

THE Swailtale

2022 YOUTH PROGRAM NEWSLETTER



HYANNIS YACHT CLUB

490 Ocean Street, Hyannis
508-778-6100
hyannis yachtclub.org

Welcome Summer 2022!

Hello and Welcome to HYC's Sailing and Swimming Program!

After two long years of the COVID pandemic, we are all ready to resume our normal summer activities. We can only hope that the pandemic is in our rearview mirror.

One of the highlights of the summer for me is to see and hear the youth of our club actively enjoying their swimming and sailing lessons. Your Youth Committee and General Manager Emily Mezzetti have met throughout the winter season to plan a schedule of activities, make arrangements for regattas and interviewing a multitude of applicants to fill our staffing needs. Through their tireless efforts, they have been able to assemble a rock star staff to instruct our children. I cannot thank the Youth Committee enough for their dedication to our Youth Program. We all recognize that our youth program participants have been and continue to be the future of our club.

This season is going to be absolutely terrific.

Fair winds and favorable tides!

Looking forward to seeing you soon at the club,

Randall W. Wallin

Commodore

We are putting the finishing touches on our 2022 Youth Program, and it holds tremendous promise to be a fantastic year!

We are thrilled to have Dave Penfield leading our sailing program, assisted by Caroline Martone, recently promoted to Assistant Program Director. Our swimming program, the best in the area, will be led for the twenty-fifth season by Pam Nothacker. We have interviewed and offered sailing and swimming positions to a nice mix of new and returning staff. This blend will combine new ideas with stability, a win for our program participants.

Registration is open! There is an article in this edition of the *Swailtale* that will guide you through the registration process. Please pay close attention to the process to complete your medical form online using *DocuSign*.

I would like to thank the 2022 Youth Committee, especially Gabor Menyhart, Chairperson, and Rich McMahon, Trustee Liaison. The Committee has been meeting twice per month and their dedication gives voice to the youth of our club.

The HYC Flag Officers and Trustees have again generously allocated capital funds for a new Quest, two new outboard engines, new J22 and 420 sails, and added patio furniture and fire pits to maximize the enjoyment of our program participants and parents. An expanded downstairs kitchen will be offering daily food service on the patio.

We can use your help! We are looking for members to house four of our instructors for the summer. These outstanding young women will be fabulous role models for your children, a mutually beneficial arrangement.

If you know anyone who would like to work in our HYC level kitchen or join our HYC food and beverage staff, please have them email me, gm@hyannis yachtclub.org. Like all Cape and Island businesses, we are working hard to hire staff for the summer.

Sailing, swimming and enjoying all that HYC has to offer...it's going to be a fantastic summer!

Emily Mezzetti

General Manager



INTRODUCING THE 2022 HYC SWIM AND SAIL STAFF

HYC has a fantastic staff that blends experience with newcomers who bring skill diversity to our program.

We are exceptionally fortunate to have Pam Nothacker, Swim Program director, back in her leadership position for the summer of 2022. We are thrilled to have Dr. Dave Penfield leading our sailing program, with Caroline Martone as Assistant Program Director.

Both staffs have a positive blend of returning and new instructors for the 2022 season.

SAILING STAFF

Dr. Dave Penfield,
Program Director

Caroline Martone,
Assistant Program Director

Sarah Bourke

Lila Coffman

Olivia Demmin

Ailble Fitzsimmons

Patrick Igoe

Meredith Kent

Leah Rickard

Carter Morin

Caitlin O'Connor

Julia O'Connor

Junior Instructors TBA

SWIM STAFF

Pam Nothacker,
Program Director

Tom Conaty

Caleb Cotoia

Ellen Efstathiou

Liam Fishback

Joan Kiely

Marita Nothacker

Robby O'Shaughnessy

Ian Smith

Veronica Smith

Delaney Link

Teegan Link



On behalf of the Hyannis Yacht Club Youth Committee, I'd like to welcome you to our first Youth Program – dedicated newsletter of 2022. Similar to last year, we hope that this format will help you to find all Youth Program information in one place. The communication will be more frequent during the summer months, and will continue throughout the off season.

