



HYC Youth Program 2023 Swaitale Week 3

General Information for all Classes

Click on the link with the name of your child's swimming or sailing class for more information about what they learned this week!

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Swimming

Beginner 1

Pam

What did swimmers learn this week?

The swimmers were introduced to "Reach or Throw, Don't Go" on Monday, Starfish floats on back Wednesday, and on their front on Friday.

What activities did swimmers complete?

The children had an opportunity to "rescue" the junior instructors on Monday with a kickboard. They swam in the crib using their doggy arms - all the beginner 1's got in the water from the deep end in the wind, fog, and rain. What an awesome group! On Wednesday we enjoyed acting out the 'Goldfish' song on land and in the shallow and deep water as we practiced our floats. The children were great goldfish sleeping on the



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rock and using their doggy arms to swim. Friday was another windy day, so the children learned about swimming with a buddy and then found turtles on the dock on their way to the crib.

What are the goals for next week?

Kicking on our back and becoming comfortable on our back.

Who was Swimmer of the Week?

Logan Gershow started off the summer scared to be in lessons and to swim in deeper water. Now he is swimming confidently to Ducky Island, in the crib, and in the lanes. He is putting his face in the water and blowing bubbles. **Casey Hansen** has been a quiet member of the Beginner 1 group but has tried every skill introduced. She is growing in her confidence in the water and is steadily improving in her doggy arms and bubble blowing.

Beginner 2

Liam

What did swimmers learn this week?

In week three the Beginner 2s learned doggy arms and reviewed their previous skills plus jumps during the two poor weather days they had this week.

What activities did swimmers complete?

The swimmers completed games on the beach and learned their skills in the shallow end. They then practiced these newly learned skills in between ducky island in the crib. In the down time we all danced and sang the ducky dance and wheels on the bus.

What are the goals for next week?

Our goals for next week are to learn front glides, kicking on our back, and back glides. We will also of course continue to review our previously learned skills.

Who was Swimmer of the Week?

Our swimmer of the week was **George Ruane!** He had a couple of classes early on in the summer where he was not very interested in swimming and had some tears. This week however, George was super excited to swim, he listened great and did everything well. Even outside of class George was talking about how excited he was for the next class. Good job George!

Beginner 3

Joan and Caleb

What did swimmers learn this week?



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During our rainy Monday class we learned the water safety skill “Reach or Throw, Don’t Go.” On Wednesday we learned our “ice cream scoop” arms, which will eventually progress to the front crawl.

What activities did swimmers complete?

The swimmers practiced reaching their kickboards out to “save” their instructors. To practice their ice cream arms we pretended the crib was an ice cream store and we scooped all of our favorite ice cream flavors with our “ice cream scoop” arms.

What are the goals for next week?

Next week we will focus on swimming on our backs. Swimmers will practice kicking on their backs with their kickboards and their flying fish arms.

Who was Swimmer of the Week?

In Joan’s group, **Henry Band** and **Harper Ragusa** were the Swimmers of the Week! Henry has had a great attitude all summer, always listening and coming to class with a smile on his face, great job Henry! Harper ‘s front and back floats have improved a ton and she always does great superman and rocket ship glides off the wall, great job Harper!

In Caleb’s group the Swimmer of the Week was **Gigi Scichilone**! Gigi started this summer with a 3 bubble but by the end of this week she worked her way all the way down to no bubble! Gigi always comes to class excited and ready to learn, great job Gigi!

Advanced Beginner

Pam and Ian

What did swimmers learn this week?

It was elementary backstroke week! We learned the kick, the armstroke, and putting it all together.

What activities did swimmers complete?

“Soldier, chicken, airplane, 1, 2, 3” was the mantra this week. The swimmers practiced on land playing Simon Says, making “sand angels”, doing the chicken dance, practiced in the shallow water and in the crib, and finally put it all together. They will be continuing to work on this stroke for the rest of the summer. The kick can be challenging for those swimmers who don’t naturally flex their feet which is why we practiced it on land on the picnic tables and in the shallow water manipulating each child’s feet before trying it in the deep water.

What are the goals for next week?

We’ll be on our back again, perfecting our backstroke!

Who was Swimmer of the Week?



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Charlotte LaFrance is working really hard on all her strokes. She has a beautiful freestyle - her stroke is smooth and she breathes during a single arm stroke. She has a streamlined front and back glide and a positive attitude.

