



EARLY FOXTROT/SIERRA Ship's Log

For the Vessel Grenade

Her Captain:

Luka

Her Mate:

Graf + Keegan

Her Faithful Crew:

Matthew

Juliet

Anna

Annalise

Calie

~~Keegan~~

Owen

Tommy

Lillian

KARLEI





Full Value Contract

BAD ATTITUDES

laziness
complaints
sickness
sunburns
Pats out selfishness

Invasions of Privacy

S.A.S

Initiative

Energy
manners

LISTENING

Teamwork

Cleanliness

Friendliness

including Everyone -
Dance + smiling

respect
Dance + smiling
Sharing 50/50

Music

GOODNESS

communications

efficiency

apathy

Violence



Selfishness

Snakes

Overstepping

Boundaries

Passive aggression



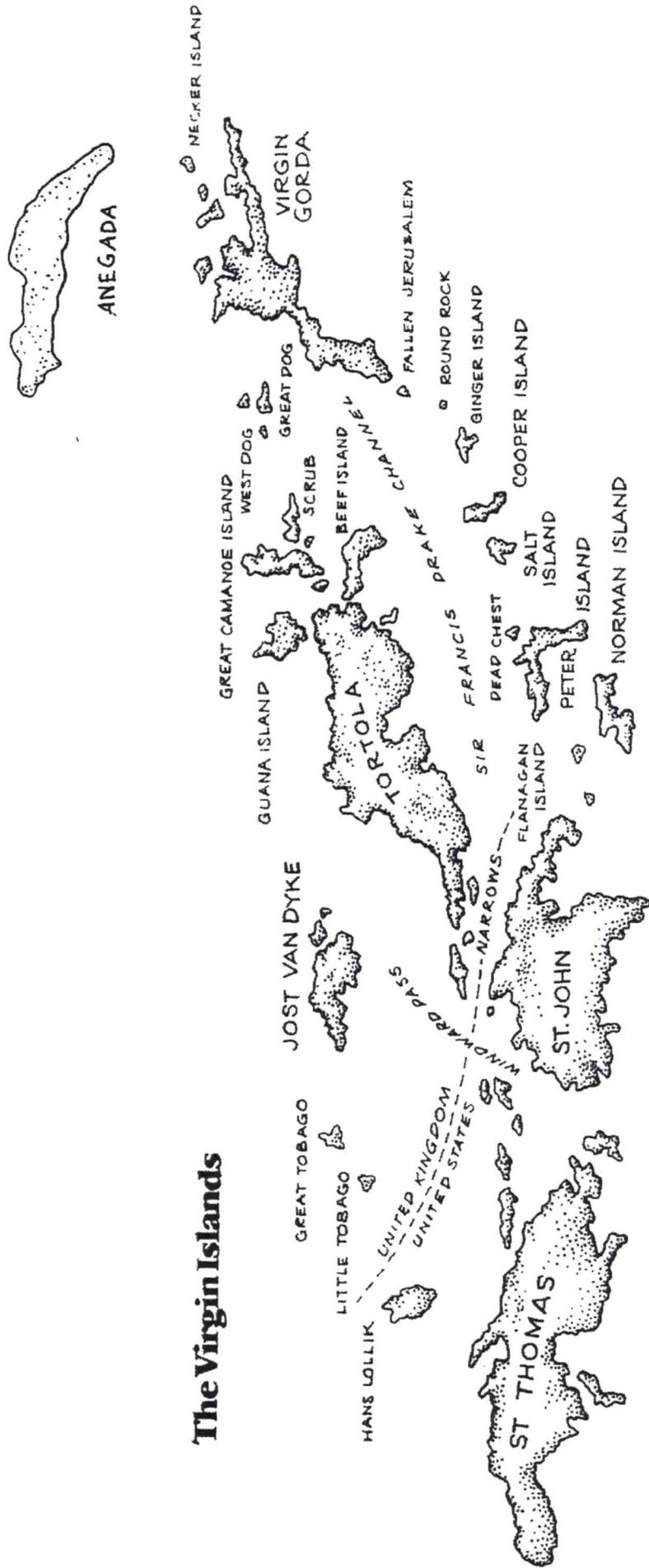
Le Ann Reed
Lillian
Brookout
Marianne
Gummy Jackson

the dynamic growth

GRAFF

VIVADI
KARLEE
M. B. B. B.