In this first edition, you will find information about new staff members, registration and some exciting volunteer opportunities. We hope that you will also enjoy the brief introduction of the Youth Committee members.

We are planning for a summer with lots of learning, swimming, sailing, racing and other fun activities. Please don't hesitate to reach out to any of the Committee members, the Program Directors or the General Manager if you have any questions.

Gabor Menyhart

Youth Committee Chairperson

SWIM & SAIL YOUTH PROGRAM REGISTRATION 2022 OPENED MARCH 1ST

The sign-up process is almost the same as last year. Members who register before April 1st will get a discount of \$220 on all sailing classes. Students who sail must also sign up for swimming until they complete Community Water Safety/Basic Water Rescue. The cost of the swimming classes is included in the cost of the sailing classes, so when checking out, please choose "With Sail." Nonmembers can register beginning April 1st. If you have any questions about which class to sign your child up for, please email Emily Mezzetti, General Manager, gm@hyannis yachtclub.org.

Adult Learn to Sail classes are also open for members to Register beginning March 1st, with a \$220 discount until April 1st.

This year the only option to pay for your classes is "On Account." Once you have charged the cost of the classes, you can bring up your account online and pay with your credit card or bank account. All Youth Program fees must be paid in full by

June 15th or your daughter/son will not be allowed to attend classes. Any questions, please call the club, 508-682-1780, and ask for advice.

New for 2022, our Sailing Program Director, Dave Penfield, will be teaching Laser Learn to Sail and Laser Learn to Race classes weekly. Adults are welcome.

Don't forget to add Competitive Swim to your student's registration. This can be added for swimmers of any age.

Youth Program Registration - Hyannis Yacht Club takes you right to Registration.

Also new for 2022, following registration, members will receive an email to complete and sign the Student's Medical Form through Docusign. Paper forms will not be accepted. If you miss it or lose the email, contact the club and ask for your form to be re-sent.

Preseason weekend day clinics for Opti, 420, and Lasers will be running in June. When we have the details worked out, registration will be in the same place.

Meet Our 2022 Youth Committee Members

JUDI DEVANEY

Judi is the Community Education Coordinator for the Alzheimer's Family Support Center in Brewster. Sailing and the ocean are two of the things that bring her joy. A favorite poem of hers is "Sea Fever" by John Masefield. She grew up sailing at the West Dennis Yacht Club where she sailed the family Beetle Cat, WD1. She learned sailing under the instruction of Ted Frothingham at Bass River, before the WD club was built. She also crewed for many years for her father on his Tartan 37. Her family moved to Cape Cod from Marshfield in 1988 and have been members of HYC since.

All of her children have participated in the swim/sail program: Rachael and Jeremy sailed in Beetle Cats and Rachael swam on the swim team. Michael sailed lasers and went on to compete on the sail team at Barnstable High.

Judi's granddaughter, Fressia Jones, started in the swim/sail program at 3 years old and is now 12. She will be in Opti Race and Super Swimmers.

BETH HEIMLICH SMITH

Beth is a dedicated and experienced member of the HYC Youth Committee. She has been an active member of HYC for over 25 years but has been deeply involved in the New England sailing community for many decades. She began her lifelong love of sailing at West Dennis Yacht Club racing WD100, her family's Beetle Cat, eventually moving on to Knockabouts, Wianno Seniors and more recently J22s at HYC. In addition to her local sailing, she raced competitively for the Villanova Wildcats in her college years. She currently serves as First Vice President of the Southern Massachusetts Sailing Association (SM Sailing) where she has been an active member, holding many officer positions since the late 1980s. She is a current member of the Massachusetts Bay Sailing League, previously holding positions as Executive Board member, Treasurer, and Secretary. She sits on the Executive Committee of the New England Schools' Sailing Association (NESSA). She is currently in her 25th year as the Varsity Sailing Coach for Concord Academy.