Parker Wallin makes any class or activity he partakes in brighter. Always eager to swim and learn, and even sits on the beach early waiting for the instructor jokingly commenting that the instructors are the ones who are late. His constant and neverending joy paired with his drive to improve his strokes, as well as his speedy freestyle stroke, made him the swimmer of the week.

Intermediate

Pam, Ian, and Caleb

What did swimmers learn this week?

It was breaststroke week! The swimmers first worked on learning the arm strokes and breathing patterns of the stroke. Using noodles under the swimmers armpits, they practiced their arm strokes up and down the lanes. Once swimmers have learned the arms, we then introduce the kick, isolating each movement of arms and legs, then finally putting it all together in the last class of the week.

What activities did swimmers complete?

Swimmers completed arm stroke drills with pool noodles, leaving their legs dragging behind. Then Intermediates practiced their legs holding the noodle or kickboard out in front of them. Then completed laps with their newfound stroke! They did some noodle races and noodle jumps.

What are the goals for next week?

Continue breaststroke and review/relearn elementary backstroke.

Who was Swimmer of the Week?

Matthew Castle had a great week, he really worked hard on land, and it showed once he hit the lanes. Learning a new stroke is no easy task, but he took the challenge head on! **Matthew Hand** has come to every class with a positive attitude and a willingness to try new strokes, He's a good listener. He has worked hard on keeping his arms straight and moving on backstroke and gliding on the breaststroke.

Swimmers

Joan and Liam

What did swimmers learn this week?

This week was breaststroke week! The swimmers continued to build upon their previous knowledge of the stroke and learn the more technical aspects. During the first class of



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the week we focused on the kick, the second class was devoted to the arms, and for the third class we put the whole stroke together with a focus on the timing.

What activities did swimmers complete?

The swimmers used pool noodles under their armpits to learn how to keep their arm stroke small during the breaststroke, and for a fun game at the end they competed in “pool noodle horse” races in the lanes.

What are the goals for next week?

Next week we will be focusing on the Butterfly. Again, we will break the stroke up by focusing on the dolphin kick one day and the arms the next.

Who was Swimmer of the Week?

A- In Swimmers A the swimmer of the week was **Saylor St Onge!** Saylor did all of her laps without complaining and came to each class with a good attitude. Her strokes are very refined and she completed her workouts quickly and with a smile on her face. Well done Saylor!

Colin Neal is Swimmer of the Week! This week Colin did a great job with breaststroke and all of his strokes have improved a ton. His attitude is always great and has a smile on his face everyday!

C- In Swimmers C the swimmer of the week was **Emma Wallin!** Emma has shown great improvement this summer and has been displaying a great attitude. Even when her classmates groan upon receiving a lap to do next, she stays composed and completes her workout with great skill and speed. Great job Emma!

Advanced Swimmers

Marita and Ian

What did swimmers learn this week?

The swimmers focused on breaststroke and learned how to do a breaststroke pullout.

What activities did swimmers complete?

The swimmers swam lots of laps to help with their mile requirement. The majority were centered around breaststroke and included a variety of breaststroke drills. The A & B sections did a workout with flippers to cap off a great week.

What are the goals for next week?

Next week we will be focusing on butterfly.

Who was Swimmer of the Week?



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A: **Weston Stanney**. Wes did a great job this week listening and improving his breaststroke skills. He applies what his instructors tell him to his strokes and always comes to class with a good attitude and no complaining.

B: **Jacey Wiatrowski**. Jacey always brings a smile and a positive attitude to class. She is eager to learn new skills and is always asking how to improve her strokes. Her willingness to learn and improve is infectious and makes the whole class brighter.

C: **Ellie Edelmann**. Ellie came to class as a silent leader. Not the most outspoken on land, but her strokes in the lanes did all the talking. Her breaststroke technique was great and with some patience and attention to detail, she was able to majorly improve upon her breaststroke pullouts.

CWS

Caleb and Veronica

What did swimmers learn this week?

This week, CWS swimmer learned about shallow water assists and shallow water spinal stabilization techniques.

What activities did swimmers complete?

We practiced our skills in the shallow water after watching demonstrations, then we went to the crib and lanes to review surface dives and stride jumps.

What are the goals for next week?

Next week we will continue with spinal rescues, and learn about the spinal backboard.

Swim Team

Joan and Marita

What did swimmers learn this week?