The Virgin Islands



EXAMPLE PAGE

Captain of the Day: Alex Navigator: Mark Mate: Kristen
 Port of Departure: Soper's Hole, Tortola Final Destination: Little Harbor, Jost Van Dyke
 WP1: Soper's Lat: 18°23'3"N Long: 64°42'W Course: _____ Distance: _____
 WP2: Thatch Is. Lat: 18°23.5N Long: 64°43'7"W Course: 283° Distance: 1.1
 WP3: Little Harbour Lat: 18°26.0N Long: 64°43'55"W Course: 005° Distance: 2.7
 WP4: Mooring Field Lat: 18°26.5N Long: 64°44'W Course: 345° Distance: 0.4
 Total Distance: 4.5NM ÷ Average Speed of 6 knots = .075 (Estimated Sailing Hours)
 Pre-departure Checks Completed: YES Time of Departure: 10:30AM Time of Arrival: 12 PM
 Weather, Wind, and Sea Conditions: sunny, 15 kts, gusty, 2ft seas

Events and Highlights of the Day The day began with Kristen, the mate of the day, playing everyone's favorite Irish jig. We all got up pretty quickly this morning because we were excited to practice our jibes on the way to Little Harbor. Plus, we had heard that the beach on Sandy Cay was beautiful! Jen and Heather made an awesome egg and cheese casserole for breakfast. After that we got underway and Will and Eric taught a hilarious lesson on Bernoulli's Principle. We thought the exciting part of our sail was over, but a pod of dolphins came up at the end and escorted us into the harbor! And as for the beach, it was even more BEAUTIFUL than everyone had said.

Curriculum Covered: (Sailing and True Course)
<u>Winch Safety</u>
<u>Bernoulli's</u>
<u>Jibing Drills</u>

Today our crew did a great job of winch safety and working together

We need to work on being on time and not interrupting

Quote of the Day:

"You've got nothing to lose except your lunch." --Sam

Miracle Moment:

When the dolphins played follow the leader with us. - Kristen

Need more room?

No problem...use the back of this page! Drawings are welcome too.
 And don't forget to write about watersports, scuba diving, marine bio & community service!

Captain of the Day: Matt Storch Navigator: Gina Mate: _____
 Port of Departure: Portola Final Destination: Coopers Island
 WP1: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP2: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP3: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP4: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 Total Distance: _____ ÷ Average Speed of 6 knots = _____ (Estimated Sailing Hours)
 Pre-departure Checks Completed: _____ Time of Departure: _____ Time of Arrival: _____
 Weather, Wind, and Sea Conditions: _____

Events and Highlights of the Day We learned how to de-jock. Also learned to raise the sails. Scuba diving was fun. ~~the~~ first boat shower on the trip. Throwing eggs and spraying ketchup on Luha.

Curriculum Covered: (Sailing and True Course) _____ _____
--

Today our crew did a great job of Bonding and making friends
 We need to work on health and communication while jocking

Quote of the Day: "mayorase Grenade"

Miracle Moment: watching sunset and raising flag

Captain of the Day: KARLEZ Navigator: ~~KARLEZ~~ Mate: _____
 Port of Departure: _____ Final Destination: _____
 WP1: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP2: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP3: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP4: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 Total Distance: _____ ÷ Average Speed of 6 knots = _____ (Estimated Sailing Hours)
 Pre-departure Checks Completed: _____ Time of Departure: _____ Time of Arrival: _____
 Weather, Wind, and Sea Conditions: _____

Events and Highlights of the Day Today We hung around the boat until the beginner divers left to dive. Then the remainder of the people and the other boat came together and sailed to Salt Island. While we hiked up Salt Island the open water divers did all of their confined dives. We all came together for lunch. After lunch the advanced divers' dived using navigation skills we learned previous that day. While that went on the rest of the boat did water sports. When we all came back to the boat we had showers and swim then we had dinner. And the advanced divers began their night dive while everyone

Curriculum Covered:
 (Sailing and True Course)

Today our crew did a great job of _____
 We need to work on _____

Quote of the Day: "Checky"	"Tur-Tie"
Miracle Moment: AD Tur-Tie	"BD Tommy Singing"

Captain of the Day: Anna Navigator: _____ Mate: _____
 Port of Departure: Cooper Island Final Destination: Peter Island
 WP1: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP2: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP3: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP4: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 Total Distance: _____ ÷ Average Speed of 6 knots = _____ (Estimated Sailing Hours)
 Pre-departure Checks Completed: _____ Time of Departure: _____ Time of Arrival: _____
 Weather, Wind, and Sea Conditions: _____

Events and Highlights of the Day Open Water Divers did their 1st open water dive. Everyone else tagged turtles, and the Advanced divers went out on a dive.
We sailed from Cooper Island in the morning, and arrived later at Peter Island. We learned gybeing + downwind sailing. We also learned a new type of anchoring. Callie and Annalise ripped out Juliet's hair and then threw it at Owen.

