



HYC Youth Program 2023 Swaitale Week 4

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 beginners learned how to kick on their backs using a kickboard, how to hide like a turtle, and life jacket safety. .

What activities did swimmers complete?

We played hide and seek on land and in the water using turtles, the H.E.L.P. and huddle positions when wearing life jackets, and kicking on our back while holding a kickboard.

What are the goals for next week?

Swimming on our back

Who was Swimmer of the Week?



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Walter Shevory was fantastic at hiding like a turtle in its shell in the water. He loves to put his head and face in the water!

Beginner 2

Liam

What did swimmers learn this week?

This week the swimmers learned front glides, kicking on their backs, and life jacket safety. They also reviewed old skills such as doggy arms, turtle bobs, and pancake flips.

What activities did swimmers complete?

The swimmers learned these skills via demonstration on the beach and in the shallow water. These skills were then practiced in the crib, at ducky island, and in between.

What are the goals for next week?

The goals for next week are to learn back glides, treading water, and searching for submerged objects. Of course, we will keep reviewing previous skills as well.

Who was Swimmer of the Week?

Our two swimmers of the week in Beginner 2 were **Ryan Hand** and **Lola Kesten**. Both of these swimmers started the summer a bit reluctant to get in the water but this week they showed great improvement. They were excited to go swimming and learn any skills they were told to learn. Ryan and Lola both ended the week with some great jumps on lifejacket day. Good job guys!

Beginner 3

Joan and Caleb

What did swimmers learn this week?

This week, Beginner 3s learned how to do their flying fish arms on their backs, searched for buried treasure underwater, and learned how to properly use life jackets in the water

What activities did swimmers complete?

We competed against our classmates in a relay race on land to practice our flying fish arms before getting in the water, and we did our HELP and Huddle positions on the way to Ducky Island wearing our life jackets

What are the goals for next week?

Next week swimmers will learn about bowl arms and practice reducing bubbles!



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Who was Swimmer of the Week?

I'm Caleb's group, **Liam Cobb** was the swimmer of the week! He continues to be enthusiastic to swim and even demonstrated for his classmates. Great job Liam!

Advanced Beginner

Pam and Ian

What did swimmers learn this week? We continued to work on our elementary backstroke, but focused on backstroke and life jacket skills.

What activities did swimmers complete?

We learned that in advanced beginner, to correctly swim backstroke one has to keep their arms straight on the recovery (the part out of the water) and keep them moving the entire time, like a windmill. Pam's class learned how to identify their names backwards on backwards day, jump in backwards, do back glides, and swim with flippers. Ian's class learned about the H.E.L.P and HUDDLE positions while wearing a life jacket as well as how to put a life jacket on in the water and how to jump in with one on. We got a chance to jump in from the middle T and the dock railing during high tide. Intermediate B started working on their dives!

What are the goals for next week?

Dolphin kick and dives.

Who was Swimmer of the Week? **Adelaide Ruane** was swimmer of the week for her amazing backstroke, positive attitude and great listening skills. She has wonderfully straight arms on her backstroke recovery and really keeps her arms moving.

Intermediate

Pam, Ian, and Caleb

What did swimmers learn this week?

Soldier, Chicken, Airplane, Glide could be heard in the lanes this week during the intermediate classes. The children worked on their elementary backstroke as well as their breaststroke timing. On Friday they learned some life jacket survival skills.

What activities did swimmers complete?

We had a soldier, chicken, airplane jump contest. On life jacket day on Friday we also learned the H.E.L.P and HUDDLE positions, how to jump in with a life jacket on, and how to put a life jacket on in the water. We jumped off the middle T and the dock railing while wearing a life jacket. We continued to use a noodle to work on breaststroke timing. We looked at our peers swimming the stroke to identify areas to improve and things that were working.

What are the goals for next week?



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Dolphin kick, sidestroke, and dives.

Who was Swimmer of the Week?

Dylan Woolf for swimming outside of class, having a positive attitude, and really; working hard to improve his backstroke and breaststroke.

Swimmers

Joan and Liam

What did swimmers learn this week?

The swimmers learned the butterfly stroke this week. They started the week with just the dolphin kick and eventually had a strong understanding of the whole stroke by the end of the week. Our backstroke, breaststroke, and front crawl were reviewed as well. This was also the first week where the swimmers were introduced to flip turns. They began with just somersaults in the water but some of the swimmers had the flip turns down by the end of the week.

What activities did swimmers complete?

The swimmers learned their technique on land through videos and discussion with instructors. We then used the crib to critique and the lanes to practice/ workout during class.

What are the goals for next week?

The goals for next week are to continue reviewing these strokes and learning flip turns. Most importantly however, next week is sidestroke week!

Who was Swimmer of the Week?

A- In Swimmers A the swimmer of the week was **Leonard Zarum**. He has shown great knowledge and skill in his strokes all summer and this past week showed excellent butterfly. Great job Leonard!

D- In Swimmers D the swimmer of the week was **Konrad Farr**. This is his first summer learning and seeing some of these strokes, such as butterfly and breaststroke, but has been a great learner. He is a very teachable kid and has shown great improvement in such little time. Well done Konrad!

Advanced Swimmers

Marita

What did swimmers learn this week?

The swimmers learned butterfly this week.

What activities did swimmers complete?



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The swimmers did lots of dolphin kick and butterfly drills and enjoyed using flippers for butterfly week. They also worked on their speed and endurance by completing a workout on the last day of class.

What are the goals for next week?

Next week will be more relaxing as we work on elementary backstroke and sidestroke.

Who was Swimmer of the Week?

A: **Colton Rapalje** He has been great all summer in class and is constantly looking for ways to improve his strokes. He is always striving to be better and had a great attitude during butterfly week.

