



LILY FLACK

STUDENT ATHLETE

PERSONAL PROFILE

St. Mary's College of Maryland
Major: Biology, Minor: Environmental Studies
Anticipated Graduation: 2024

Age: 18 years old
DOB: August 17th, 2002
Height: 6' 2"
Weight: 175lbs

REFERENCES

Nick Ewenson
(401) 500-5175

Doug Clark
(860) 460-3288

Adam Werblow
(301) 904-1787

CONTACT INFO

Address: P.O. Box 293, Stonington, CT 06378
Cell Phone: (860) 912-2890
Email: lcflack@smcm.edu

INSTRUCTOR EXPERIENCE

- US SAILING LEVEL ONE CERTIFIED
- CT SAFE BOATERS LICENSE
- CPR/FIRST AID CERTIFIED

PART-TIME SAILING INSTRUCTOR

Ram Island Yacht Club | June 2019 - August 2019

- Taught beginner Opti sailing in morning classes facilitated by the yacht club.

FULL-TIME SAILING INSTRUCTOR

Niantic Bay Sailing Academy | July 2020 - August 2021

- Taught everything from beginner Opti sailing to advanced C420 racing. Other classes incorporated RS Fevas and Lasers.

RESULTS

EVENTS & AWARDS

- 2014 Opti New Englands
- 2019 C420 U.S. Nationals
- 2019 J/70 Youth National Championship
- 2017 Melges 24 Canadian Nationals
- 2018 Ida Lewis Distance Race - *Dreamcatcher*, Swan '48
- 2019 Block Island Race Week - *Summer School*, Farr 40
- 2021 1,000 Offshore Cruising Miles (Bahamas) - *Magic Bus*, *Simonas '54*



- 2016 ECSA First Skipper Season Championship
- 2018 Sailor of the Year - New England Science and Sailing
- 2018 Paul Risseuw Sportsmanship Award
- 2018 Marine Science Magnet High School Grit Award

CURRENT LEADERSHIP EXPERIENCE

- Intern, Social Navigator
- Co-Founder & Vice President, SMCM Ski and Snowboard Club
- Vice President, SMCM Relay for Life Club
- SGA Student Representative, SMCM Environmental Protection Committee
- Youth Ambassador, US Sailing
- Social Media Manager, MudRatz GreenFlash
- Sportboat Captain - *Equal Opportunity*, MudRatz Sailing Team