

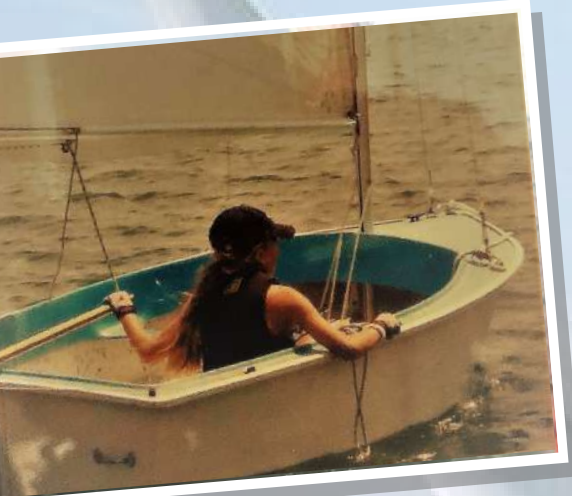
# COURTNEY KOOS

Age	26
From	Castine, Maine USA
Crew Position	Engineer
Favourite meal onboard	Chicken Ramen & Mushroom Risotto

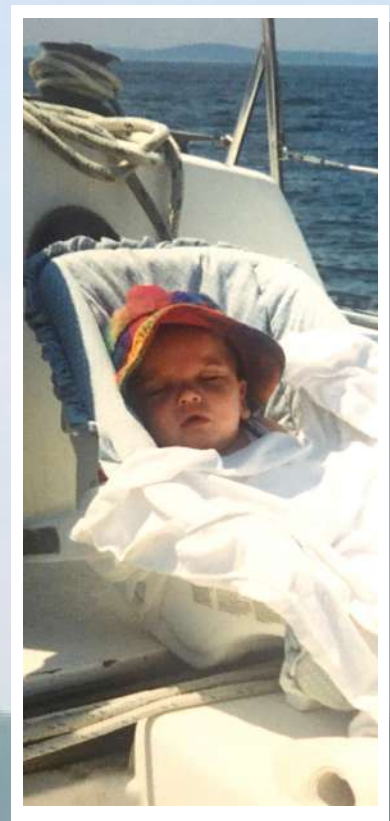


## *When did you start sailing?*

**I** was very fortunate to be introduced to sailing early in life by my parents on the coast of Maine. My earliest memory is as a baby— my younger sister and I strapped into our car seats in the cockpit of my parents' Choate 40— occasionally having to be emergency evacuated, in the rare (but not unheard of) instance we took on water.

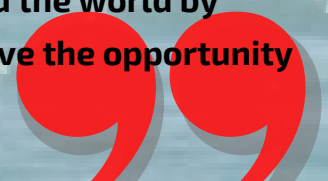


I went on to start sailing turnabout dinghies at age four (and notably managed to sink one at age 7); seemingly unphased by this (and potentially bribed with candy to put on a tough front by my sailing instructors), I went on to start racing bigger boats at age 8, competing for the first time in the Eggemoggin Reach Regatta. I was incredibly lucky to have the support of many sailing enthusiasts in Castine, who took me under their wing and mentored me for years, until I got my first job on a racing yacht based in Newport, RI at age 17.



## *When did you first hear about Maiden?*

I first heard about The Maiden Factor from Belle Henry & Matilda Ajanko, two good friends I had raced with before, who were selected from the original team trials in the U.K. to be a part of the crew for The Maiden Factor World Tour. I knew immediately that I wanted to be involved with the project because of its incredible mission— to empower girls around the world by advocating for equal access to education— and also because I wanted to have the opportunity to learn from the high caliber sailors onboard.

