



HYC Youth Program 2023 Swaitale Week 2

General Information for all Classes

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Swimming

Beginner 1

Pam

What did swimmers learn this week?

The Beginners continued to work on blowing bubbles and firework kicks. They also learned how to do their "Doggy Arms".

What activities did swimmers complete?

With fear and trepidation for some, most of the Beginner 1 swimmers kicked to Ducky Island to rescue the stranded ducks. They chased Sally the Seahorse and pretended to be barking dogs as they swam without their duckmobiles (kickboards).

What are the goals for next week?



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Becoming more comfortable swimming without a kickboard and jumping or sliding into the crib.

Who was Swimmer of the Week?

Leighton Mazzeo for having an amazing attitude, swimming with doggy arms and big kicks and blowing lots of bubbles. **Grace Band** for overcoming her fears of the water and class, coming to class without her mom and for swimming like a fish in the deep water.

Beginner 2

Liam

What did swimmers learn this week?

The swimmers learned firework kicks, front floats on their belly, and pancake flips from their backs to their fronts.

What activities did swimmers complete?

The swimmers practiced their skills in the shallow water before swimming between ducky island and the crib where they jumped and continued practicing their newly learned skills there. We also played games on shore and danced/sang while swimming.

What are the goals for next week?

Our goals for next week are to continue refining these new skills plus practicing front glides, back glides, and jumping into the water.

Who was Swimmer of the Week?

The Swimmer of the Week in beginner 2 was **AP Henke**. She showed up to each class smiling and ready to go. She is a very fast and confident swimmer that pushes her classmates to be better. Go AP!

Beginner 3

Joan and Caleb

What did swimmers learn this week?

In Joan's group this week we worked on our firework kicks in honor of the 4th of July, rocket ship glides on our backs, and we began learning how to tread water.

In Caleb's class we learned our Firework kicks on Monday to prepare for the 4th of July, then we learned superhero glides on our back for Wacky Wednesday, and we finished up the week with our peanut butter and jelly arms (treading)!

What activities did swimmers complete?

Joan's group performed firework (kick) shows for whoever was lucky enough to be on the beach on Monday and they also competed against the instructors to see who could



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make bigger splashes while kicking. In the lanes they practiced their rocketship glides off the walls and kicking on their backs.

Caleb's group played Motorboat Motorboat to practice our awesome firework kicks, splashing all of our instructors!! We practiced our backwards glides in the lane lines and in the shallow water. We also made sandwiches with our hands and our kick boards and fed them to our ducky's to practice treading water!

What are the goals for next week?

Joan's class will continue to work on the skills from the past two weeks and focus on how to do the treading water kick next week.

Caleb's group is going to review all of our skills, practice our ice cream scoop arms, and learn our treading water kick!

Who was Swimmer of the Week?

Joan's group had two Swimmers of the Week! **Remington Ragusa** was swimmer of the week because of his great attitude and eagerness to try new skills. He swam fast all week and nailed his glides, go Remi! **Jett St. Onge** was Swimmer of the Week because he can now swim an entire length of the lanes without assistance and his floats have improved a ton since last summer. Go Jett!

Caleb's group also had two swimmers of the week! **Quinlan Cavicchi** started off the week reluctant but ended up swimming with the class for the whole time, and putting his face in the water! Great progress Quinlan!! **PJ Foran** was amazing this week!! He listens to his instructor, swims with very little assistance, and is enthusiastic to jump in the water! Great job PJ!

Advanced Beginner

Pam and Ian

What did swimmers learn this week?

We continued to work on rotary breathing with a kickboard and while using our arms. We also learned that in a bob, you have to blow out all your air under water and then come up to take one breath.

What activities did swimmers complete?

We played Whack a Mole, had gliding contests, and jumped off the dock railing when it was high tide.

What are the goals for next week?

Work on being able to sustain rotary breathing while swimming for a lap. Add the arms to our bobs, and be introduced to the dolphin kick.