This week swimmers continued to build their endurance, while also practicing racing and turns. On Thursday we learned how to use the pace clock to time their workouts and keep track of their splits.

What activities did swimmers complete?

On Wednesday the Swim Team had their first swim meet! The swimmers did great and it was so fantastic to have so many people cheering for the team on the dock!

What are the goals for next week?



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Next week we will be working on our technique through drill-based practices. We will also continue to practice with the pace clock and shorten our split times. On Thursday we will travel to Great Harbors in Falmouth for our second swim meet.

Instructor Training

Pam and Dave

What did instructor trainers learn this week?

We talked about intrinsic and extrinsic motivation, positive and negative reinforcement, and good communication skills.

What activities did instructor trainers complete?

On land they role played poor communication scenarios and on the water they observed sailing classes and practiced anchoring.

What are the goals for next week?

Begin discussing the components of a lesson plan.

Who earned a shout out this week?

Fritz Conaty for volunteering on days he doesn't have to be at the club and for motivating his Beginner 3 swimmer to do all the skills.

Sailing

Pee Wee

Charlie, Aiki, Oscar, and Evan

What did sailors learn this week?

This week the PW sailors learned gybing, how to recover a capsized boat, and we had a review session of what we've learned so far on our rain day.

What activities/drills did sailors complete?

Every PW successfully capsized an RS Quest and they all loved it!

What are the goals for next week?

Next week we'll learn how to use jibs on j-22's and RS Quests.

Who was Sailor of the Week?

Our sailors of the week were Gigi and Quin!

Seamen

Aiki, Julia, Oscar, and Charlie

What did sailors learn this week?



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Seamen learned how to tack to a mark and did some more practice with tacking and gybing on the whistle.

What activities/drills did sailors complete?

Seamen B completed Man Over Board, tacking/gybing on whistle, and tacking to a mark. Seamen A had some trouble earlier in the week with rigging and derigging the J22s, so today we focused on how to properly take care of our boats and materials.

What are the goals for next week?

Windward leeward courses with the help of JI's. Seaman A will be sailing quests next week to get more comfortable in a smaller boat.

Who was Sailor of the Week?

Layla, Luca, Poise and Blake! Congratulations everyone!!

Mates

Julia and Alik

What did sailors learn this week?

This week our mates started out the week with some rough weather, but it was beautiful for the rest of the classes. This week we reviewed tiller positioning, and introduced the idea of "pinching" and how to prevent it by reading telltales.

What activities/drills did sailors complete?

Our mates worked on tacking upwind to round a mark, focusing on pointing as high upwind as they can. We also practiced some capsizing off the dock before having some fun at egg island to finish off the week.

What are the goals for next week?

Next week the plan is to focus on how to properly trim sails based on your point of sail. As well as getting some more practice identifying what point of sail they are on while on the water.

Who was Sailor of the Week?

This week's sailor of the week Ana! This was Ana's first week with us and she was so great just hopping right in with everyone. Congratulations Ana!!!

Captains

Oscar, Gino, Evan, and Dr. Dave

What did sailors learn this week?

In preparation for our captains overnight trip we practiced anchoring on Tuesday. On Thursday in medium to heavy weather we got our captains trapping!!! On Friday we ripped around the harbor winging and trapping again!!

What activities/drills did sailors complete?

For our anchoring practice we revised our theory on lad following by anchoring and checking ranges off egg island

For our trap, we first practiced trapping on land followed by an on the water session, working with senior instructors and JIs sailed upwind allowing the captains to get out on the wire!



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What are the goals for next week?

Next week we hope to get out on big boats and get some practice in before our big trip!!

Who was Sailor of the Week?

To Ian Homa, Sophia Patoucheas, Caleb Nath, our sailors of the week, you were all so willing and brilliant at trapping, along with being attentive during chalk talks! Nice work!

Opti 1

Caroline, Peter, Jack, and Sophie

What did sailors learn this week?

On Monday morning it was foggy and windy so we took a sea glass hunt walk, explored “out the cut,” sharks, and ocean pollution. On Tuesday we had the whole class on the water sailing at once! Friday we reviewed capsizing safety.

What activities/drills did sailors complete?

Figure eight and capsizing

What are the goals for next week?

Crossing the channel!

Who was Sailor of the Week?

Parker Wallin - He was nervous about sailing on his own and asked to be the last to launch. After helping the rest of the class launch their boats he sailed and had a great time. He was the last on the water and asked to stay out longer because he was having so much fun! We're proud of you Parker!

