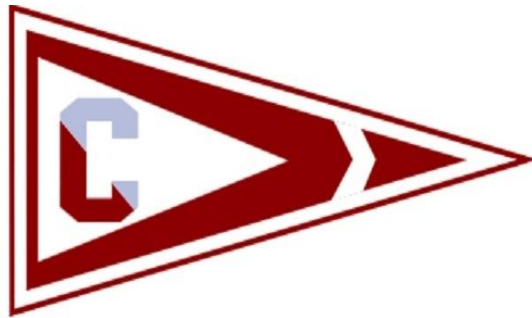


# RISING FRESHMAN CONESTOGA SAILING



## JOIN THE CONESTOGA SAILING TEAM

Conestoga High School has a Sailing Team. Students practice 2 days per week and have round-robin competition with 16 other area schools on Sundays as well as regional regattas in NJ on some Saturdays. The team practices at the Corinthian Yacht Club of Philadelphia, located in Essington, PA, on Tuesday and Thursday. Buses pick up teammates at the school at 2:30 and return to the school at approximately 6/6:30pm.

High School Sailing is the only Co-Ed sport in the country. Be a part of what 469 other high schools in our country are doing. Some sailing experience is required. This is a two-season sport competing in the Fall and Spring. Students may sail in one season or both.

If you are interested, please contact Nancy Dougherty (parent contact) at [nancy@mavenbenefits.com](mailto:nancy@mavenbenefits.com) or 484-682-9606.