



# Echo & Ocean Ship's Log

For the Vessel Moselle

Her Captain:

Andrew Arter

Her Mate:

Megan L

Her Faithful Crew:

Adrian

Anna

Phil

Mary

Tim

Adam

Melissa

Ava

James

Moose

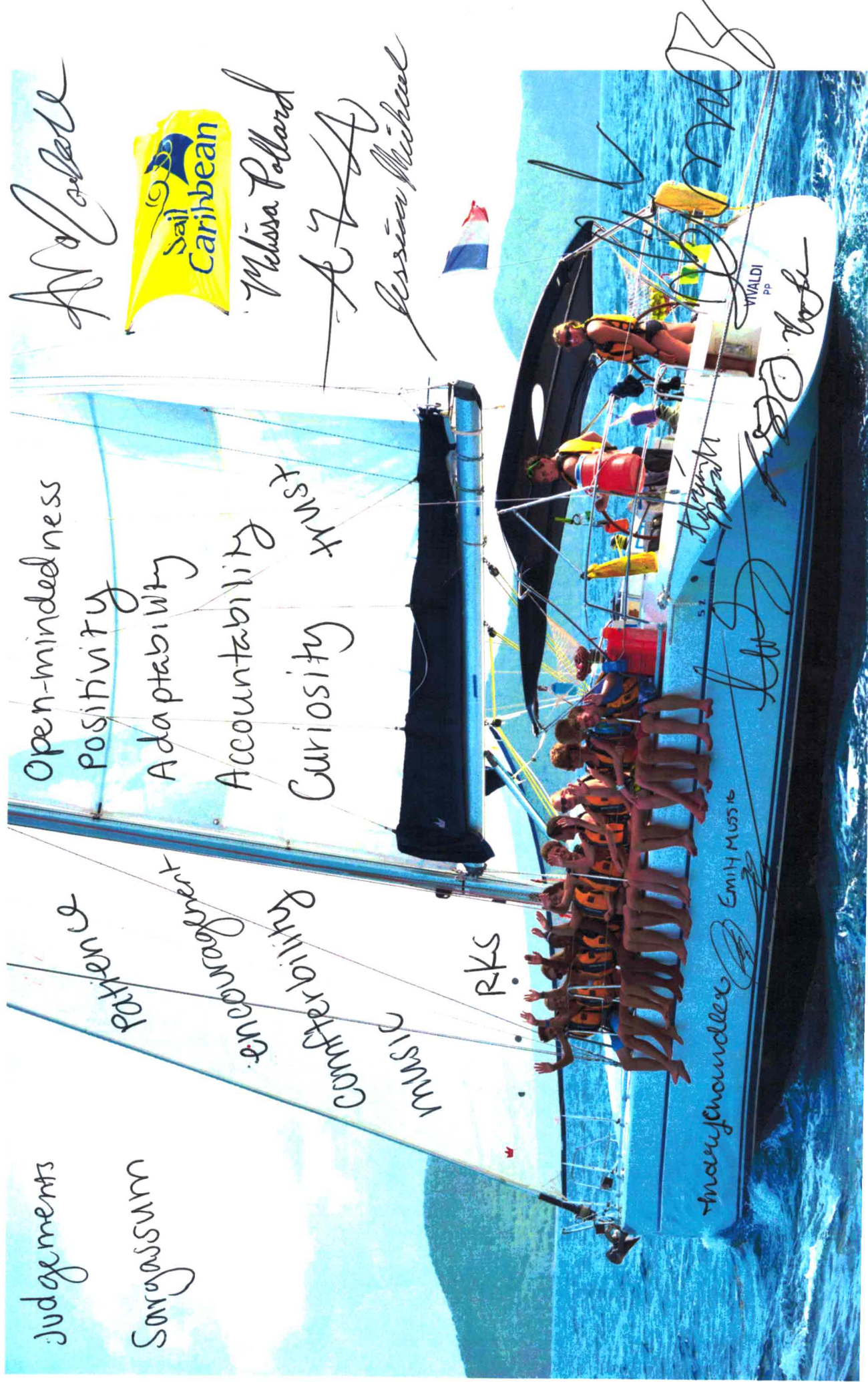
Jessica







# Full Value Contract



Judgements

Sargassum

Patience

encouragement

comfortability

music

RKS

Open-mindedness