Beth adores all things HYC especially the HYC Youth Invitational, where she helps plan an awesome event and secures and/or creates the best giveaways. What Beth enjoys most about HYC is spending time on the patio with her fellow members. It is here where she obtained many titles including Rummy Cube Champion, Mother's Swim Participant, Original member of the Spatularettes and Swim Team Sleepover Chaperone for Life. Beth is married to David Smith and together they have four children, Eli, Asa, Ian and Veronica. All four of her children grew up sailing and swimming at HYC and one of them just might have stopped by the club first before heading home from the hospital.

STEPHEN FORASTÉ

Stephen grew older at the Hyannis Yacht Club (he never really grew up 😊) first as a student, and then as an instructor. Starting in Beetle Cats, Steve joined the Downys for over 30 years of racing on Cool Cat, Blue Devil, and Gambler, along the way winning every major regatta in New England at least once. A lifelong dock rat, Steve found his way onto many other boats as well, from Melges to Maxis, racing all over the Atlantic, with podium finishes in lots of regattas, and four 12-metre North American titles on the bow of Courageous.

Steve lives off Cape with his wife, Aly, and their twins, Phineas & Phoebe. Once the twins were old enough to sail, the best place for them to learn was obviously HYC. A commitment for sure, but worth it as HYC is a true destination program. Steve is really looking forward to helping the HYC program continuously improve, and for the twins to gain lifetime friends, as Steve has.

RICH MCMAHON

Rich McMahon has been involved with the Youth Committee for over 6 years. He has two children, Schuyler and Griffin, who have taken part in the program and continue to have a love for the ocean. Rich took part in the program at a young age and worked at HYC through high school and college as part of the dock staff and driving the launch. When not attending meetings, Rich enjoys sailing his 1972 Bristol 26 and fishing from a 17-foot Holby skiff. Rich is currently the club secretary and looks forward to seeing the program continue to thrive into the future.

GABOR MENYHART

Gabor resides in West Barnstable with his wife Timea and three children, Sophie, Erik and Lilly. His children have been sailing and swimming at HYC for 8 years and are members of the race team. Gabor enjoys helping the youth program in any way he can and also participates in race management activities at the Club. In his spare time, Gabor works as a medical physicist in Radiation Oncology at Cape Cod Hospital. You can reach Gabor at gmenyhart111@gmail.com.

CAITLIN STRATTON

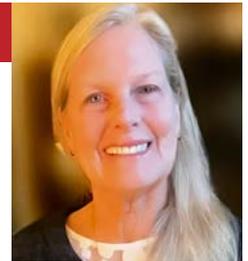
Caitlin grew up at the club taking sailing and swimming lessons. She became a swimming instructor for a number of summers in high school and college and now she is down here with her three children who are participating in the program. She is a nurse at DFCI in Boston and is so happy to be able to be a part of the Youth Committee and be able to give back to the program that has given so much to her over the years.

SHELLY WOOLF

Shelly grew up swimming and sailing in the youth program, beginning her HYC career with Connie Drew teaching her swim lessons. She then went on to sail beetle cats, followed by 420s, and eventually J22s. With the skills she learned in the HYC program, she was able to compete on the Georgetown University Sailing Team. She enjoyed many years teaching and coaching sailing at various clubs that included the HYC, Hyannisport Yacht Club, the Royal Hamilton Amateur Dinghy Club in Bermuda, and the Universal Access Program at Community Boating Boston. This is her third year as a member of the Youth Committee, and she has especially enjoyed giving back to the youth program, since she now have two kids currently enrolled and a third that will join them one day too!

MEGHAN ZARUM

Meghan joined the Youth Committee in the fall of 2021. Her children, Marin and Leonard, have participated in the youth program for the last five years. Meghan is thrilled to have a more active role in the program and the amazing HYC community. She and her husband, Bob, and two children are full-time residents of Mashpee.



JUDI DEVANEY



BETH HEIMLICH SMITH



STEPHEN FORASTÉ



RICH MCMAHON



GABOR MENYHART



CAITLIN STRATTON



MEGHAN ZARUM

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HYC Level Capital Improvements

The HYC Board of Trustees has again dedicated capital funds to positively impact the HYC Member experience.