Who was Swimmer of the Week?



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Posie Wiatrowski demonstrated perfect rotary breathing while kicking. She has an awesome attitude and comes to class ready to swim! **Abby Neal** had the best front glide, has a smooth freestyle stroke while breathing to the side, and comes to class ready to swim. She also has an awesome attitude! **Tyler Mazzeo** had an amazing attitude all week. He was a consistent example of a good listener on land, which truly showed once he hit the water. He was swimming on his back with his head up looking to the sky, and improving upon his rotary breathing, along with a graceful back glide! Great Job this week!

Intermediate

Pam, Ian, Caleb

What did swimmers learn this week?

It was backstroke week so we learned that as an intermediate, you have to keep your arms straight out of the water, have a bent arm underwater pull, keep them moving the entire time, and enter the water with your pinky next to your head. We also learned how to do back glides off the wall.

What activities did swimmers complete?

Backwards Day where we swam on our backs, jumped in backwards, did back “flops” and back glides, back somersaults and back jumps. We got a chance to jump off the dock railing during high tide and wear flippers for “Flipper Friday”.

What are the goals for next week?

We will begin to learn how to swim breaststroke.

Who was Swimmer of the Week?

Natalie Kohl for showing up to every class with an enthusiastic attitude, and showing great attention to detail with her arm strokes for backstroke.

Anderson Malone for picking up new skills quickly and swimming a lot of laps outside of class. He came to class with a great attitude and listening ears every day!

Swimmers

Joan and Liam

What did swimmers learn this week?

The swimmers continued to refine their front crawl with an extra emphasis on practicing their backstroke this week. They also practiced their open turns for the frontcrawl and backstroke.

What activities did swimmers complete?

The swimmers completed laps in the lanes with more specific work being done in the crib. They learned how to do backstroke drills like the “12-kick drill” and the swimming



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with a rubber ducky on their foreheads. We ended all the classes with games or competitions, and some even were lucky enough to jump off the high dock during high tide!

What are the goals for next week?

Next week is breaststroke week! We will continue to practice our frontcrawl and backstroke, while also introducing the breaststroke.

Who was Swimmer of the Week?

In Swimmers C the swimmer of the week was **Riley Walsh**. She was at each class with very refined strokes and a great attitude. While her peers groaned after being given a lap to do, she was quiet and ready to get it done. Good job!

In Swimmers B the Swimmer of the Week is **Hunter Bradley**. He always comes to class with a great attitude and is eager to learn new skills. Even when the class gets a bit rowdy, I can always count on Hunter to listen and be attentive. Go Hunter!

Advanced Swimmers

Marita and Ian

What did swimmers learn this week?

This week, the swimmers refined their backstroke and learned backstroke flipturns.

What activities did swimmers complete?

The swimmers did a lot of backstroke drills this week including balancing ducks on their head to keep their heads straight, the 10 kick switch drill, and playing games with the ducks and other classes.

What are the goals for next week?

Next week we will be working on breaststroke and learning how to do a breaststroke pullout.

Who was Swimmer of the Week?

A&B will be doing the first swimmer of the week next week since we missed a day for the 4th.

Advanced Swimmers C's swimmer of the week was **Sophia Leonard**. She came to every class with a great attitude, and showed great technique with her backstroke as she swiftly completed laps and the workouts assigned in class.

CWS

Caleb and Veronica



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What did swimmers learn this week?

We learned about Emergency Action Plans and out feet first, tuck, and pike surface dives

What activities did swimmers complete?

We practiced our surface dives in the Crib and the lanes. We also reviewed our reaching assists.

What are the goals for next week?

Next week we will learn shallow water assists and how to help with hypothermia and cramps

Swim Team

Joan and Marita

What did swimmers learn this week?

Swim Team continued to build their endurance this week by swimming longer distances and completing more difficult workouts. We also worked on how to read and understand the workout board, learning swim distances and abbreviations.