Positivity

Adaptability

Accountability

Curiosity

Trust

Arabella



Melissa Pollard

AZAH

Session Michael

manychandler

Emilia MUSA

talent

Arabella

VIVALDI



## 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:

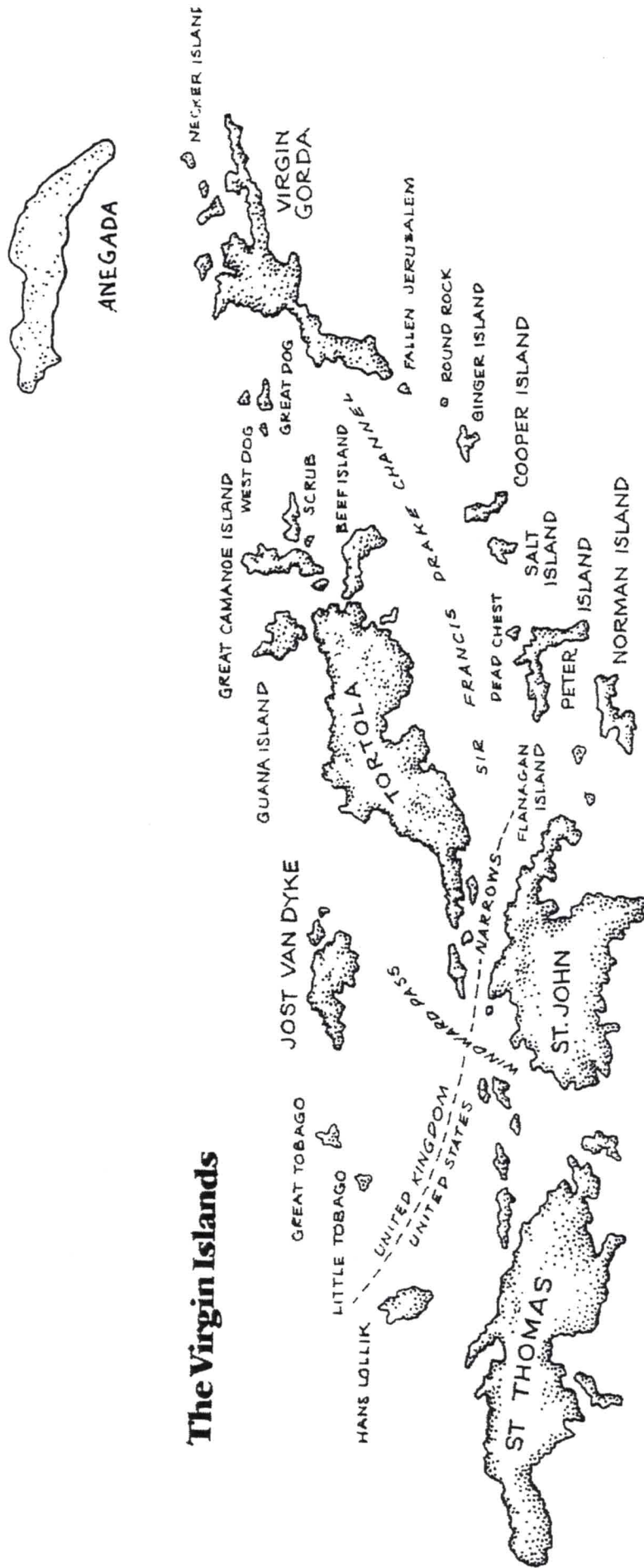
**When the dolphins played follow the leader with us. - Kristen**

Need more room?