The 2022 list includes two new outboard engines. One was originally scheduled for delivery in 2021, but supply chain issues impacted this plan. We are fortunate that we were able to secure two for the 2022 season. These engines will go on Big Whaler and a Gray Rib.

The Harbor Point has had some major engine repairs to keep it running well throughout the season. It's important for us to have two launches, driven by certified launch drivers, throughout our busy summer season.

We've added more furniture to our patio for the use of our members. This includes

additional tables, chairs, and umbrellas to match our 2021 purchase. We will be replacing our fire pits to add enhanced ambiance in the evening hours.

The HYC level kitchen has been expanded! We are hopeful that the equipment ordered will arrive according to schedule, and that we can secure the staff to keep the kitchen operational 7 days a week, 11:30 a.m. – 8:00 p.m.

We are tidying up Opti Alley with some new carpet to protect the boats stored on the racks.

Finally, we will be purchasing a fourth Quest to better meet the needs of our youth program participants.

On behalf of the Youth Committee, we thank the Board of Trustees for the funds dedicated to enhancing HYC member value and service.



SUMMER 2022: HYC LEVEL FOOD SERVICE

Bob Signoriello, Food and Beverage Manager, and Jeremy Martin, Executive Chef, continue to collaborate to find ways to grow and improve food service on the HYC level.

During the winter, we began an expansion of the HYC level kitchen. Our goal is to be able to produce a "pub style" menu for our HYC members from that kitchen. This menu will include sandwiches, salads, burgers, and other popular food items.

We would like to continue our "Boxed Lunch Program" that began in 2021. Families ordered lunch on their way in to class, and the Food and Beverage Team had the lunch boxed and ready at noon. The choices will align with the HYC level menu. This helps our team immensely with the volume of food ordered between noon and 1:00 p.m.

It will be healthy and delicious, and we look forward to our youth participants and all our members enjoying meals on our beautiful HYC patio!



HELMETS = SAFE SAILING

This year the HYC youth program is **strongly recommending** the use of helmets for all of our sailors. Why? Safety is our paramount concern, and helmets should be considered as important as life jackets when it comes to small boat sailing. An unconscious sailor in the water can drown even while wearing a life jacket.



The use of helmets is required in most organized contact sports, and now is expected when it comes to other common sports, such as bicycling and skiing. Head injuries are not uncommon in sailing, often from the boom swinging unexpectedly. An MIT study found head injuries occur most frequently in moderate winds. We have all seen bumps to the head, resulting in tears and stopping the class. Helmets can prevent these, as well as lacerations and fractures. They also reduce the risk of intracranial injuries, such as concussions and brain bleeds.

Top sailors are now recognizing the need for helmets. All of the America's Cup teams wear them, and they are being required by an increasing number of college, high school, and youth sailing programs.

If you decide to get a helmet for sailing safety, make sure it is a sailing or water-sports helmet. We encourage you to try them on before purchasing. Good brands to consider are Protec, Forward, Bern, Gath, Rooster, Ion, and Zhik, but there are certainly others.

And if you have concerns or questions about helmet use, ask Dave Penfield, our new sailmaster and retired ER doc. He practices what we are preaching, as he always wears a helmet when sailing his Laser, and when Windsurfing or Kiteboarding.

EXCITING VOLUNTEER OPPORTUNITIES

Housing

The Club is in the process of hiring instructors from out of state and even from overseas. We are looking for volunteer families who could house one or more instructors during the summer months. If interested, please contact Emily Mezzetti, General Manager, at gm@hyannis yachtclub.org.

Mentor Families

In order to ease the transition for new families who are joining the youth program, we are starting a new initiative. The goal is to have a more seasoned family with similar age children to partner as a mentor with the new family. If you are interested in taking on this noble role, please contact Gabor Menyhart, Youth Committee Chair, at gmenyhart111@gmail.com.

HIGHLY SUCCESSFUL "PATIO PALS" PROGRAM RETURNS FOR SUMMER 2022

Started last summer, Patio Pals will continue for the summer of 2022. This outstanding program offers surround care for our younger sailors and swimmers when they are not in classes Monday through Friday between 8:30 a.m. and 4:30 p.m.

