classroom training in the safe operation and handling of keelboats. The course focused on developing practical seamanship skills, sailing theory, navigation knowledge, emergency preparedness, and crew coordination in wind conditions ranging from 5 to 15 knots. Training included vessel preparation and safety inspections, sail rigging, knot tying, docking procedures, navigation rules, points of sail, sail trim, heavy weather procedures, man overboard recovery methods, anchoring techniques, and emergency response protocols.

What I believe is most valuable that I learned is understanding navigation rules, weather awareness, rescue procedures, and right of way procedures. These skills will help me as a professional on the water and allow me to share this knowledge with aspiring sailors that I will teach. I am excited to be working with Great Lakes Sailing to teach beginning sailors and summertime STEM students through Sail Her Dreams. I will encourage anyone I feel prepared to join our racing team that races on Wednesday evenings. Thank you for investing in those of us that are furthering our sailing education to help provide safer waters to everyone. I will continue to develop as a sailor and steward of the water and lead by example for those around me.--**Joey Yonkoff, Great Lakes Sailing**



US Sailing Basic Keelboat Instructor Certification

The Basic Keelboat Instructor Certification course at Great Lakes Sailing, May 8-10, 2026, covered the US Sailing course book as expected, but it was instruction outside the book that I found to be the most insightful. If we think of entities on the water as analogous to travelers on land – for example parents with toddlers (boats towing boats), other pedestrians (kayakers), cyclists (sailboats), motorcycles (powerboats), trains (ferries, barges) – understanding maneuverability becomes more intuitive. Just as a cyclist would not attempt to cross in front of an oncoming train, so too should a sailboat give a wide berth to a ferry. This is only my third season on the water, but already I'm struck by how much continual learning happens in sailing. Beyond formal instruction and advice from seasoned sailors, there is much to gain from those who come from different regional or boating backgrounds. There are even new perspectives to consider from those who are just starting out, who might ask questions that force you to reexamine familiar concepts. As I spend more time on the water with people of all backgrounds, I hope to continue learning and adapting my teaching methods to best suit my students.--**Amy Zhou, Great Lakes Sailing**



US Sailing Level 1 Instructor

My name is Claire Schmitt and I am a sophomore at the Lycee Francais de Chicago. This summer I am hoping to be a junior sailing instructor for the youth summer camp program and in preparation, I took the Level one course. I started sailing when I was nine years old at Chicago Corinthian yacht club in the youth summer program. Since then I have continued to grow as a person but one thing that has stuck with me is my love for sailing. After having raced at Chicago yacht club for three years and continued to sail the summer program at CCYC it became clear to me that teaching others to sail was something that I wanted to do. Over the weekend of the 15th to the 17th of May I attended my US Sailing Level 1 Certification course at the Chicago Corinthian Yacht Club at Montrose harbor. The course instructor was named Matt Wierzbach and over the course of the weekend I learned to and worked on my instructor skills. This includes powerboating, land drills, chalk talks and on the water coaching skills. I not only learned about coaching skills through this course but also learned about working in a team environment with my fellow instructor candidates. For the portion of the class when I was leading my chalk talk land drills and the on the water coaching, I taught my peers about man overboard. First, we began by teaching in pairs and by doing so I learned collaboration when it comes to teaching as generally that is a role that I do not take in school. After having worked in pairs however we were tasked to lead our topics on our own. One of the most important things I took away from the chalk talk itself was making sure that a kinesthetic aspect is incredibly important to include hands-on learning in a sport that is incredibly

focused on having students learn through experience. Being able to engage the whole group is key to having the group learn something is one big takeaway of the weekend that stuck with me. While the land drill was relatively straightforward, I learned that there are many distractions and especially when teaching kids it is important to retain group control. Being able to multitask as in making sure they sit in one area while also pointing out any mistakes and improvement. As for the on the water drill while it ran smoothly for the most part, working to keep my feedback and information on the water to a minimum was something that I would like to work on in the future as it will make me a better coach. In order to prepare for my solo run through of my talk and drills I took notes and clearly organized how I wanted to proceed with presenting. I reinforced my understanding before I had to present by color



coding my information and sketching what I wanted to draw on the whiteboard. Overall, this course and the experience has taught me to be a more organized and attentive student but also educator. While we were being assessed during the course I truly found that I learned a lot and had fun while doing so and I hope that with this certification I can teach others to love the sport that I absolutely adore. The image on the left is an image of my fellow coaches, our instructor and I after having completed the course. In the future I strive to build a stronger connection with my peers and focus on bettering my coaching skills through practice so that I can be the best coach I possibly can be.--**Claire Schmitt, Chicago Corinthian Yacht Club**

