

FRANCIS XAVIER MCKEE

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Master Captain Francis X. (“Frank”) McKee is the latest in the line of distinguished mariners tracing their genealogy to the American Revolutionary War. A lifelong sailor, McKee learned his trade at the knee of his father, Eugene McKee, a decorated WWII US Navy / D-Day veteran and also a lifelong sailor.

Frank has amassed considerable offshore and inland experience piloting a variety of sail and power vessels up to 80 feet. He sailed as a boy in inland Pennsylvania lakes and off-shore New Jersey waters. His students report that he brings a patient and calm demeanor to his excursions and enjoyment to his guests.



Captain McKee’s sailing experience includes thousands of miles in waters off California, the Eastern US coast from Florida to New England, Mexico, the Mediterranean and the Caribbean. He has captained and crewed on countless sailing and power vessels in both cruising and racing scenarios.

An avid athlete, Frank is a high school tennis coach (30 years) and also coached three high school state championship girls’ basketball teams. He has completed over seventy triathlons, done open ocean distance swimming and is the father of four who has passed along the

McKee tradition of sailing to his children and grandchildren. He is also a PADI certified Master SCUBA diver.

Frank serves as Founder and President of St. Andrew Development, Inc., a health education company located in Central Pennsylvania. Under Frank’s leadership, St. Andrew has received numerous national awards and acclaim for their innovative health programs to educate underserved communities. He also mentors boys at a York, PA inner-city school and sits on the Board of the American Lung Association – Mid Atlantic Division.

Captain McKee currently operates The Gratitude Sailing Institute and its growing charter / bed and breakfast program. McKee was featured in the *Boston Globe* leisure section and *Bucks & Montgomery (PA) Living* magazine for this activity where sailing with him was described as like sailing with an old friend who has a boat. He is a certified American Sailing Association Instructor up through the Advanced Coastal Cruising (ASA 106) level and draws the highest ratings from his students. He teaches at the prestigious Maryland School of Sailing and Seamanship in Rock Hall, MD. McKee also leads a program for executive leadership and team building utilizing sailing as a catalyst in conjunction with the School and the Chesapeake Bay Martine Museum in St. Michaels, MD.

Frank developed an organization called Captains’ Courageous, a select group of licensed master captains who volunteer to take out sailors on their own boats at no cost who, because of advancing age or some other physical limitation, can no longer enjoy the joy of sailing.

Captain McKee holds a US Coast Guard Merchant Marine Master Captain 50 ton, 200 mile near coastal, auxiliary sail and towing endorsement credential. He also holds several advanced technical ratings including an FCC Marine Radio Operator Permit, along with weather and radar operator certificates. His personal sailing philosophy is, “It is not the ship so much as the skillful sailing that assures the prosperous voyage.” attributed to George William Curtis, an American editor and public speaker.

Unedited Student Testimonials regarding Captain Frank McKee

- "I am amazed at the depth of your knowledge and experience. It was obvious that we were in exceedingly capable hands. Your pithy comments added an element of realism that could not have been realized otherwise. There is no doubt that we were sailing under the command of a "Master Captain". It was an honor and privilege to have served under your command. Thanks for an unforgettable experience!" *Bill M.*
- "Captain Frank McKee was truly an exceptional instructor. I tend to get very anxious and worried that I will do something wrong. But I need not have worried as Frank's calm attitude and continuous encouragement set me at ease right away. By the end of the class Frank was not only an instructor, but a friend. I could not have asked for a better ASA 103 experience, and Frank made it possible." *Lori D.*
- "Learning from and meeting Captain Frank McKee has been a life changing experience. He is brilliant, interesting, wise and so much fun to be around! Captain McKee's adroitness in teaching and ability to explain and demonstrate the whys as well as the hows of sailing - with emphasis on anticipation and preparation goes beyond competency standards for both sailing knowledge and on-the-water skills. He achieves the perfect balance between transferring his adept sailing skills and engaging all students in a truly cooperative effort to share in a unique camaraderie. This is only the beginning of my sailing adventures, and I couldn't have had a better Instructor." *Kimberly R.*



"While the sailing instruction was nothing short of exceptional, I learned just as much about leadership and teamwork during our four days on the water with Captain Frank."

- "The ASA 103 course that my wife and I took was outstanding! You have a real gem in Captain Frank McKee. His knowledge, experience, approach, and attitude are second to none. This professional mariner ensured that every one of us not only learned the topics of ASA 103, but that we also left with additional skills or knowledge particular to our own situations. He obviously loves what he does, and it shows in the way he tailored his instruction to our different needs and goals. While the sailing instruction was nothing short of exceptional, I learned just as much about leadership and teamwork during our four days on the water with Captain Frank. The students came to this class with widely varying experience and learning styles; he accommodated them all. Thanks for another great course." *Jeff R.*

- "Captain McKee was excellent. Calm and steady." *Vince C.*

To learn how you can safely master the art of sailing and have fun at the same time, contact Frank McKee at 717-891-1827 or FXMcKee at Gmail.com

