

THE MAINSHEET

COLUMBIA UNIVERSITY SAILING TEAM



SPRING 2021



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SPRING 2021

COACH'S NOTE

Dear CUST,

After a long 2020 and 2021 due to the pandemic sailing season hiatus, I have informed Columbia that I will not return as daily coach next August, 2021. My full time job has requested my presence in Virginia at the headquarters. While I will commute weekly to Virginia my family will remain in New Rochelle. I plan to be involved with the team when available. Acting as liaison between Huguenot Yacht Club and the team, ideally volunteering when I can and supporting the collegiate program. Definitely, coaching and sailing with the team when the opportunity arises. At the time of writing this many options are developing so only time will tell where I will be in the fall of 2021. I did not want to leave the team without a coach and the time to search for a coach. I decided it is best to step aside in the eventuality I am in Virginia on a weekly basis.

In the past our team has found it challenging to accommodate the new sailors interested in learning and those who aspire to compete at the collegiate level. This summer, the team has started an education task force to develop a curriculum to help teach new members to sail.

If you would like to volunteer or assist in arranging for a volunteer group please reach out to myself or the team. I am confident we can find the right sailors to assist and develop a program that can meet all levels and backgrounds in sailing.

Thank you and here is the start of a great post pandemic collegiate season of sailing!

-Dave Coughlin



Coach Dave at the Jack Boehringer Memorial Regatta (fall 2018)



Coach Dave during our move from City Island Yacht Club to Huguenot Yacht Club (fall 2019)



Setting up boats at HYC (spring 2020)

If you or someone you know is interested in applying to be our head coach please contact our Captain, Sara Bergmann, at srb2222@barnard.edu

SPRING 2021

CAPTAIN'S NOTE

This semester was hopefully the last virtual semester for Columbia Sailing. Without time spent at practices and regattas, the officer board had ample time and opportunity to plan for the future. We had time to think critically about ways we can improve the dynamics of our team and foster a community that is welcoming and rewarding for all involved.

As we did in the fall, we switched off between educational “chalk talks” and team building activities. Chalk talks were split into two groups, basics and racing. The basics group covered topics such as parts of the boat, points of sail, and right of way rules. The racing group learned about the physics of sailing, sail shape, and rudderless steering. The team bonded through more speed friending, Jeopardy, and Buzzfeed quiz parties. Our final meeting was a goodbye and celebration for our Seniors. On that note, I want to say congratulations to the class of 2021! We will miss you and thank you very much for the commitment you showed our team. Many of the senior members served various roles during their time on the team, and the impact of their impressive leadership will be lasting.

The Officer Board, along with Coach Dave, had the opportunity to attend the ICSA TIDE Education series. This program had three installments of synchronous presentations focusing on important topics: implicit bias and socio-economic class, microaggressions, derogatory language and cultural appropriation, and finally community outreach, recruiting, and retention. The board has already started applying the skills and lessons we learned while participating in the series and we are so thankful for this initiative from ICSA TIDE.

A note from our captain, Sara Bergmann, BC '23



One of the highlights of this semester was our

Virtual Annual Fundraiser. Our Alumni Chair, Ava Rotondo, did an incredible job planning this event which was attended by Alumni from the 70s, early 2000s, and 2010s. The virtual format allowed for people who cannot usually make it to New York City for the event to reunite and celebrate the team and its accomplishments. It was a true success and I am grateful for all who were in attendance and those who showed their support in other ways.

I want to thank our Coach, Dave Coughlin, for his commitment to our team despite the difficult times that we have all faced during the past year. We have been so lucky to have him as head coach the past few years and are very thankful he will continue to help us when he can. He has gone above and beyond to support our team, and we extend our sincerest gratitude. In addition, I extend my thanks to our alumni who have continued to be incredibly generous and supportive. I am anxiously awaiting many rewarding practices and regattas, heartwarming team dinners, and in person Monday night meetings in the fall. Looking forward to seeing you all at the Alumni Regatta, and don't forget to sail fast and live slow!

- Sara Bergmann

SENIOR REFLECTIONS



ALIX TRÉBAOL

General Studies & Science Po — Sustainable Development

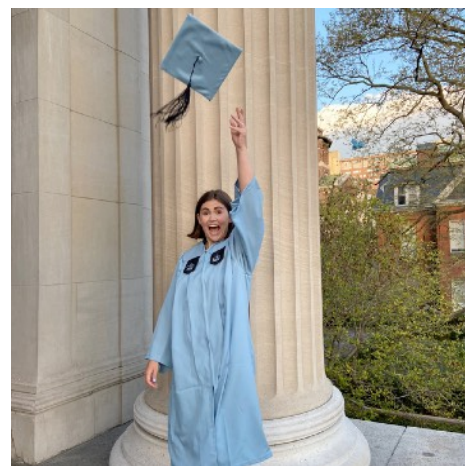
Alix served as our first mate last year, and her favorite memories from her time on CUST are winning the Stonybrook Open in the fall of 2019 and driving back from regattas while listening to old tunes and watching the sun set. She learned how much new sailors can improve their sailing skills in such a short amount of time when they put the effort, commitment and energy into it!



BLAINE HELLELOID

Columbia College — Economics

Blaine served as the alumni chair in 2019. She will miss stopping for dinner at City Island Deli after practice and sailing with her friends!