Jan Burke will be returning this year to coordinate the program. She will oversee lunchtime and the coordination of fun activities to productively and safely fill the time before, between, and after classes. The cost this year will be \$16.50 per hour with a \$22 per hour family maximum. The location, south of the Scudder Room entrance, will be the same, and the sign-up system (letting us know by the morning if you'd like your child to participate) will also remain in place.

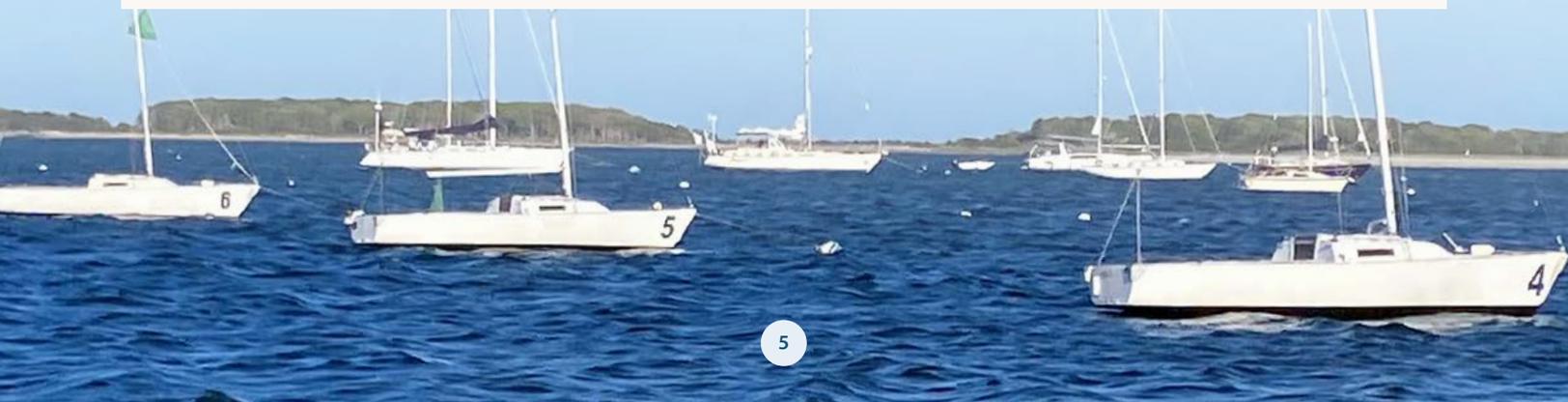
We look forward to many of our families utilizing this HYC service!

WELCOME "DR. DAVE" – OUR NEW SAILMASTER!

Many of you may know Dave Penfield (aka Dr. Dave), as he has been a member of HYC for 39 years. He most recently was the 420 race team coach at OYC, and during his younger years he was the head instructor at 3 different yacht clubs over 5 summers. He has had a successful dinghy racing career; some highlights include 4th in the Sears Cup finals, 2nd in the intercollegiate N.A.s and winning the 470 N.A.s and the 5-0-5 World Championships. After a long hiatus he has returned to racing in the Laser – doing well in New England competition – and won our own Frank Bearse award last year. He complements his racing by windsurfing and kiteboarding for fun, as well as cruising. He has logged over 30,000 offshore miles in multihulls and now spends winters south aboard their boat Moxie while training in his Laser.

When on land Dave lives in Wellfleet with his wife Carol, and their dog Bee. He has retired from a career in medicine: 9 years in a Family Medicine private practice, followed by 27 years at Cape Cod Hospital in the ER. He is thrilled to be spending this summer helping the HYC youth program focus on fun while developing sailing, racing, and safety skills. He believes that sailing is a metaphor for life.

"A sailor has to deal with the sea, wind, and nature; as despite their beauty they have power beyond control. If the students can learn to work collaboratively with those forces, they will succeed."