What activities did swimmers complete?

During practices we practiced our turns and starts in preparation of our first competition next week against Wianno.

What are the goals for next week?

We are all super excited to compete next week in our first home meet and continue building our endurance!

Instructor Training

Pam and Dave

What did instructor trainers learn this week?

They learned about the stages of motor skill acquisition and some of the characteristics of a fearful and anxious swimmer and sailor. They also learned about scope when anchoring.

What activities did instructor trainers complete?

On land they came up with images for skills they might be teaching and on the water they had some real-life training when they had to help an opti sailor in distress.

What are the goals for next week?

Talk about good communication skills and teaching principles.

Who earned a shout out this week?



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Eleanor Bullock and Fritz Conaty for their class participation and desire to volunteer in lots of classes.

Sailing

Pee Wee

Charlie, Aiki, Oscar, and Evan

What did sailors learn this week?

This week the PW sailors learned different points of sail and they learned how to tack.

What activities/drills did sailors complete?

We did an on land tacking activity.

What are the goals for next week?

We may try capsizing if weather permits and we will learn gybes.

Who was Sailor of the Week?

Audrey and Hunter were our sailors of the week.

Seamen

Aiki, Julia, Oscar, and Charlie

What did sailors learn this week?

This week Seamen learned how to gybe properly and capsize recovery! We also reviewed the points of sail and parts of the sail.

What activities/drills did sailors complete?

Seamen B completed capsize recovery and tacking/gybing on the whistle.

What are the goals for next week?

The goals for next week are setting marks to do some racing in class!

Who was Sailor of the Week?

Francis, Quinn and Grady were out sailors of the week! Congrats guys!

Mates

Julia and Aiki

What did sailors learn this week?

This week our mates learned how to tack and gybe in the J22's. We also learned how to get in and out of a safety position.

What activities/drills did sailors complete?

Our sailors completed a lot of different whistle drills this week. Whistles directed the kids when to tack, gybe, get into safety position, get out of safety position, and man overboard.

What are the goals for next week?



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Next week our goals are to continue practicing controlled gybe. We will also work on capsizing and sailing to a mark.

Who was Sailor of the Week?

This week's sailor of the week was vivienne! She has made so much progress over this week!

Captains

Oscar, Gino, Evan, and Dr. Dave

What did sailors learn this week?

This week we went spinnaker flying and wing surfing!!

What activities/drills did sailors complete?

On Thursday we used spinnakers, practicing launch, flying and recovery!! On Friday we went wing surfing and laser sailing!!

What are the goals for next week?

Our goals for next week is to continue working with spins and launch kites on the J22!!

Who was Sailor of the Week?

To our sailors of the week; Christopher, Matthew and Lincoln, you guys did such an amazing job running spins on Thursday!! For the first time ever using the kite on a quest, the guys launched, flew and recovered the spins like pros!!

Opti 1

Caroline, Peter, Jack, and Sophie

What did sailors learn this week?

The class has now renamed itself to "Opti Awesome" and they truly are awesome! The coaches and I have never before seen sailors pick up completing a figure-8 course independently as fast as this class has. We jumped into planned goals from week 3 curriculum in week 2! They were able to complete mark roundings, sail on a reach, tiller towards trouble, sail around a figure-8 course, and launch off/land on the beach.

What activities/drills did sailors complete?

Figure 8 course

What are the goals for next week?

Gybing and downwind sailing

Who was Sailor of the Week?

Colin Neal, Ryder Garvey, and Joey Edelmann all were so excited to sail they spent their free time outside of class on two different days sailing their optis! Way to go we love seeing you three having fun in your optis!

Opti 2

Jack, Caitlin, Sophie, and Gino

What did sailors learn this week?



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This week, the sailors learned how to properly tack, gybe, and sail close hauled (upwind)!!

What activities/drills did sailors complete?

The sailors completed games of follow the leader, gybing and tacking on the whistle, completing a windward-leeward course, which they aptly named a dinosaur course, and played a competitive game of boom tag.