US Sailing Level 2 Instructor Training

This Level Two course was especially enlightening to me in terms of safety. Going into the course, I felt I had a pretty good idea of how to remain in a safe and helpful position during the event of an entrapped sailor, but I quickly learned that was not true. I think the most important part of this experience for me was learning how to tie a righting line and right a boat. Before this course, I had never realized how important these skills were or how much technique and finesse is required to perform them correctly. Practicing these gave me a better understanding of what to do in an emergency and how to help others without putting myself at risk. It also increased my confidence on the water because I can now respond to any boat that needs help and have a reliable way of righting it. Overall, this course helped me realize that sailing safety is much more advanced but also much more important than I thought.—**Isaac Eklov, Macatawa Bay Junior Association**



2025 Independence Cup Regatta

The Judd Goldman Adaptive Sailing Foundation, Independence Cup Committee, Board of Directors, and most importantly, Independence Cup sailors thank LMSRF for its grant to support the regatta. Your support helped further our mission of helping people with physical disabilities learn about the competitive sport of sailing with the assistance of great coaching.

Please enjoy this article published during the regatta in Chicago Magazine:
<https://www.chicagomag.com/city-life/the-equalizing-spirit-of-a-sailboat/>.

The regatta was a great success.—**Peter D. Goldman, President**

Adaptive Sailor Training Grant

The award winning Judd Goldman Adaptive Sailing Program celebrated its 35th Anniversary in 2025. We thank LMSRF for its support of our unique learn-to-sail program for people with physical disabilities. Due in part to your generosity and others like yourselves, we serve a thousand individuals each year. Larry Campbell is one of those individuals.

“All the boats are adapted for people with disabilities so I can hoist the sails. I can steer the boat. Recovering from my stroke, it’s kind of like having therapy. It’s made me more independent and made me forget about my disability,” said Larry Campbell.

Located in Chicago’s Burnham Park Harbor, we have a fleet of 23 uniquely designed sailboats with specialized adaptive equipment to accommodate participants no matter what their disability. In addition, the Judd Goldman Junior Program, with another 15 sailboats, provides a program for at-risk, inner-city youth at Chicago Park District lagoons. The goal of both programs is to help people achieve independence and self-esteem.

We have come a long way in meeting the special needs of sailors from these greatly underserved communities. We rely entirely on provide donors for support.—**Peter D. Goldman, President**

US Sailing Level 2 Instructor Certification

Thank you for accepting my application. It is such a privilege to get to learn from talented instructors and peers. Something that I learned during my Level 2 class that really stuck with me was the idea of always doing the best practices. Don't get lazy with what you teach; if you are interested in it, the



students will be, too. Level Two was primarily about trapeze and spinnaker, but the thing that stuck with me the most was always doing the right thing and best practices. Something else I learned is that a crucial skill is

how to right a capsized boat with a righting line. This is an important skill to have in case of an emergency, and now I feel much more prepared in case something bad does happen. Below is a photo of me practicing righting the boat with a righting line. Once again, thank you for this opportunity. I greatly appreciate it and will not forget your generosity.--**Olive McGough, Macatawa Bay Junior Association**

US Sailing Level 2 Instructor Training

On May 24-25 I took a US Sailing Level 2 Instructor Training course. The main focus was how to safely teach Trapeze and spinnaker techniques. Though, some of the main things I took away from this course were safety and my role as a coach. There was a large focus on safety and techniques for righting boats and rescuing people in the water. As well as actions, this training covers organization wide practices, like emergency action plans. On top of that, this course really opened my eyes to my role as a coach, even when off of the clock. We had a prompt for a writing about catching students drinking outside of the yacht club's hours, and this made me realize how my duties extend beyond when I'm on the clock. Going forward I think this new knowledge will allow me to help my organization to run more safely and effectively. Overall I feel this training will help me become a much safer coach, and will allow me to take on more responsibility within my organization.--**Andrew Roeder, Traverse Area Community Sailing**



