



# Young Women at the Helm



*The Hudson River Sloop Clearwater invites you to be apart of a unique experience this summer onboard the tall ship, Clearwater. A replica of a 19<sup>th</sup> century Hudson River sailboat, the Clearwater acts as a floating environmental classroom that seeks to inspire lifelong fascination with and a strong sense of stewardship for the natural world. Young Women at the Helm specifically seeks to engage young women from urban areas in discovering and developing new talents and abilities in an amazing, unconventional, unforgettable experience.*



**When and Where?** Young Women at the Helm takes place over three days in August from various docks along the Hudson River. Check our website for dates and locations.

**What are we doing?** We'll be involved in a wide range of activities as individuals and in small groups. Activities will include sail raising, fishing with a trawl net, testing and examining water quality, steering and navigating the sloop, learning sailors' arts, games and relaxing on the river. Several guest speakers will be talking about community leadership, careers, and the limitless opportunities open to women today.

**Who?** This program is open to young women from urban areas from the ages of 15 to 20.

**What do I bring?** Participants should bring a change of clothes, sunblock, a rain jacket, and a sleeping bag if you have one. All meals are provided once you reach the boat.

**Is the boat safe?** Yes. The *Clearwater* is Coast Guard approved, and a very stable platform for studying the Hudson River. **This is an educational program, not a hard-core sailing challenge.** All activities will be supervised by a crewmember. Life jackets are available. We will only be on the river, so sea-sickness is usually not a problem. We never sail in dangerous weather, such as thunderstorms. If students or parents have any questions, please call our office and speak with Onboard Educator, Maija, at (845) 265 8080 ext. 7115.

**Will we spend the night on the boat?** No. We will be on the boat from about 9:30 a.m. until 4 p.m. or so each day. The nights will be spent on land at camping along the banks of the river. Female Clearwater staff will spend the night with participants at the campsites, supervising and coordinating activities. On Friday evening, participants will return home.

**How much does it cost?** IT'S FREE!

**Do I have to be a sailor or a scientist to go?** No! We'll teach you all you need to know.

**Who is in charge of this program?** The Clearwater organization plans and carries out the program. Specifically, Clearwater's Educator will be aboard for the entire program along with other experienced Clearwater staff. Learn more about the Clearwater organization at [www.clearwater.org](http://www.clearwater.org).

**Sounds great! How do I sign up?** Any young women who are interested just need to fill out the short application form attached to this page and send it to:

***Our Office:***

***Attn: Onboard Educator  
Hudson River Sloop Clearwater  
724 Wolcott Ave.  
Beacon NY, 12508***

***Or email it to:***

***[maija@clearwater.org](mailto:maija@clearwater.org)***



***[www.clearwater.org](http://www.clearwater.org)***

Hudson River Sloop



CLEARWATER

# Young Women at the Helm 2010

Complete this application and send it to the above address to reserve your spot! We can only take a maximum of 25 girls—the sooner your application is received the better the chance of there being space for you, send it today!

Name..... Age.....

Address.....

City..... State..... Zip.....

Telephone: day ( )..... evening ( ).....

Email:.....

School/ Community Organization.....

Teacher or Contact Person (optional) .....

**Please answer the following questions briefly. Please use another sheet of paper if needed.**

1. What are you interested in? What do you like to do for fun?

2. What are two strengths or skills you possess?

3. What are two things about yourself you would like to improve on?