Curriculum Covered: (Sailing and True Course) _____ _____
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Today our crew did a great job of bonding
 We need to work on focusing + staying on task

Quote of the Day: "School is not important, but experience is better"-Luka

Miracle Moment: French toast

Captain of the Day: Juliet Navigator: Callie Mate: _____
 Port of Departure: Peter Island Final Destination: Norman Island
 WP1: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP2: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP3: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP4: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 Total Distance: _____ ÷ Average Speed of 6 knots = _____ (Estimated Sailing Hours)
 Pre-departure Checks Completed: _____ Time of Departure: _____ Time of Arrival: _____
 Weather, Wind, and Sea Conditions: _____

Events and Highlights of the Day learning the Jellyfish dance, and Matt beating
Curtis in a race at the social. Also a highlight of the day was
learning parts of sail and applying our knowledge to our sailing
communication on the boat also got a lot better today,
our relay and spotter did a fantastic job, and Callie
and Annalise made a great lunch. The whole boat has started
to take more initiative.

Curriculum Covered: (Sailing and True Course) _____ _____
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Today our crew did a great job of communicating
 We need to work on perfecting the Jellyfish dance

Quote of the Day: <u>"Christ on a bike" - Luka.</u>
Miracle Moment: <u>learning the Jellyfish dance</u>

Captain of the Day: Annalise Navigator: Juliet Mate: _____
 Port of Departure: Norman Island Final Destination: Nanny Cay
 WP1: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP2: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP3: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP4: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 Total Distance: _____ ÷ Average Speed of 6 knots = _____ (Estimated Sailing Hours)
 Pre-departure Checks Completed: _____ Time of Departure: _____ Time of Arrival: _____
 Weather, Wind, and Sea Conditions: _____

Events and Highlights of the Day Open water divers got
certified. Got to Nanny Cay & went to grocery
store. Got candy and other snacks. Learned
more dances from Brad and kept rain away.
When we got to Nanny Cay everyone got
REAL showers for the first time in
forever. Our food was restocked and we
had pasta. We got a lot of mango
yoqurt now. People from other boats
came to ours b/c we're the best
boat. Owen is also still on T-shirt duty.
~~_____~~ overwhelming amount
of broccoli.

Curriculum Covered:
 (Sailing and True Course)

Today our crew did a great job of working together
 We need to work on cutting out side conversations

Quote of the Day: "I fell into the hatch last night" - Tommy

Miracle Moment: Rain dance

Date: 6/14/18

Captain of the Day: Callie Navigator: ^{Owen} ~~Matthew~~ Mate: Matt

Port of Departure: Nanny Cay Final Destination: Dimonde Cay

WP1: _____ Lat: _____ Long: _____ Course: _____ Distance: _____

WP2: _____ Lat: _____ Long: _____ Course: _____ Distance: _____

WP3: _____ Lat: _____ Long: _____ Course: _____ Distance: _____

WP4: _____ Lat: _____ Long: _____ Course: _____ Distance: _____

Total Distance: _____ ÷ Average Speed of 6 knots = _____ (Estimated Sailing Hours)

Pre-departure Checks Completed: _____ Time of Departure: _____ Time of Arrival: _____

Weather, Wind, and Sea Conditions: _____

Events and Highlights of the Day We went shopping
& bought 80 caprisun. We lined
them up by flavor. We de-
docked & started sailing.
We learned man-over-board. We
got the mooring ball.
We went turtling & were not successful
We worked out. We took boat
showers then cooked dinner for
the athletes Curtis, Mark, & Kygo.

Curriculum Covered:
(Sailing and True Course)
Man over board

Today our crew did a great job of hydration

We need to work on energy levels

Quote of the Day:
"Bienvenido pante fiesta"

Miracle Moment:
display of caprisun

Captain of the Day: Tommy Navigator: Lillian Mate: Karlie
 Port of Departure: Diamond Cay Final Destination: Marina Cay
 WP1: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP2: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP3: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP4: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 Total Distance: _____ ÷ Average Speed of 6 knots = _____ (Estimated Sailing Hours)
 Pre-departure Checks Completed: _____ Time of Departure: _____ Time of Arrival: _____
 Weather, Wind, and Sea Conditions: _____

Events and Highlights of the Day Skip, nav, & mate got today's schedule. Grenade departed from Diamond Cay to Sandy Cay. Grenade's crew spent 2 hours hiking & swimming at sandy Cay. Then we departed to go to Marina Cay. The trip took about 4 1/2 hours. Then when we moored we ate & showered.

Curriculum Covered:
(Sailing and True Course)

Today our crew did a great job of cooking
 We need to work on communication

Quote of the Day:
~~XXXXXXXXXX~~ "I wonder how long our food will last"
 Miracle Moment:
Eagle Ray

Captain of the Day: Owen Navigator: _____ Mate: _____
 Port of Departure: Marina Cay Final Destination: Mountain Pt
 WP1: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP2: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP3: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP4: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 Total Distance: _____ ÷ Average Speed of 6 knots = _____ (Estimated Sailing Hours)
 Pre-departure Checks Completed: _____ Time of Departure: _____ Time of Arrival: _____
 Weather, Wind, and Sea Conditions: _____

Events and Highlights of the Day We joined the Sierra crew to learn about corals and reef health, then snorkeled Diamond Reef. We enjoyed the weather and went tubing. The boys and girls switched to monohulls and joined different crews to sail to Mountain Pt. It was a fun new experience to sail faster boats. We anchored at Mountain Pt and took boat showers and ate fajitas, then some of us went on a night snorkel. We saw bioluminescence in the dark.