LILIANA LOOSBROCK

Barnard College — Urban Studies (Political Science)

Lily served as first mate in 2018 and captain in spring 2019. When asked what she will miss Lily said, "I already miss road tripping with my CUST ladies and listening to ABBA in the Ford Transit! And I miss sailing with Elizabeth Keeney [BC '19]"



JEANNE FRÉALLE

General Studies & Science Po — Human Rights

Jeanne served as communications chair in 2020. Her favorite memory from her time on CUST was the sail at home challenge last spring!

SAILOR SPOTLIGHT



Leopold Brandl is studying Physics and Mathematics-Computer Science in the School of General Studies.

Hi, I am Leo, and I am an aspiring Olympian in the 470. 240 days of sailing in over 10 countries all around the world

- every year. That's what my life looks like. I have been sailing internationally for eleven years now, and I have spent the last five of which on the Olympic circuit. These years have been by far the best years of my life. Battling it out with all those legends out there has been an incredible experience and growing up in this environment has shaped me in so many ways. I have spent most of my teenage life traveling the world with amazing people, and I would not be the person I am today if it wasn't for them.

Like many young sailors, I learned to sail in Optimist at my local sailing club. Soon after that, I started competing at regattas. I just loved racing around the marks and competed almost every weekend. After a couple of years, I started racing internationally and moved from training at my local club to training with the national team. That's where I was introduced to the Olympic world. In 2015, I transferred into the doublehanded Olympic 470 class, and I have been traveling the world with my teammates ever since.

Despite the rivalry on the water, the people on the Olympic sailing circuit are like a big family. We live together, train together, eat together, and help each other whenever we can. As one of the youngest athletes on the circuit, I received a great amount of support and advice especially during my early days, that has brought me to where I am today. Being away from home so much, I was

taught by my friends how to organize, fund and pursue not only

an Olympic campaign, but life in general. I learned to be a grown up (I didn't become one. We are actually all just pretending and really are a bunch of all grown up children).

This being said, it is sad to see this five-year journey coming to an end with the Tokyo Olympics approaching, and to see so many of the friends I grew up with leaving the scene to start a "serious" life. We went on adventures, celebrated successes, went through defeats, and pushed each other to our limits – every single day. I will miss you all very much!

During my time at Columbia, I am trying to sharpen my tactical and strategical skills with the Columbia Sailing Team and maybe pass some of my knowledge on to the next generation of Olympic sailors. I also can't wait to start a new journey towards the 2024 Olympics in Paris, France.



Leo sailing at the World Cup in Slovenia

Follow along on Leo's Journey:



ger66.com



[@ger66sailingteambrandl](https://www.instagram.com/ger66sailingteambrandl)



[@brandlsailing](https://www.facebook.com/brandlsailing)



sailingteam.brandl@gmail.com

ALUMNI

THE ANNUAL: VIRTUAL EDITION



Due to covid-19, The Annual was held virtually this year. It was great to catch up with many alumni, especially those who can not usually travel to New York for events. Thank you all for your continued support and we hope to be able to gather in person soon.



The alumni regatta is contingent on state, local and university guidelines surrounding covid-19.



If you have any pictures, thoughts, or memories about CUST you want to share, please email them to us at sailcolumbia@gmail.com.

FALL 2021 OFFICERS BOARD

CAPTAIN: *Sara Bergmann BC '23*

FIRST MATE: *Oona Dederer CC '23*

TREASURER: *Isabelle Wagler SEAS '23*

SECRETARY: *Eden Halpert BC '23*

ALUMNI CHAIR: *Ava Rotondo CC '24*

COMMUNICATIONS CHAIR: *Alison Keenan BC '22*

MERCHANDISE CHAIR: *Leon Aharonian SEAS '23*

ICSA TIDE

THE INCLUSIVITY, DIVERSITY, AND EQUITY TASK FORCE

This past semester, all officers and coaches participated in ICSA TIDE's coaches and student leaders education program. Current Communications Chair and MAISA TIDE Representative, Alison Keenan, served on the committee that developed and presented the program. Topics included implicit bias, socioeconomic class, microaggressions, derogatory language, cultural appropriation, community outreach, recruitment, and retention. Overall, 333 coaches and student leaders attended the presentations from 92 colleges and universities across ICSA.

Additionally, Alison co-authored the Culture and Demographics Survey report. This report was based on a survey that was sent out to athletes and coaches last fall. The report and more information about TIDE can be found on the ICSA website: <https://collegesailing.org/about/tide-committee>



2021 DONORS

As a team, we want to thank you all for your generous donations to Columbia University Sailing. As a club sport, we rely heavily on the kindness of alumni, family, and friends to make possible all we do. From boat repairs and improving our equipment to hiring a coach and attending away regattas, your contributions go a long way, and we promise we are putting your considerate gifts to good use.

On behalf of all members of Columbia University Sailing, thank you for all you have done and continue to do for us.

GRAND ADMIRAL SPONSOR

Nicholas Lubar

COMMODORE SPONSORS

Adam DeVita

Justin Assad

Iris Vogel

Jane Piercy and Ted Keenan

Marie Johnson

Ellen Jane Werb and Jay P. Werb

Leigh and Marci Bergmann

William Hubbard

CAPTAIN SPONSORS

Julia Werb

Jill Elaine Shankel

Katie Moran

DONORS

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Krissie McMenamin

Joseph Bonk

Elizabeth Keeney

Allison Bechtel

Claudia Polgar

Mateo Navarro Goldaraz

Alex Randall

Haley Collins

Kelsey Burns





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We rely on the generosity of our alumni and parents to support the Annual Fund.
This fund allows us to travel to regattas, improve our facilities, and employ our
coach. Please consider contributing via mail or online at
<https://columbiasailing.org/donate/>