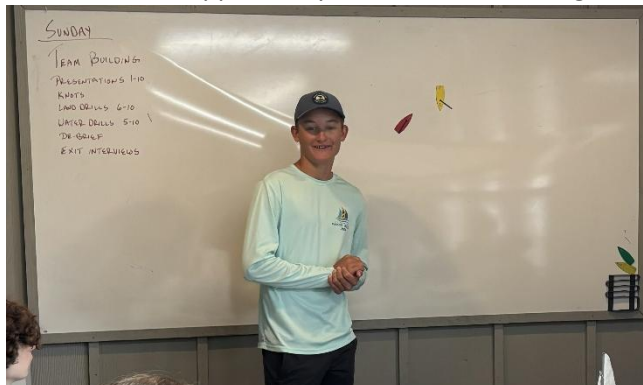
US Sailing Level 2 Instructor Training



My US Sailing Small Boat Level 2 course took place on May 23 and 24, and was instructed by Cappy Capper. The focus of the course was on using trapeze and spinnaker and a C420. I only had a few days of experience with trap and spin going into the course, but I was taught well, learned quick, and was able to demonstrate the abilities properly. Another focus of the exam, was on our emergency powerboat maneuvers. We learned how to rescue a turtled 420 within a minute and save a trapped person. This summer I am excited to teach youth how to sail a trap and spin rig. I also feel more confident in my powerboating abilities and overall safety as a coach. Passing these skills down to the next generation of sailors is my biggest goal this summer.—**Toby Smart, Traverse Area Community Sailing**

US Sailing Level 1 Instructor Training

Starting in January, I began working on getting all of the required certifications and studies so that I would have an opportunity to become US Sailing Level 1 Small Boat Instructor certified. CPR, First-Aid,



Boater's Safety, TFCO, SafeSport, and Level 1 Online all had to be completed prior to me taking the In-person class taught by Cappy Capper June 12-14 at my home club of Macatawa Bay Yacht Club. As I reflect back on where I started on this journey and where I am now, it is quite remarkable the amount of depth and knowledge I have gained. This is going to really help me on a daily basis since I am currently employed as a youth sailing instructor

at the MBJA. I now possess a foundation of knowledge and resources to better manage students, prioritize safety, and more effectively instruct sailing. During the in person class, I was required to research and present on certain topics and this involved using a whiteboard and props and while I was nervous about it at first it went really well and I look forward to using the same style and information

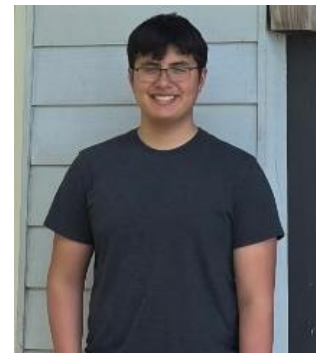
with my students moving forward. The class was very technical as well and it helped me advance my skills in tying specific knots, docking and handling the coach boat, and performing sophisticated techniques such as sailing backwards. Probably most beneficial is that I now possess the baseline techniques to assess my students varying skill levels and learning styles and then to structure effective lessons with the focus on sailor development. --**James TeVelde, Macatawa Bay Junior Association**

2026 Helly Hansen Sailing World Regatta-Detroit

Thank you for the Grant. Our experience racing at the Bayview Yacht Club's Helly Hansen Sailing World regatta was wonderful. We sailed out of the Crescent Sail Yacht Club on Lake St. Clair. I cannot say enough about the hospitality at Crescent Sail Yacht Club and love the laid-back nature of the club. The on the water racing was excellent, albeit in difficult conditions for the Race Committee. The Race Committee got off two races on Saturday and three on Sunday. Great job, considering the wind was light and never wanted to stay steady for a long period. Our crew was a throwback consisting of Thomas Beebe, his wife Kristen Beebe, and a new comer to our program, Payden Pittman, along with myself. This is a very different from our standard Melges 24 crew, but proved to be a good team with great fun being had by all. It was Kristen's first regatta in five plus years, as she has been on a baby sabbatical. It was also Payden's first travel regatta with us, and all went very well. We were amazingly consistent and always in the middle of the fleet. We had good moments and not so good, but always seemed to finish about the same, which in this fleet, without our full-on A crew, was very satisfying. It also served as a great lesson, as we leaned into our experience and that paid out. In the end, this was one of the most fun regattas I've raced in the last few years. Lastly, hats off to the Bayview Yacht Club and its Race Committee. They continued to fight to get races off and maintained a high bar for when sailing was fair. And while we were not berthing at Bayview Yacht Club, we came in on Saturday night for dinner there, and were treated as honored guests. Very cool and thank you.--**Samuel P. Nedeau, Skipper, Melges 24 Green**

US Sailing Level 1 Instructor Training

The three day Level 1 Instructor course was extremely rigorous, but surprisingly fun. I was tested on my skills on power boating and sail boating, but more importantly on teaching. I learned how to develop a lesson plan and work in a team and felt that I learned a lot about teaching. Ben was a great teacher, strict but kind, and he made sure we knew what was happening and gave us tips on what to do. At the end of the extended weekend, I felt accomplished and that I learned a great deal about teaching sailing.—**Mario Aristeo, Traverse Area Community Sailing**



If you have questions about the program after reading the Grants Requirements, contact Gail Muliatt, Chair, LMSRF Grants-in-Aid Committee.
