



2024 Seaford Yacht Club Junior Sailing Staff



Helen Schmuck

- Certified US Sailing level 1 instructor
- Instructor at SYC Sailing Camp since 2022
- York Sailing Team 2020-2023
- 2023 VISA Crew award
- Sailing Team at Christopher Newport University since Fall 2023.
- American Heart Association first aid and CPR certified

“I love to be outdoors and for me there is no better place than being on a sailboat on the water.”



Grif Mahan

- 7 years sailing experience
- Instructor at SYC Sailing camp since 2022
- 2 years sailing on Hampton Roads 420 race team
- York County Sailing Team since 2021
- VA Boaters License
- First Aid/CPR Certified



Gracie Goodwin

- VA Boaters license
- Sailing since age 8
- Hampton Yacht Club Race Team member 2018-2022
- York Count Sailing Team member since 2020