HYANNIS YACHT CLUB

2022 Tentative Sailing Schedule

Sailing	Monday	Tuesday	Wednesday	Thursday	Friday
9-12	PW (10-12) Opti 1 420 Intro (10-1)	Seaman 1&2 Skippers Opti 2 420 Intro	PW (10-12) Opti 1 420 Intro Intro to Lasers	Seaman 1&2 Skippers Opti 2 Instr. Training A,B*	PW (10-12) Opti 1 420 Intro
1-4	Mates Opti 3 Captains Opti 4/Race 420 Race	Mates Opti 3 Captains Opti 4/Race 420 Race	Seaman 1&2 Opti 2 Opti 4/Race 420 Race Skippers	Mates Opti 3 Captains Opt 4/Race 420 Race	Opti 3 Opti 4/Race 420 Race Adult Learn to Sail (1:30-3:30 pm)
3:30-5:30				Intro to Racing Lasers	
6-8			Adult Learn to Sail	Adult LTS Rain Day	

2022 Tentative Swimming Schedule

Swimming	Monday	Tuesday	Wednesday	Thursday	Friday
9-10	CWS/BWR A,B Super Swim A,B Inst. Training A,B* Swimmers A	Swim Team	Swim Team Adv. Beginner B Intermediate C	Swim Team Inst. Training A,B (9-12)*	Swim Team
10-11	Intermediate A Adv. Swimmers A Adv. Beginner C Beginner 1	Swimmers A Adv. Swimmers A Intermediate A Adv. Beginner C	Swimmers C Adv. Swimmers B Beginner 1	Swimmers A Adv. Swimmers A Adv. Beginner C Intermediate A	CWS – Make-up Beginner 1
11-12	Beginner 2	CWS/BWR A Super Swimmer A Inst. Training A	Beginner 2	CWS/BWR A Super Swimmer A	Beginner 2
1-2	Beginner 3	Intermediate C Adv. Swimmers B Super Swimmer B	Beginner 3	Intermediate C Adv. Swimmers B Super Swimmer B	Beginner 3
2-3	Adv. Beginner A Adv. Swimmers C	Swimmers C Adv. Beginner B CWS/BWR B Inst. Training B	Adv. Beginner A Adv. Swimmers C	Swimmers C Adv. Beginner B CWS/BWR B	Adv. Beginner A Adv. Swimmers C CWS B for Intro to 420
3-4	Swimmers B Intermediate B	Swim Team	Swimmers B Intermediate B	Swim Team	Swimmers B Intermediate B

*Instructor Training A, B is a joint Swimming and Sailing Class

PW (PEE WEES)

Age 6-7

Boats: Hunter 140, RS Quest, J-22

3 days/week, 2 hour class
MWF 10AM-12pm

The PW class is designed as an introduction to boats, sailing, and seamanship. Focus is on beginning to understand the "rules of the road" and good sportsmanship. Students will start off with 3 or more students in a Hunter140 or RS Quest with a JI (Jr Instructor). They will learn about steering and how to use a jib and a mainsail. As students gain confidence in the boat the goal is to remove the JI so that the 3 students are sailing on their own. Students will rotate in the different positions on the boat so that they learn each position.

SEAMAN

Age: 7-9

Boats: Hunter 140, RS Quest, J-22

3 days/week, 3 hour class
TTh 9AM-12PM & W 1-4PM

Depending on their level, students will sail either with or without an instructor on board. Rules of the road and sportsmanship are critical as sailors begin to sail without an instructor. A typical scenario is three or more students to a boat, unless in a J-22 when we would have four or more to a boat. On the J-22 there will always be an instructor for safety purposes, but the goal is for them to become an observer, giving instruction and tips, rather than participating in sailing the boat. Students will be grouped so that they have a great social experience while learning more about the basics of sailing.

MATES

Age: 9-10

Boats: Hunter 140, Quest, J-22, Open Bic Skiff

3 days/week, 3 hour class
MTTh 1-4PM

The Mates class is an extension of the Seaman class, where students learn to hone the skills that they were introduced to in the Seaman class. Sailors typically choose between Mates and Opti Beginner. The goal of the Mates class is to establish a core understanding of the importance of teamwork on the multi-crew boats (Hunter 140, Quest, J-22) and eventually try out the Open Bic Skiff.

