



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

~~XXXXX~~

Owen

Tommy

Lillian

KARLEI





Full Value Contract

BAD ATTITUDES

laziness
complaints
sickness
sunburns
selfishness
lack of selflessness

Invasions of privacy

S.A.S

Initiative

Energy

manners

LISTENING

communication

cleanliness

Friendliness

communications

efficiency

including everyone -

respect + sharing

sharing 50/50

GUOFYNSS

public

apathy

Violence



jealousy
bestialism

Snakes

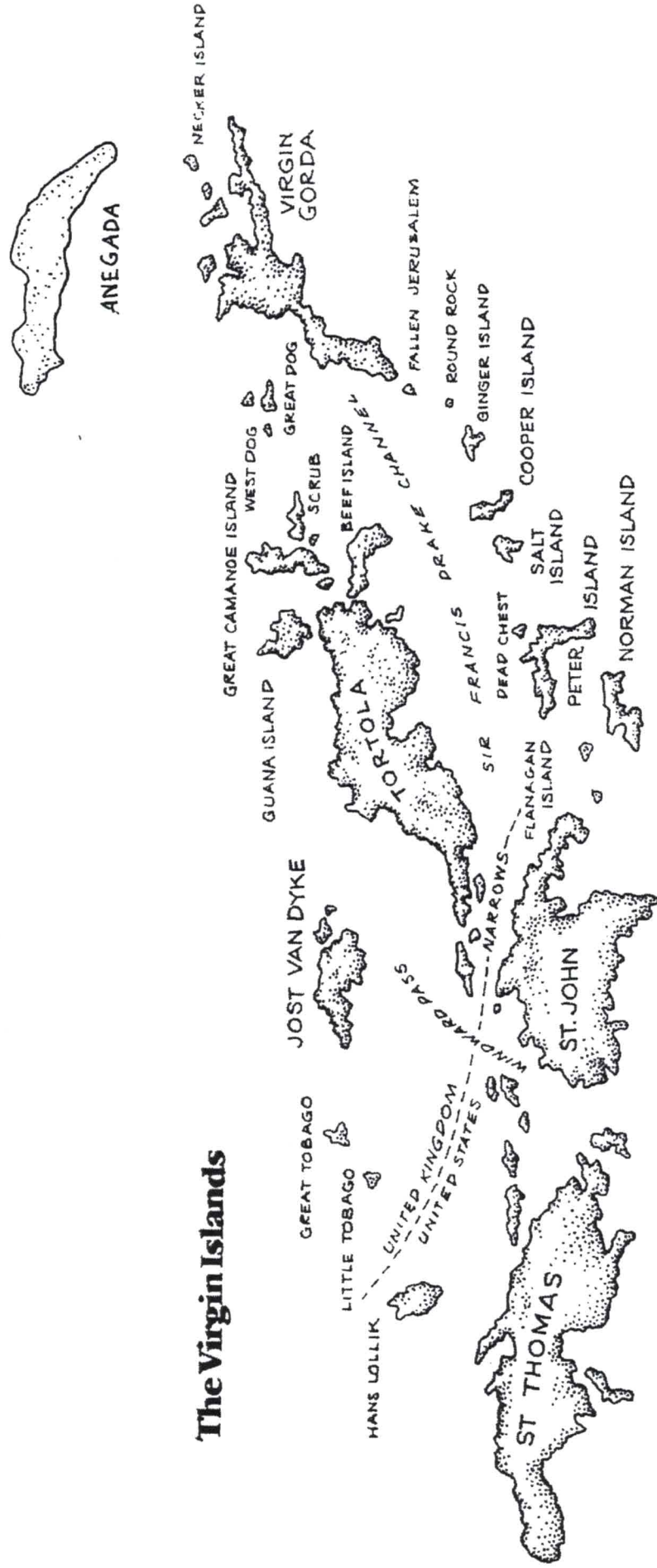
Overstepping

Barbaries

Passive aggression



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)
Winch Safety
Bernoulli's
Jibing Drills

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!

Date: 6/6/18

Captain of the Day: Matt Storch Navigator: Gina Mate: _____
Port of Departure: Tortola 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 dock. Also learned
to raise the sails. Scuba diving was fun. ~~the~~ first
boat shower on the trip. Throwing eggs and spraying
ketchup on Lulu.

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 docking

Quote of the Day: "mayorase Grenade"

Miracle Moment: watching sunset and raising flag

Need more room?

No problem...use the back of this page! Drawings are welcome too.

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Date: 10th

Captain of the Day: KARLE Navigator: KARLE 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 biginer Divers left to Dive. Then the
remainder of the people And the othe boat
came togher And sailed to Salt island.
While We hiked up Salt is land the
open water divers DID all of their confined
Dives. We All came togher For Lunch.
After Lunch the Advanced divers Dived
using Navigation skills we learned previous
that day. whil that went on the
rest of the boat did water sports.
When we All came back to the boat
we had showers And swim
to then we had dinner. And
the Advanced diver began their
night dive whell 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-Tle"
Miracle Moment: AD Tur-Tle	"BD Tommy Singing"

Need more room? No problem...use the back of this page! Drawings are welcome too.
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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)

Today our crew did a great job of Bonding
 We need to work on focusing + staying on task

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

Miracle Moment: French toast

Need more room?

No problem...use the back of this page! Drawings are welcome too.
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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)

Today our crew did a great job of communicating
 We need to work on perfecting the Jellyfish dance

Quote of the Day: "Christ on a bike" - Luka.

Miracle Moment: learning the Jellyfish dance

Need more room?

No problem...use the back of this page! Drawings are welcome too.
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Date: 6/13/18

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
yogurt now. People from other boats
came to ours b/c we're the best
boat. Owen is also still on T-shirt duty.
~~There was a~~ 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

Need more room?

No problem...use the back of this page! Drawings are welcome too.

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Date: 6/14/18

Captain of the Day: Callie Navigator: Owen Mate: Matt
Port of Departure: Nanny Cay Final Destination: Diamond 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 turtleing & 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:

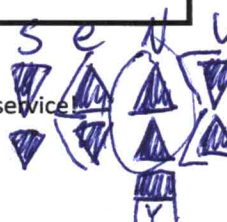
"Bienvenido puerco flesh"

Miracle Moment:

display of caprisun

Need more room?

No problem...use the back of this page! Drawings are welcome too.
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Date: _____

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 de-parted
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

Need more room? No problem...use the back of this page! Drawings are welcome too.
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Date: 6/16/18

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" Luke

Miracle Moment:

bioluminescence

Need more room?

No problem...use the back of this page! Drawings are welcome too.
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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:

hooks mooring ball "got eem"

Miracle Moment:

stealing another boat's unicorn floatie

Need more room?

No problem...use the back of this page! Drawings are welcome too.

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Date: 6/18/17

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 you
dingy we had half of the crew from Mayo came
out and help us sail from Leverick Bay to Deadman's
cove. the sailing trip was a straight line. ~~the~~ whenever
the drivers were spotting reef sharks left and right as
both of their dingies. the sailing trip was successful with
2 failed anchoring attempts. we then turned, took, and watched
a lionfish be directed. Finished the day up with
a boat meeting and boat showers. Overall good 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 chip"

Miracle Moment:

Agardura diving signal

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!

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 Luke, Kegan, and Gaff
in sand and made them into a
Jelly fish 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 gad Darn string off the
boat - Luke

Miracle Moment:

Owen riding the flake unicorn with
the flag

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!