_____	Curriculum Covered: (Sailing and True Course)

Today our crew did a great job of hanging onto the tube.
 We need to work on staying on topic

Quote of the Day:
"I, like, have the answers on the back of my eyelids" - tube

Miracle Moment:
bioluminescence

Date: 6/17/18

Captain of the Day: Lillian Navigator: _____ Mate: _____
 Port of Departure: Mountain Pt Final Destination: Leverick Bay
 WP1: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP2: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP3: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP4: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 Total Distance: _____ ÷ Average Speed of 6 knots = _____ (Estimated Sailing Hours)
 Pre-departure Checks Completed: _____ Time of Departure: _____ Time of Arrival: _____
 Weather, Wind, and Sea Conditions: _____

Events and Highlights of the Day The crew started the day with cinnamon rolls for breakfast. The divers went on two fun dives: the Kodiak Queen shipwreck and a reef full of varied corals. We got to use our skills from certifications and dive to 60 ft. The non-divers did tubing. After a lunch of pizza bagels, we set sail for a short ride to Leverick Bay. We explored shops on shore, took boat showers, and ate dinner. We ended the day with a social back on shore.

_____	Curriculum Covered: (Sailing and True Course)

Today our crew did a great job of snatching the mooring ball
 We need to work on raising the main sail

Quote of the Day: <u>*hooks mooring ball* "got eem"</u>
Miracle Moment: <u>stealing another boat's unicorn floater</u>

Need more room? No problem...use the back of this page! Drawings are welcome too.
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Captain of the Day: Owen Navigator: Timmy Mate: Owen
 Port of Departure: Leverick Bay Final Destination: Deadmans Cove
 WP1: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP2: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP3: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 WP4: _____ Lat: _____ Long: _____ Course: _____ Distance: _____
 Total Distance: _____ ÷ Average Speed of 6 knots = _____ (Estimated Sailing Hours)
 Pre-departure Checks Completed: _____ Time of Departure: _____ Time of Arrival: _____
 Weather, Wind, and Sea Conditions: _____

Events and Highlights of the Day Began our day with a trip
to Leverick Bay at 6:30 am. Ate breakfast and then snorkels
from 9:30 - 10:00 am. Then with half our crew gone
doing we had half of the crew from Mayo come
over and help us sail from Leverick Bay to Deadmans
cove. The sailing trip was a straight line. ~~the~~ Meanwhile
the divers were spotting reef sharks left and right on
both of their dives. The sailing trip was successful with
2 failed anchoring attempts. We then turtled, tumbled, and watched
a lionfish be directed. Finished the day up with
a boat meeting and boat showers. Overall great day.

Curriculum Covered: (Sailing and True Course)

Today our crew did a great job of problem solving
 We need to work on teamwork

Quote of the Day: "Can I get a chris"
Miracle Moment: Aquariums diving signal

Date: 19th June

Captain of the Day: KARLEI Navigator: MAH Mate: Lillian

Port of Departure: _____ Final Destination: _____

WP1: _____ Lat: _____ Long: _____ Course: _____ Distance: _____

WP2: _____ Lat: _____ Long: _____ Course: _____ Distance: _____

WP3: _____ Lat: _____ Long: _____ Course: _____ Distance: _____

WP4: _____ Lat: _____ Long: _____ Course: _____ Distance: _____

Total Distance: _____ ÷ Average Speed of 6 knots = _____ (Estimated Sailing Hours)

Pre-departure Checks Completed: _____ Time of Departure: _____ Time of Arrival: _____

Weather, Wind, and Sea Conditions: _____

Events and Highlights of the Day We raised in the boat
 rose and lost. I sailed the
 boat in the pouring rain. It
 rained all day. We did the clippies
 I don't know if we won or not
 The clippies were fun we
 ran with flip flops on and we
 battled Cuba, Kegan, and Graft
 in sand and made them into a
 July 19th it thundered and lightning
 and rained during the clippies
 Then we clay wrestled and
 the rest of the day we swam
 and did water sports.
 Overall we had a fun day
 we also had a BBQ

Curriculum Covered:
(Sailing and True Course)

Today our crew did a great job of _____

We need to work on _____

Quote of the Day: ~~get~~ your gosh god Darn string off the boat - Cuba

Miracle Moment: Owen riding the flaky unicorn with the flag