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## Young Women At the Helm

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



**When and Where?** Young Women at the Helm takes place **August 8-10**. We will be picking up and dropping off participants from our dock in Yonkers, NY.

**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 ship, learning sailors' arts, games and relaxing on the river. Several guest speakers may be talking about community leadership, careers, and the limitless opportunities open to women today.

**Who?** This program is open to 15-18 year old young women from urban areas and the Hudson Valley.

**What do I bring?** Participants will need clothes, sunblock, a rain jacket, a flashlight 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 an educator 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?** There is no cost to participants. All expenses are covered through a variety of scholarships, donations, and grants.

**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:

**Mail to our Office:  
Attn: Educator  
Hudson River Sloop Clearwater  
724 Wolcott Ave.  
Beacon NY, 12508**

**or**

**Email to: [educator@clearwater.org](mailto:educator@clearwater.org)**

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## *Young Women At the Helm*

Complete this application and send it to the above address to apply for this opportunity! We can only take a maximum of 25 girls.

Name ..... Birth Date.....

Address.....

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

Telephone: cell ( )..... home ( ).....

parent/guardian ( ) .....

Email:..... (Print Clearly)

School/ Community Organization.....

Teacher/Contact Person..... (For a Reference)

Telephone/Email .....

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?

4. What is something you are proud of and why?

5. What is a particular challenge you have faced and overcome, or would like to overcome, in your life?

6. What would you like to get out of your experience on the Clearwater?

7. Which of the following skills/subjects would you like to learn more about? Rank in order 1, 2, 3, 4

\_\_\_\_\_ Catch and study live fish and plankton using a plankton tow and fish nets

\_\_\_\_\_ Collect and test water samples, studying pollution issues and environmental justice

\_\_\_\_\_ Tie knots, study ship design, traditional tools and the physics of sailing

\_\_\_\_\_ Navigate the ship, study the engine, use maps and compasses

8. Do you consider yourself to be a leader? What skills or characteristics do you think are required to be a good leader?

9. What would you like to do in your life if you had no limits?

10. Have you every sailed on *Clearwater* before? If so, when and what program?

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**or**

**Email to: [educator@clearwater.org](mailto:educator@clearwater.org)**

**Fax to: 845 831 2821**

Send in your application and one of our onboard educators will give you a call to schedule a short phone interview. Thanks and we hope to see you on the river!

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