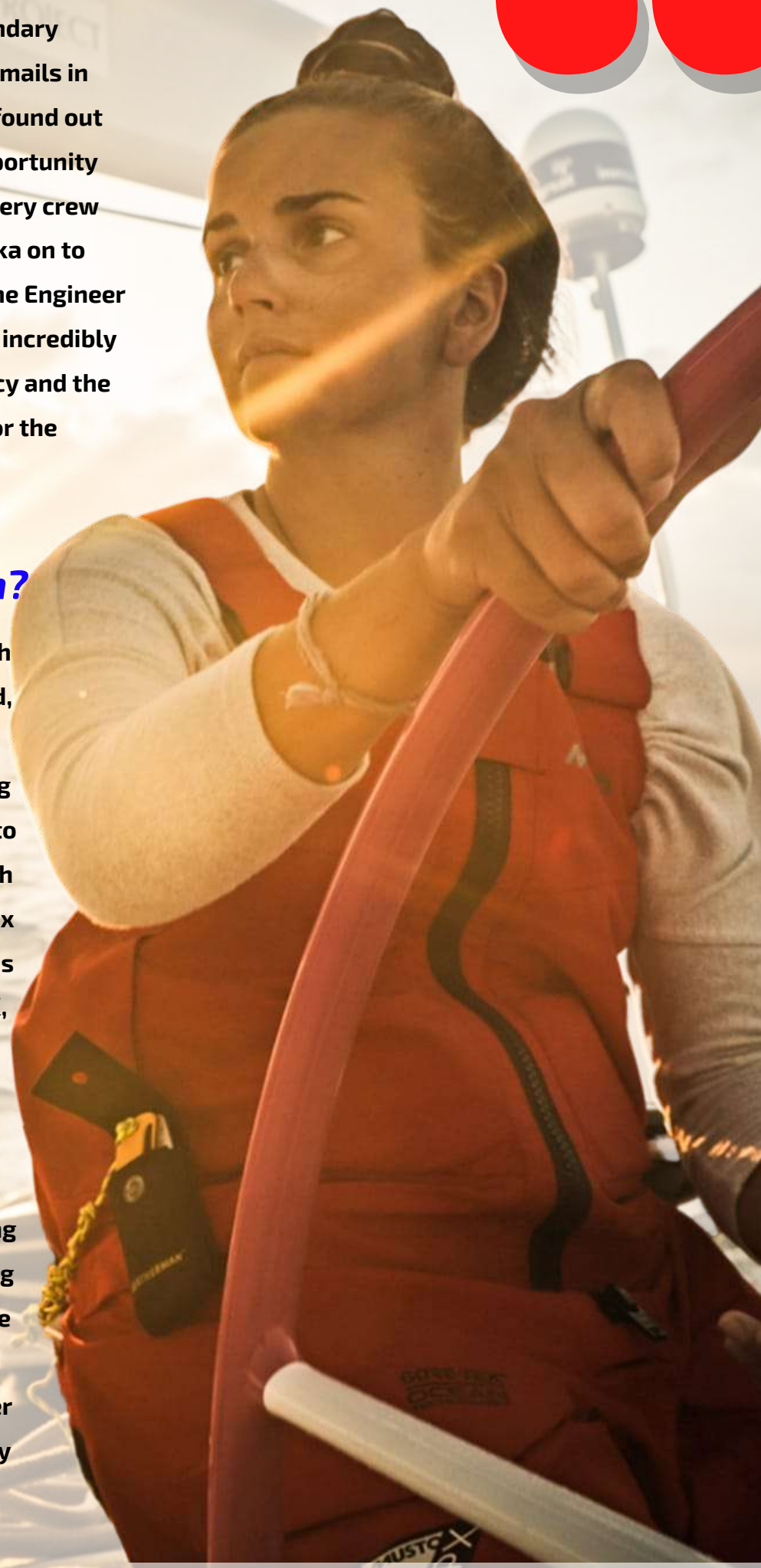


## ***How did you come to join the team?***

Eager to promote the cause and to have the opportunity to sail onboard the legendary yacht, I started feverishly firing off emails in July 2018— I broke into tears when I found out in October, that I would have the opportunity to join the team in December as delivery crew from Malta to Sri Lanka, then Sri Lanka on to Western Australia. To my surprise, the Engineer position became available, and I was incredibly fortunate to have the support of Tracy and the full-time crew to step into the role for the remainder of the World Tour.

## ***What have you learnt from sailing on Maiden?***

The 30,000 nautical miles I sailed with Maiden, in my year and a half onboard, were by far the most formative of my life. It's surreal to think back to joining the team in 2018, when I was 23, and to be honest, pretty naive. We faced such unbelievable challenges in the first six months I was onboard— growing pains after the yacht's major refit in the U.K, sailing through the pirate-ridden Red Sea, dodging cyclones in the Indian Ocean, several legs that were 20-30 days long, minor to major burns from our ever-gimbaling stove, taking flying fish to the face, and so on! Overcoming these obstacles together, I think made us realize that while individually we were much more capable than we ever could've imagined, as a team we really were a force to be reckoned with.





## How has Maiden impacted your life?

It has been an unbelievable project to be a part of, and it's taken me the last year to really process the magnitude of the World Tour, and how fortunate we were to meet and have the support of thousands of amazing people along the way.

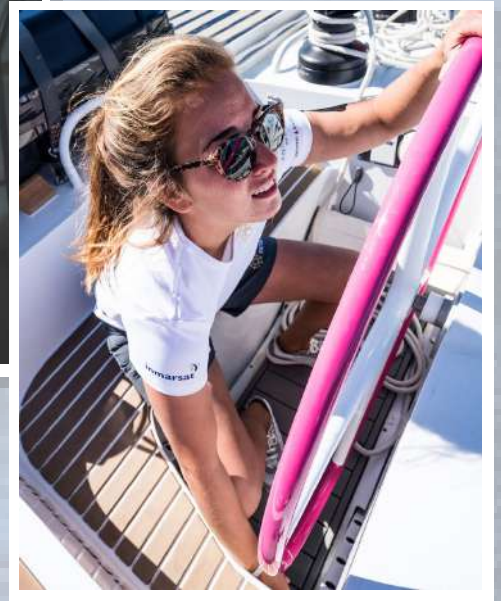


## What have you been up to since Maiden's world tour was postponed?

I have taken the postponement as an opportunity to reengage with my consulting work, most recently as a Contractor for World Central Kitchen (<https://wck.org>)— organizing logistics to distribute meals to healthcare heroes at 15 public New York City Hospitals through the COVID 19 pandemic— totaling 690,000 meals in thirty days.



I have been thrilled to reconnect with my sailing roots in Maine, competing in Eggemoggin Reach Regatta as skipper and tactician onboard the S&S NY-32 Falcon, owned by two major supporters of my sailing, Bob and Pam Scott— who coincidentally had their first date onboard Falcon in Fort Lauderdale, watching Tracy Edwards and Maiden start the leg final leg of the Whitbread Round the World race! I've managed to stave off the offshore bug by sailing 5,000 nautical miles onboard a Swan 100 and Marten 49 between the U.S., Bermuda, and Antigua, and look forward to much more sailing this year in the U.S., Caribbean and Mediterranean!



*From what you have learnt, what advice would you give to young girls looking at going into any walk of life that requires courage, determination and confidence?*

Be your own best advocate. Figure out what you want, and don't shy away from the fight to make it happen. We are all capable of so much more than we can even comprehend, and you can't tap into that potential within yourself unless you have the courage and confidence to put yourself into those challenging situations, and to accept that failure is sometimes an integral part of the process. Be bold, be thoughtful, keep your sense of humor intact, know that you're worthy —and realize that you are capable of anything that you set out to achieve.