Will Duggan - He is always excited to sail and help his friends! He has become skilled at completing challenges by working on the opti 2 skill of tight mark roundings, nice work Will!

Opti 2

Jack, Caitlin, Sophie, and Gino

What did sailors learn this week?

The sailors learned tacking and gybing on a dinosaur (windward leeward) course. They also learned on how to sail a dinosaur course with a tail (triangle) on Thursday.

What activities/drills did sailors complete?

The activities that we did this week is sailing around a triangle and a windward leeward

What are the goals for next week?

Who was Sailor of the Week?

Paddy and Tommy were sailor of the week for this week. They were both super helpful when it came to taking boats down and making sure they were rigged on time and even on Thursday being rigged before class.



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Opti 3

Jack, Caitlin, and Charlie

What did sailors learn this week?

The sailors learned downwind sailing and tactics this week. They also learned how to sail in heavy wind on Monday. We had many nose dives and capsizes but everyone had a fun day. Tuesday we went into pieties cove and practiced covering on the downwind. Thursday we started our summer race series where we are going to keep scores through the whole summer and at the end of the summer we will add everyone's scores together.

What activities/drills did sailors complete?

The sailors this week did windward leeward courses and triangle courses.

What are the goals for next week?

The goal for next week is body positioning

Who was Sailor of the Week?

This week's sailor of the week is Saylor! This week she was super nervous to sail on Monday when it was super windy but when she got out on the water she killed it. She was calm on the water and even though she capsized and nose dived on the way in she still had a smile on her face. She also helped out opti 2 on Wednesday when she didn't even have class. She also was very enthusiastic to sail the triangle course.

Opti 4

Leah, Peter, and Gino

What did sailors learn this week?

The sailors learned about defensive and opportunistic sailing on the race course. We introduced more pre-start and on the water drills to keep in mind while either before or waiting for racing.

What activities/drills did sailors complete?

We completed a range of drills from downwind tactics to long upwinds. We also looked over a technical approach towards adjusting the sail's controls in relation to the leg of race they are on.

What are the goals for next week?

The goals for next week is to introduce the strategical plan of a race, beginning from the pre-start and ending with how to deal with the after results.

Which sailor is getting a shout out this week?

Lizzie was the stand out star at Edgartown this weekend, and all the sailors too! Congrats Lizzie!

420 Intro

Sophie, Lila, and Patrick

What did sailors learn this week?



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Our sailors continued working on boat handling techniques this week. We also introduced starting tactics and spinnakers this week. We practiced starting as well as setting, flying, and dousing the spinnaker off the floating docks (check out the HYC sailing instagram for pictures!).

What activities/drills did sailors complete?

We did lots of follow the leader drills this week to nail down boat control and boat handling through maneuvers.

What are the goals for next week?

Our goal for next week is to get out sailing and racing with spinnakers up and full as well as to learn how to gybe with spinnakers. We are also hoping to send a couple of our girl boats to Gill, the all women's regatta next week (stay tuned for an email for those who will be going!).

Which sailor is getting a shout out this week?

This week's shout out goes to Grace Lindsay and Alex Parker because they were able to rig all three sails the fastest out of the whole class during practice on Wednesday with an impressive time of just 12 minutes!

420 Race

Carter, Patrick, and Lila

What did sailors learn this week?

This week sailors continued to learn about different starting strategies. The sailors were also introduced to match racing. Match racing is a style of racing where boats compete one on one.

What activities/drills did sailors complete?

Sailors completed a range of starting drills including ones that forced them to be stopped on the line at "go". This helps our races fine tune their boat handling skills while also fighting for space on the starting line.

What are the goals for next week?

Next week is a big week for our team. We have two regattas, Vineyard Haven and Gill. We are looking forward to these events and can't wait to watch our sailors succeed.

Which sailor is getting a shout out this week?

This week we would like to shout out Christina and Helen Pols. The two of them made huge strides at practice this week and stayed focused despite the small fleet.

ILCA Race

Dr. Dave & Gino

What did sailors learn this week?

We worked on starting on Tuesday.. Friday due to thunderstorms we discussed downwind sailing technique and had fun on a hiking bench

What are the goals for next week?

We will work on S curves and steering by weight downwind.

Which sailor is getting a shout out this week?

Scott Parrella for getting an outstanding start in Thursday racing after the drills