SKIPPERS

Age: 10-11

Boats: Quest, J-22, Open Bic Skiff

3 days/week, 3 hour class
TTh 9AM-12PM & Fr 1-4PM

Skippers is an age-based class with a variety of different boats for those that do not choose to take the Optimist path at this point. Skippers will gain experience and confidence sailing on their own as well as with teammates. The goal is for this group to be sailing on their own without an instructor on board (except on the J-22). There will be instruction at a basic level on how to use a chart and compass. The Open Bic Skiff will give them a taste of a higher performance single-handed boat, similar to the performance jump from the Hunter to the Quest. At this level we will continue to teach "rules of the road."

CAPTAIN'S ADVENTURE

Age: 12 (6th grade) and older

Boats: RS Quest, J-22, 420, Open Bic Skiff, Laser 4.7, PHRF fleet boats

3 days/week, 3 hour class
MTTh 1-4PM

Captains is an age-based class that is a continuation of Skippers. The emphasis of this class is not about racing in the traditional opti/420 track, but on continuing to try out new boats and experiences, and on developing lifelong sailing skills. We recognize that sailors may change their minds on what interests them as they experience more sailing options so the class is designed to be fluid so that a sailor is continuously trying out new things and can update and change their focus.

We will challenge the sailors with higher performance planing boats both as a solo sailor and with a crew, which means more fun for the participants. We will give them a taste of 420 sailing with the trapeze and spinnaker as well as use of the asymmetrical spinnaker on the Quest. We will continue to have them work on boat-handling in the Open Bic Skiff and also have them try out the Laser 4.7. Continued instruction in navigation and utilizing these skills to plot courses to fun destinations is all part of this adventure class. We will include opportunities for sailing not only in the J-22 but also larger keel-boats such as PHRF and Cruising class boats, and we anticipate including overnight adventures. We will also spend time on introductory power boat skills to help our sailors become more well rounded "boaters."

OPTI 1

Age: 8-10

Boat: Opti (supplied by participant)

3 days/week, 3 hour class
MWF 9AM-12PM

This course is a basic introduction on how to rig and sail an Opti. Typically, sailors are choosing between Mates and Opti Beginner. Sailors must have completed the requirements of Seaman or have the permission of the Sailing Assistant Director to start in Opti 1. Participants must have a foundational knowledge of the rules of the road, sportsmanship, and basic boat-handling.

OPTI 2

Age: 9-11

Boat: Opti (supplied by participant)

3 days/week, 3 hour class
TTh 9AM-12PM & W 1-4PM

The Opti 2 course focuses on honing boat-handling skills and "getting your head out of the boat." Rules of the road and sportsmanship are paramount. Although racing is not a requirement of the course, we will be utilizing a starting line and marks to instill an understanding on how to get to a destination in the most efficient way. This course adds more building blocks to their opti experience in preparation for moving up to Opti classes that focus more on racing. One of the goals is participation in the Hyannis Youth Invitational.

OPTI 3

(TRAVELING GREEN FLEET)

Age: 9-12

Boat: Opti (supplied by participant)

4 days/week, 3 hour class
MTThFr 1-4PM

This class is the precursor to Opti Race. This course is for the more advanced Opti sailor who wants to move in the racing direction. This course will prepare them for Green level (Beginning Racing) Opti Regattas. There will be some traveling offered to those interested, but travel is not mandatory.

OPTI 4 RACE

(CHAMPIONSHIP FLEET)

Age: 9-15

Boat: Opti (supplied by participant)

5 days/week, 3 hour class
MTWThF 1-4PM

The Opti Race team will have three levels based on age but the team will often break out the practices based on skill level:

- White (10 years old or younger)
- Blue (11 or 12 years old)
- Red (13 years old or older)

Coaches will work with the sailors to determine which regattas make the most sense for each participant. The goal is to challenge our sailors and ensure that they are not locked into a certain level. Coaches will be re-evaluating their skills and abilities throughout the season and will move sailors up or change their level at regattas as appropriate. Sailors on the Race Team are committing to a large number of regattas and need to be aware of the time commitment due to travel. At regattas, parents are expected to work with the designated parent "regatta point person" (more info from the youth committee on this). Regattas require signing up in advance, and the fees, which are not insignificant, will be the responsibility of the individual sailor/parent/guardian.