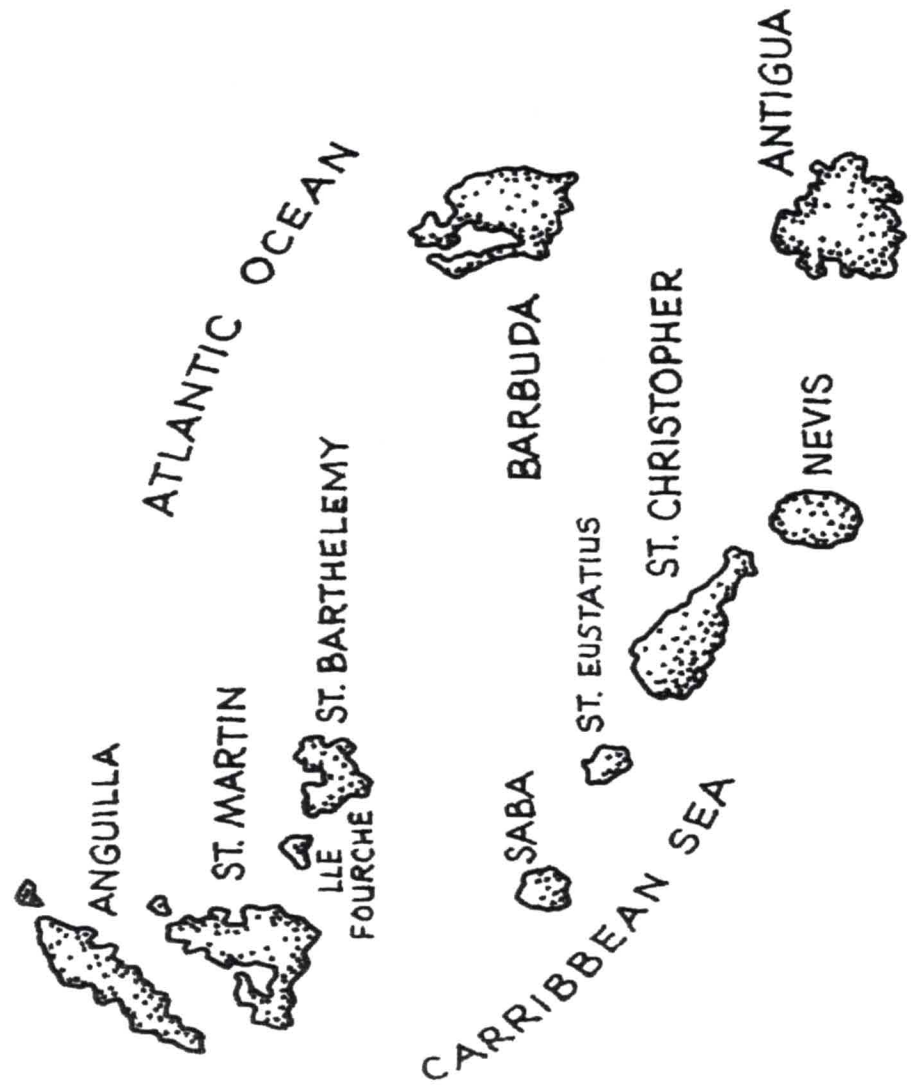
No problem...use the back of this page! Drawings are welcome too.

And don't forget to write about watersports, scuba diving, marine bio & community service!

# The Virgin Islands



# The Leeward Islands



Captain of the Day: Adrian Navigator: Jess Mate: Mary  
 Port of Departure: Hodges Creek Final Destination: Cooper  
 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: Sunny, 20kt, fair seas

Events and Highlights of the Day We got off docks for the first time, with a tricky de-docking plan. ~~After~~ After we were clear the crew raised the sails for the first time of the trip, everything went great! When we arrived at Cooper we took our swim test and all passed as expected (swam first time in the water). Later everyone but Philip, Jess, and Mary went on their first dive of the year at Blonde Rock with a crazy strong current. While Jess, Mary and Philip started their O.W. certs. After we all reconvinced on Moselle our new home for our first boat shower. Then ate a great dinner prepared by James and Jess. P.S. picked up our first M.B. took a few tries but we got it done.

