



SAILING AS THERAPY

Why Sailing is Beneficial for both seen and unseen injuries

When people join the service they are taught to work as a team and trust their fellow soldiers. Unfortunately, they are not taught to come home. The world they came home to did not stop changing and it is easy to feel left out and left behind. It can be hard for veterans to find people who understand the changes they went through often making it challenging to find trust and understanding in the civilian world.

Our program is designed to pick up where our veterans left the civilian world, leaving for boot camp. Just as when our veteran left for boot camp they will arrive at an unknown facility with a group of people they do not know, unsure of what to expect. After given a short indoctrination, they will be quickly put to work. A team of three will be put on each boat with a safety officer however, the team will do the work. There are three jobs on the boat and they will experience all three. One will trim the mainsail, one will trim the jib and one will drive the boat. The efficiency of the boat moving through the water depends on everyone doing their job, just as in boot camp.

The days are long, requiring steady physical work and retention of new information. Team bonds will begin to form by the end of the second day as members confide in each other about real world issues, often sharing similar memories and stories. This is true with most team sports but, unlike other team sports our sailors are sitting in close proximity in a small group and usually begin sharing issues they are dealing with in the world they have returned too. They soon find they have many similar stories. This creates an informal group therapy session and the building of trust, something many have lacked in their lives. We will include a day of another team building activity to give sore hands and muscles a chance to recover.

The five-day training will conclude with a three race regatta. Our clients receive team building exercises, group therapy sessions and a lot of competition, something these type A personalities crave. We encourage the teams to connect with us and fellow boot camp members on social media. There are many opportunities for continued participation in both competitive and non-competitive sailing around the country as well as several return opportunities each year.



LEARN TO SAIL REAP A LIFETIME OF REWARDS

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