



June US Sailing Youth National Team Camp | Bristol, RI | US Sailing © Lexi Pline

US SAILING YOUTH NATIONAL TEAM

JUNE CAMP RECAP 2026

29er Nationals at Bristol, RI

USSAILING.ORG/TEAMS

“My favorite thing about the camp was getting out on the water and training at a really high level with people who I don’t sail with a lot.”

-YNT Athlete Feedback

www.ussailing.org



JUNE CAMP OVERVIEW

On behalf of the *US Sailing Youth National Team* coaches and staff I would like to thank you for sending your sailor to the June camp at Roger Williams. We had a tremendous week focused on high performance, led by an incredible staff of Olympians, professional sailors and coaches.

Our daily agenda began at 7:30am with group fitness warm up, which both served to challenge and educate our young athletes on helpful movements and simple workouts that will support their sailing, strength and recovery.

Breakfast at 8:00am, lunch at 11:00 and dinner at 6:00pm ~

Three square meals a day provided both fuel and the opportunity for sailors to recover from the intensity of the camp while enjoying some team bonding. The Roger Williams kitchen staff did not disappoint this week.



Quotes from sailors

“I liked hanging out with everybody from the different classes.”

“My favorite thing was the sense of a team and community that was provided.”

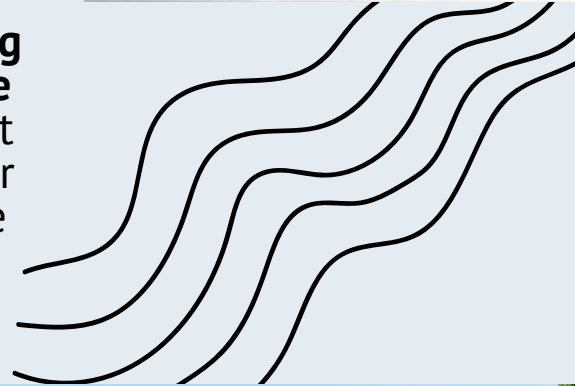


On the water

On the water, our sailors enjoyed conditions between 3-17 knots. We saw shifty and puffy offshore gradients, as well as a fully developed seabreeze funneling down Narragansett Bay. Strong currents from daily tidal changes took the sailor's eyes out of the boat and onto the water.

I am extremely proud of the camaraderie I witnessed amongst the sailors both on water and ashore. Friendships were built and lasting memories were made. We asked everyone to share some feedback with us after we wrapped up the camp. The strongest themes in what people loved were the community and peer motivation, high-level coaching access, and evening programming.

“My favorite thing about the camp was the evening talks and staying in the dorm with friends, and the evening activities,” remarked one sailor. Each night of the camp, we invited a special guest speaker for an informal conversation about their corner of the elite sailing world hosted by our US Sailing CEO, winner of The Ocean Race, Charlie Enright.





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UNITED STATES SAILGP CEO Mike Buckley encouraged the group to blaze their own path, and he reminded us that the word *failure* doesn't exist if you love what you're doing. Mike gave each sailor a US Youth Team co-branded United States SailGP hat. Any sailor who wears this hat to a future U.S. SailGP event has the incredible opportunity for a behind the scenes meet & greet and Team Base tour.

AMERICAN RACING CHALLENGER - AMERICA'S CUP CEO Ken Read shared insights from his competitive history and disclosed the skills and attitudes he's looking for when recruiting sailors to his current America's Cup campaign. After his presentation, Ken huddled with the sailors on the observation deck until sunset sharing stories and meeting face to face with this generation of Youth National Team sailors.



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COLLEGE NIGHT WITH THE YNT

A panel of collegiate coaches and sailors from the US Coast Guard Academy, Brown University, Roger Williams University, Salve Regina, and the University of Rhode Island for an exclusive look inside the college sailing experience. These coaches told compelling stories and answered thoughtful questions from the team.

COACHES & EXPERTS

YNT partners with top performers from the highest levels of the sport:

Olympic Bronze Medalist Stefano Peschiera and Olympian and SailGP USA Grinder/Jib Trimmer Anna Weis shared exclusive details about how they approach fitness, nutrition, and mindset in competition. We're still compiling the notes from their talks and will share those resources with you in a follow up email, as well as archiving them on the ynt-fitness.replit.app

Stefano and Anna were both on the water during the camp sharing their expertise, providing amazing exposure to elite level insight for our youth sailors. American Magic is a great supporter of the Youth National Team and sent America's Cup coach, Olympic coach, and technical expert Grant "Fuzz" Spanhake, to dig into the nitty gritty details of sail shape and performance with our sailors.

After dinner and the evening program the sailors had time to socialize, enjoy s'mores at the camp fire or play sports with their friends. This time was crucial for strengthening the social fabric of the camp and created a unique level of connection and team spirit.

Another sailor noted their favorite thing about the camp is "the exposure to high level coaches and speakers that helped us gain connections."



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Biggest lesson I learned:

"to not underestimate myself. I really liked how even though it was difficult physically, I felt so much more motivated to push through soreness and try my best because I was in this environment of people who were also motivated."

-YNT Athlete Feedback



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It was our pleasure to organize this camp and we look forward to supporting your sailor throughout their career. We're still collecting feedback from the camp, so please send it our way.

The dynamic created at our Youth National Team Camp is exactly what this country needs. Sailors put club rivalries aside and united as one National Team for a week of deliberate training with expert coaches. I'm extremely proud of the respect and effort given by each athlete at the camp. Everyone rose to the occasion with a great sense of purpose and drive to achieve more.

Let's stay in touch as your sailor travels and competes this summer. As mentioned, I'll send follow up with all the content links from the presentations.

Thank You,
Phil Muller

