

Mar 20th, 1:00 PM - 1:55 PM

An Evaluation of the Junior Sailing Program at the Norfolk Yacht and Country Club

Bryce Mahler
Old Dominion University

Follow this and additional works at: <https://digitalcommons.odu.edu/undergradsymposium>



Part of the [Leisure Studies Commons](#), and the [Sports Studies Commons](#)

Mahler, Bryce, "An Evaluation of the Junior Sailing Program at the Norfolk Yacht and Country Club" (2021).
Undergraduate Research Symposium. 15.
<https://digitalcommons.odu.edu/undergradsymposium/2021/interdisciplinary/15>

This Oral Presentation is brought to you for free and open access by the Student Works at ODU Digital Commons. It has been accepted for inclusion in Undergraduate Research Symposium by an authorized administrator of ODU Digital Commons. For more information, please contact digitalcommons@odu.edu.

An Evaluation of the
Junior Sailing
Program at the
Norfolk Yacht and
Country Club



Bryce Mahler
Contact: bmahl001@odu.edu

Rationale

- Impact of COVID-19
- Little research has been conducted
 - No found sailing research using ACA YOB
- Evaluate the impact of the program on development of youth skills



Literature Review

- John Dewey's framework for youth development can be implemented in the programming process to improve desired outcomes:
 - “Learn by doing” (Wojcikiewicz & Mural, 2010)
 - “Interactive programming” (Wojcikiewicz & Mural, 2010)
 - “Growth—an increase in connection with the world—was the very goal of life and, thus, of education” (Dewey, 1916/1966, 1934/1980, 1938/1997; Granger, 2000).

Literature Review Cont.

- **History:**
 - Created to focus on the development of important skills for young adult sailors in Britain (Martin, et al., 2017)
- **Importance:**
 - Program now focuses on the development of skills for all demographics through experiences, challenges, etc.



**OUTWARD
BOUND**



Literature Review Cont.

- “To our knowledge, this study is the first scientific insight into the characteristics of youth sailors.” (Callewaert, et al., 2015)
- “Leadership-focused programs tend to be receptive to relevant activities that support community, openness, empowerment, and character” (Dawes & Larson, 2011)
- “In order to fully elucidate the mechanisms at play in social skills programs, future research should further investigate the pathways through which summer camps can improve these skills for typically-developing children” (Flynn, et al., 2019)



Research Questions

- To what extent have program experiences helped youth develop skills in making friends and maintaining friendships?
- To what extent have program experiences helped youth learn to be better at taking responsibility for their own actions and mistakes?
- To what extent have program experiences helped youth to feel a greater emotional attraction to nature?
- How has/is Covid-19 impacting youth programs?



Methods: Norfolk Yacht and Country Club

“The camp offers classes for all skill levels. Sailors range from 5 to 18 years old and do not need any formal training prior to enrollment. Give your child the unique opportunity to make new friends, learn to sail and gain confidence and independence on the water. Each year we have nearly 100 young sailors participate. Sailing is a sport for life!” - Norfolk Yacht and Country Club



Methods: Junior Sailing Program

- Limited participants due to COVID-19
 - ~17 participants
- Ages 11-17
- February 21 - March 28

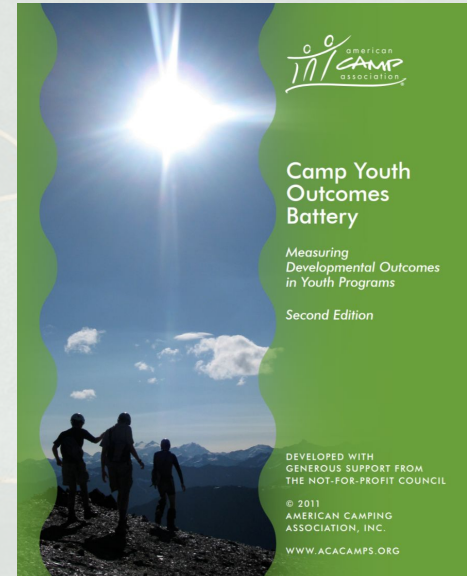
- Friendship Skills
 - make friends and maintain relationships
- Responsibility
 - be more curious, inquisitive, eager to learn new things
- Affinity for Nature
 - feelings of emotional attraction toward nature



Methods: ACA Youth Battery Outcomes

- Basic Version — Camp Youth Outcomes Scales
- Scales measure gains through the camp experience
- Uses an easy, five-point Likert scale

	Decreased	Did not Increase or Decrease	Increased a Little Bit, Maybe	Increased some, I am Sure	Increased a Lot, I am Sure
Friendship Skills					
Becoming better at choosing people who would be good to be friends with					
Becoming better at talking to friends about things that are important to them					
Becoming better at listening carefully to things that my friends tell me					



Methods: Qualitative

The following questions are about your experience.

What did you like about the junior sailing program?

What did you learn while participating in the junior sailing program?

If you could change one thing about the junior sailing program, what would you change?

How has COVID-19 impacted your recreation experience/opportunities?

Do you take pride in maintaining your sailing equipment? YES NO MAYBE

Would you participate in this program again? YES NO MAYBE

Results

- Data collection still underway
- Results are pending



Speculation

- Youth skills will be positively impacted by participating
- COVID-19 has impacted youth recreation and has made developing skills tougher

Discussion: Implications

- Camp directors and researchers will know what aspects of camp to focus on that impact the youths skills
- This evaluation can be used as a guide for future sailing programs
- There is now research of a sailing program using ACA YOB





Questions?

Contact: bmahl001@odu.edu