What are the goals for next week?

Next week, we will continue to work on maintaining sail trim and body positioning while sailing upwind, as well as introducing a triangle course.

Who was Sailor of the Week?

Our sailor of the week was Emma! Emma was helpful and encouraged her classmates, and her confidence on the water was inspiring for everyone around her. She dominated the windward-leeward course and instructed sailors who were struggling to follow her in order to get a hang of the course, great work Emma!

Opti 3

Jack, Caitlin, and Charlie

What did sailors learn this week?

The sailors this week practiced their tacking and gybing on the whistle. On thursday we went to stage Harbor and they learned how to race for most of them for the first time at a venue not HYC

What activities/drills did sailors complete?

The drills that the sailors worked on this week are tacking and gybing on the whistle. They did 5 races while at stage harbor and today they worked starts and how to unload a trailer.

What are the goals for next week?

The goals for next week are to work on our downwind tactics and how to successfully gain boats on downwind legs.

Who was Sailor of the Week?

Our sailor of the week for this week is Marin. Marin did an outstanding job at our regatta yesterday and improved her result throughout the day. Her positive attitude on monday towards the regatta was contagious and was continued into race day. She also during the last race of the day, while in second on the down wind, was so impressed with her performance that she yelled my name to make sure I saw her placement.

Opti 4

Leah, Peter, and Gino

What did sailors learn this week?

This week Opti Race focused on touching up our racing skills. Thursday was our first event of the season, Davis and Grace represented HYC with some stellar results!

What activities/drills did sailors complete?



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On Monday we worked on boat handling with tacking and gybing drills, as well as our mark roundings. We picked up again on Wednesday with some starting practice and some racing with the opti 3 class.

What are the goals for next week?

We are going to keep getting sailors ready to compete in regattas with additional drills on starts and fleet management strategy!

Which sailor is getting a shout out this week?

This week's shoutout goes to Davis for a top three finish at Stage Harbor Regatta!

420 Intro

Sophie, Lila, and Patrick

What did sailors learn this week?

Our sailors learned how to rig a spin this week, and we also taught them how to get out on the trap wire in a controlled setting.

What activities/drills did sailors complete?

Although we had another tough week with sailing conditions, our sailors all practiced getting on the wire in shallow water, and we were able to get out on the water on Friday for some tacking and gybing practice around a hot dog course.

What are the goals for next week?

Next week, we will be focusing on learning how to fly spinnakers on the downwind, and we will also start incorporating practice starts and starting drills into our practices.

Which sailor is getting a shout out this week?

This week's shoutout goes to Jameson McAlpine. Jameson was very quick to pick up our trapping drill on Wednesday, he looked very comfortable on the wire, and he has been very versatile in the boat as both a skipper and crew who enjoys both!

420 Race

Carter, Patrick, and Lila

What did sailors learn this week?

This week sailors continued to refine their boat handling and starting strategies. We also had the opportunity for a long chalk talk on Wednesday about race strategy and tactics. On Friday sailors also got a crash course in team racing.

What activities/drills did sailors complete?

Sailors completed a range of starting and boat handling drills. We also had our first all-day race day outside the cut. We were able to get five long races off and had lunch on the water.

What are the goals for next week?

Edgartown

West Dennis

Which sailor is getting a shout out this week?



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We would love to shout out Phineas and Phoebe Foraste this week. This is the first year ever sailing 420's and they consistently place in our top five.

ILCA Race

Dr. Dave & Gino

What did sailors learn this week?

Boatspeed, boat handling, roll tack improving, hiking technique.

What activities/drills did sailors complete?

Follow the leader with starts on whistle, windward leeward racing.

What are the goals for next week?

Working on gybes, sail trimming, downwind surfing technique.

Which sailor is getting a shout out this week?

The club members for donating boats and helping us grow the fleet, in one week we duplicated our number of boats and sailors!