Curriculum Covered:  
(Sailing and True Course)

Today our crew did a great job of Getting to know one another  
 We need to work on Communication

Quote of the Day: "~~That stuff~~ Dat -boi-P"

Miracle Moment: Picking up a bull at Cooper

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: Philip Navigator: Mary Mate: Adrian  
 Port of Departure: N/A Final Destination: N/A  
 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: Excellent.

Events and Highlights of the Day The day began slightly sluggishly because people knew it was a "rest day". The Moselle remained moored at Cooper. ~~Due to~~ Jess and Gray began the day with Yoga. Breakfast was prepared quickly and efficiently <sup>by Anna and Ava</sup>. Due to the maintenance difficulties after Capt. Arter inspected the parts needed to fix the Moselle, we remained moored and ~~it~~ took the rib to Cooper. The girls, Melissa, Jess, Mary, and Ava tanned on the beach. Myself, James, Tim, and Adrian walked between the shops, and we relaxed, returned to make lunch (myself and Adrian) and ~~relax~~ swam. After relaxing while the Moselle was being fixed. Then, we went to Salt Island and hiked to the top. The view was amazing. Upon returning to the Moselle, we showered, ate dinner, and played cards!

Curriculum Covered:  
(Sailing and True Course)  
\_\_\_\_\_  
\_\_\_\_\_

Today our crew did a great job of Cleaning and stacking  
 We need to work on \_\_\_\_\_

Quote of the Day:

"My name is Mary and I finished my elearning today"  
 - Mary

Miracle Moment:

Adam grasps "rubber rope support" while

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: NVA Navigator: Philip Mate: Philip  
 Port of Departure: COOPER ISLAND Final Destination: THE BITZ  
 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 Woke up today bright + early to do diving. The 3 OW students continued to learn while the rest of us went on 2 fun dives and saw plenty of sharks + other cool creatures. After that we sailed to the Indians where the ASA students had a lesson and the ocean students did a lesson + snorkel about fish behavior. We quickly moved to the Bitz and moved to start snorkels + the rest of the night. For dinner we went to shore and had a laid back night.

Curriculum Covered:  
(Sailing and True Course)

Jobing

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

Quote of the Day: "Mike's paying"

Miracle Moment: dinner on shore :P

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: Phillip Mate: Ava  
 Port of Departure: The Bight Final Destination: Little Harbor  
 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 woke up and had breakfast while preparing for a morning of diving. Everyone piled onto the dive boat and saw turtles and sharks at the rainbow canyons! After the morning dives, open water students stayed at the Bight while the rest of the crew headed back to boats to de-moor and head to Little Harbor. The crew did an excellent job med-anchoring the boat and saw lots of turtles while snorkeling. The whole crew was back together for a dinner of veggie stir fry and played a game of pirates to end the night!

Curriculum Covered:  
(Sailing and True Course)

Today our crew did a great job of communicating while sailing  
 We need to work on not picking more than 2 pirates

Quote of the Day:

"Timmy you're not black"

Miracle Moment:

seeing a 3 legged turtle!

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: Moose Navigator: Ava Mate: Anna  
 Port of Departure: Little Harbour 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 This morning we woke up at  
7am to have a yummy buffet breakfast with  
Scrambled eggs. Once breakfast was over our open  
water divers had a very eventful Rib ride  
over to Cooper Island where they got on  
their dive boat to complete their final open  
water dives. While they were busy breathing  
under water the rest of the crew was busy  
learning and perfecting the art of Tacking  
and Jibing. After our sail we lowered the sails  
to enter the Marina. After a smooth docking  
we ate delicious burgers. Then proceeded to our  
Asa lesson and Ocean dissections.  
Shortly after was shower and dinner.  
We finished the night off by asking each other  
deep questions at boat meeting.

Curriculum Covered:  
 (Sailing and True Course)

Today our crew did a great job of Tacking and Jibing  
 We need to work on the keeping our heading

Quote of the Day:

"Ready about?"