INTRO TO C420

Age: 13 and up

Boats: Club 420

4 days/week, 3 hour class

M 10AM-1PM,

TWF 9AM-12:00PM

For those interested in racing the class will offer an introduction to C420 sailing and the boat-handling that is critical for those that want to race. They will focus on the tactics and strategies of basic racing. This is a great primer for those that did not sail in the Opti Race track.

If you did sail in Opti Race and your goal is the 420 Race Team please check with Dave or Caroline as there may be an accelerated option for you to get racing sooner in C420s.

C420 RACE TEAMS

Age: 13 and up

Boats: Club 420, J-22

A) Travel Race Team (at least 5 of 7 regattas)

B) Local Race Team (3 or more local regattas)

5 Days/week, 3 hours each day

MTWThF 1-4PM

Our focus this year is to foster the enjoyment of competing, with race results being a byproduct, and not the primary goal. Everyone wins if they like to compete, whereas only one team wins if it is only about crossing the finish line first.

All sailors new to the C420 Teams (Intro to C420 last season or new to the program) will work with the coaches at the start of the season to determine which group they should sail with. All members of the team will spend time both as a skipper and as a crew throughout the season to help foster their versatility and understanding of the integral role of both positions in the boat. This means if you normally have only skippered, expect to spend some time as a crew being paired with both experienced and less experienced sailors. We are doing this to help foster a supportive and competitive culture that will help our team and team members improve throughout the entire summer season.

The club has 6 new 420s and ten sets of race sails that are only used as travel race boats. This allows us to put our best foot forward on the race course equipment-wise, but more importantly allows us to practice more efficiently at both race team levels so that our sailors have a great opportunity whether racing on the circuit or competing in more local events. We are asking the sailors who are on the Travel Race Team to commit to at least 5 of 7 regattas. We will designate some days off based on the final regatta schedule. Even with the extensive race schedule, it is important that sailors practice so they can improve. Coaches will move sailors within the race teams depending on their commitment and focus to the teams. Coaches will also determine who sails with whom and there will be some switching up depending on the event or regatta.

At regattas, parents are expected to work with the designated parent "regatta point person" (more info from the Youth Committee on this). Regattas require signing up in advance, and the fees [which are not insignificant] will be the responsibility of the individual sailor/parent/guardian.

LASER LEARN TO SAIL

AGE: 12 and up

Boats: 4 available, or can be supplied by participant

4.7 and radial sails and lower mast sections: a few available, recommend they be supplied by participants

1 day/ week

W 9AM-12PM

This new offering will focus on developing Laser sailing skills. The Laser has been a challenging but rewarding fun boat to sail for the last 50 years. Proficiency in sailing these boats can open the door to racing in multiple events as both a youth and as an adult in the future, including the Olympics for both females and males. The different rig sizes provide options for participants weighing over 100 lbs.

LASER RACE CLINICS

AGE: 12 and up, Adults welcome

Boats: 4 available, or can be supplied by participant

4.7 and radial sails and lower mast sections: a few available, most supplied by participants

1 day / week

Th 4PM-5:30PM, followed by optional HYC

Laser fleet racing 6PM - 8PM

The lead instructor for this clinic will be Dave Penfield, and will focus on Laser racing skills. Optimal rigging and sail trim will be addressed, as well as specific skills such as tacking, gybing, starting, mark rounding, boat speed and tactics. Adults will be included, and we anticipate some of our friendly and experienced HYC fleet racers will join in to make this an excellent opportunity for youth racers to quickly learn and progress. A brief break between the clinic and the normal Thursday night races will allow for rest, hydration and nutrition. Coaching as appropriate will continue during the races for those enrolled.



HYANNIS YACHT CLUB

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