Miracle Moment:

Fresh Water Showers

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: Melissa Navigator: Anna Mate: Moose  
 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 The morning started very relaxed with some ASA reading, shop time + lunch prep. Then... Mr. Laise came over and said we needed to be de-docked in 10 minutes! That went very well actually except for some funky storage problems that soon resolved itself. We motored over to get fuel on Fat Hogs. The docking + de-docking for that was more difficult than it should of been because of a VERY inconvenient ~~we~~ placed fishing boat. No big deal for us though b/c my crew is unreal + we did it w/ flying colors. Tacking drills followed then we moored on the field @ Jelles. AMAZING stuffed ~~peppers~~ peppers were prepped for dinner + then Pirates + the question game ended the night.

Curriculum Covered:  
(Sailing and True Course)

Today our crew did a great job of TACKING!

We need to work on Mooring ball pick up

Quote of the Day:

~~MP~~

"How does your crew feel about getting off the dock in 10"

Miracle Moment:

Not hitting the fishing boat at Fat Hogs

—Mike Laise

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: TIM Navigator: Emmily Mate: Melissa  
 Port of Departure: Frellis Bay 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 This morning, our crew prepared for a long sail to Virgin Gorda. But before we set sail, we all Ribbed to shore for some shop time and beach time. We then had a hearty lunch of PB&J and Haggies. Our fearless Captain Arter then guided us through some mooring drills. As we dropped the ball in Frellis, we circled back to practice mooring on our challenging vessel Mosselle. We then set sail for Virgin Gorda, heading out of Frellis and towards the Day Island, where we prepared our talking manœuvres and sail trimming. To gain speed, we finally let out our genoa to quickly motor sail to the north shore. As we practiced another mooring at Leverick's, we showered quickly, & excited for our dinner ashore. We then had a deep boat meeting and had an early sleep.

Curriculum Covered:  
(Sailing and True Course)

Today our crew did a great job of talking

We need to work on mooring

Quote of the Day:

"Under NO circumstances will we lasso that ball!"

Miracle Moment:

- Arter

↳ The glorious sail to UK!

Need more room?

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

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Captain of the Day: Adam Navigator: Melissa Mate: Tim  
 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 Woke up at 7:00 am.  
and ate break

Curriculum Covered:  
 (Sailing and True Course)

Today our crew did a great job of Mooring  
 We need to work on Cohesive pool gaming

Quote of the Day:

"Asparagus" - Lemon 3

Miracle Moment:

Deciding on theme for game of faps.

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: James Navigator: Adrian Mate: Adam  
 Port of Departure: Virgin Gorda Final Destination: Anegada  
 WP1: \_\_\_\_\_ Lat: \_\_\_\_\_ Long: \_\_\_\_\_ Course: \_\_\_\_\_ Distance: \_\_\_\_\_  
 WP2: \_\_\_\_\_ Lat: \_\_\_\_\_ Long: \_\_\_\_\_ Course: \_\_\_\_\_ Distance: \_\_\_\_\_  
 WP3: \_\_\_\_\_ Lat: \_\_\_\_\_ Long: \_\_\_\_\_ Course: \_\_\_\_\_ Distance: \_\_\_\_\_  
 WP4: \_\_\_\_\_ Lat: \_\_\_\_\_ Long: \_\_\_\_\_ Course: \_\_\_\_\_ Distance: \_\_\_\_\_  
 Total Distance: 13-14NM ÷ Average Speed of 6 knots = \_\_\_\_\_ (Estimated Sailing Hours)  
 Pre-departure Checks Completed: Yes Time of Departure: 0715 Time of Arrival: 0945  
 Weather, Wind, and Sea Conditions: Excellent, Sunny and Windy

Events and Highlights of the Day Today, the crew was awoken early at 0600. Breakfast was served shortly after and pre-departure checks were done with elacrity. We were off the mooring ball by 0715, we proceeded to Anegada raising the main sail and jib sheet in record time. It was evident that the Fates and favorable winds were with us as we sailed. It was perfect sailing conditions and we quickly reached incredible speeds. The 4-5 hour journey we expected shrunk down to only 2 hours. We recieved a gust of wind that propelled us to 9.5 knots which drove the crew into ~~ecstasy~~ jubilation. The average speed was centered around 8.3 knots. Today, the crew was exceptional in their duties and I wish them good fertune in the days to come.

Curriculum Covered:  
(Sailing and True Course)

Today our crew did a great job of Sailing, communication and beating Arturs record.  
 We need to work on beating more of Arturs record

Quote of the Day:

"Im not a father figure" - Captain Artur

Miracle Moment:

Reaching 9.5 knots, surpassing the ships record.

Need more room?

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

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Captain of the Day: Jess Navigator: James Mate: Adam  
 Port of Departure: Anegada Final Destination: Mountain Point  
 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: 8:15 Time of Departure: 8:30am Time of Arrival: 6:00pm  
 Weather, Wind, and Sea Conditions: Windy, rain showers,

Events and Highlights of the Day This morning we woke up at 7:30  
to be ready to leave by 8:30am. We left Anegada  
and raised the sails by 9:00. We had a bit of trouble  
de mooring. One of the lines got knotted and had  
to be cut. We set our course for the dogs. Our  
boat hook broke so we had to lower the sail by had  
pulling it down. We picked up a mooring ball with  
Gray in the rib holding up the painter. We  
had lunch, did some lessons, and the ocean students  
went diving. Once we got back, we dropped the  
mooring ball and motored toward Mountain Point.  
Along the way we did a man-overboard drill. We  
anchored in the bay by Mountain Point.  
We also got to get in the water after  
dark to observe the bioluminescence.

Curriculum Covered:  
 (Sailing and True Course)  
 \_\_\_\_\_  
 \_\_\_\_\_

Today our crew did a great job of adapting to new challenges such as not having  
a boat hook.  
 We need to work on getting things done in a timely manner.

Quote of the Day:

"ummm .... yeah" - everyone

Miracle Moment:

Man overboard drill was successful on the first try.

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: lemon (mary) Navigator: James Mate: Jess  
 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: 10 am Time of Arrival: 12:30 pm  
 Weather, Wind, and Sea Conditions: Very pretty + very windy

Events and Highlights of the Day After a great night of sleep  
on the tramp slightly interrupted by some  
cold rain, we woke up had a lovely breakfast  
<sup>of</sup> cinnamon rolls, did our pre-departure  
checks + dc-armored for what we expected  
(or at least I did) to be an interesting sail  
w/ me as skipper. we left mountain  
point and made it all the way to long  
bay after lots of tacking + jibing and  
recovering men ~~overboard~~ overboard! 100% I could  
not have made it w/o such an  
awesome, positive, and helpful crew!  
We enjoyed a day full of  
wiffle ball, poison ball, and of  
course tape - + to top it all off  
we had a great BBQ! <sup>we're ready for</sup> sleep + the best last day!

Curriculum Covered:  
 (Sailing and True Course)

Today our crew did a great job of communicating + being positive  
 We need to work on anchoring esp. when it's so windy!

Quote of the Day:

Weighted bat during wiffle ball

Miracle Moment:

a delicious BBQ that was actually @ dinner time

Need more room?

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

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Captain of the Day: Adrian Navigator: Jess Mate: Mary  
 Port of Departure: Long Bay Final Destination: Trellis  
 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 Day started out with  
a morning motor over to the Baths where  
we all enjoyed the beauty of the large rocks,  
and some crew saw some dolphins. Then  
we sailed over to Cooper where we relaxed  
and did water-sports. After ~~the~~ we dropped  
the ball at Cooper and started sailing to  
Trellis, we encountered a massive ~~gager~~  
logger-head turtle. Also we sailed through  
a small squall and hit 12 kts a new  
speed record. For dinner we ate ashore  
with Mike Liese and had a great  
final night ~~as~~ with all of  
us together

Curriculum Covered:  
 (Sailing and True Course)

Today our crew did a great job of Sailing fast  
 We need to work on Sailing faster

Quote of the Day: "John Mitch"

Miracle Moment: 12 kts - / Dinner

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!