B: **Maddie Cobb** She excelled this week with butterfly and did a great job perfecting the stroke. She is a joy to have in class and is always listening, trying her hardest, and encouraging her classmates.

CWS

Caleb and Veronica

What did swimmers learn this week?

We learned about spinal injuries and the use of the spinal back-board, as well as swimming with the rescue tube

What activities did swimmers complete?

We practiced strapping our JI into the back-board and we did a tube relay race!

What are the goals for next week?

Next week we will use life jackets and the rescue board to learn the proper uses of each.

Swim Team

Joan and Marita

What did swimmers learn this week?

This week we prepared for the swim meet by practicing starts in the water and learned how to do kick, pull, swim and breath control workouts.

What activities did swimmers complete?

The swimmers had practice and a Swim Meet at Great Harbors. All of the coaches were SO impressed with everyone's attitude and sportsmanship at the meet. As a whole team, it was the best demonstration of sportsmanship at a meet we've seen in a while and we are so proud of the team.

What are the goals for next week?



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The goals for next week are to prepare for our last home meet of the summer on Thursday. Our T-Shirts are ready so we will be handing them out next week and can't wait to see everyone decked out at the meet!

Instructor Training

Pam and Dave

What did instructor trainers learn this week?

We began learning about the parts of a lesson plan.

What activities did instructor trainers complete?

They brainstormed what they thought the swim/sail lesson components were and then learned about several direct teaching methods. On the water they learned how to rig a J22.

What are the goals for next week?

Write lesson plans!

Who earned a shout out this week?

Jameson McAlpine and Sophia Patoucheas have had great attendance in class and provide helpful feedback about their volunteer experiences. They were both great when critiquing several sailing classes, finding things that went well and things that could be improved.

Sailing

Pee Wee

Charlie, Alik, Oscar, and Evan

What did sailors learn this week?

This week the PW sailors learned more about jibs

What activities/drills did sailors complete?

The sailors taked and gybed with the jibs and learned how to use winches on J-22's

What are the goals for next week?

Next week we'll begin rounding marks to improve our boat handling

Who was Sailor of the Week?

Our PW sailors were Kate and Austin.

Seamen

Alik, Julia, Oscar, and Charlie



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What did sailors learn this week?

Seamen learned how to adjust their sails on different points of wind!

What activities/drills did sailors complete?

Sailors did a hot dog course and a froggy course this week!

What are the goals for next week?

The goals for next week are sailing without a J1 bad flying a spinnaker on the quests!

Who was Sailor of the Week?

This weeks sailor of the week in Seamen B was Abby and Adelaide for having a good attitude and helping their friends!

This week's sailor of the week in seaman A was Dylan! He is always eager to learn new things and was a big help with putting away the J22's.



Mates

Julia and Alik

What did sailors learn this week?

This week our mates class continued to work on points of sail. And we introduced the three different types of reaches, broad reach, close reach and beam reach. We also talked about how to prevent an accidental gybe, and how to use the controls on the boat to depower sails.

What activities/drills did sailors complete?

We worked on sailing a windward leeward course this week to work on their upwind sailing and gybes.

What are the goals for next week?

This week I was really proud of my mates class. For the first time this summer the kids were the ones in complete control of the boat. With junior instructors only on the boat as safety precautions. Next week I would love to have them sailing completely on their own.

Who was Sailor of the Week?

This week's sailor of the week was Payton! Payton has always been eager to take a turn skippering the boat and help out his friends.



HYC Youth Program 2023 Swailtale Week 4

Captains

Oscar, Gino, Evan, and Dr. Dave

What did sailors learn this week?

This week we prepped for our big boat overnight sail on the 27th. We used spinnakers on j22s, sailed out the cut in swell and went sailing on Dr Dave's boat!!

What activities/drills did sailors complete?

For spinnaker work we set long downwind legs, practicing launching, flying, gybing and dropping.

After this we did wavy upwind grinds out to the HH buoy!!

Sailing on Dr Dave's Blue Sky's helped the trainees prep for the sail next week!!

What are the goals for next week?

Next week we hope to get more big boat experience along with some navigation experience!!

Who was Sailor of the Week?

To Lincoln Spillane and William Castle, I was really impressed with your quick learning and hard work on Blue Skies on Thursday!!

To Stella Greer, you were so great at running bow on our Tuesday session flying spins on J22's!!

Opti 1

Caroline, Peter, Jack, and Sophie

What did sailors learn this week?

Sailors worked on gybing this week and sailing across the channel!

What activities/drills did sailors complete?

Follow the leader, hot dog course, and lots of surprise gybes!

What are the goals for next week?

Sailors will learn about mainsail trim and upwind sailing. They did a great job this week working through their fears about sailing in particular with gybing. Next week we want sailors to build up some confidence and have some fun on the water! We hope to introduce them to a fun game next week called water basketball on Friday!

Who was Sailor of the Week?

Rytas has been fearless this week and when other sailors needed help he continued to follow instructions and stay on the course. Congratulations!

Edward after having a challenging day with an injury came back on Friday with energy and enthusiasm. He continues to put in effort every day and is now one of the most skilled at follow the leader. Nice job!

Opti 2

Jack, Caitlin, Sophie, and Gino

What did sailors learn this week?



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This week, the Opti 2 sailors learned how to race!

What activities/drills did sailors complete?

The sailors completed a triangle course, a figure 8 course, and a triangle with a start and finish line during a race.

What are the goals for next week?

Next week the sailors will partake in a friendly competition on Wednesday to simulate a real regatta to prepare for Wequaquet Lake and the HYC Invite.

Who was Sailor of the Week?

Our sailors of the week were Kate and Colin. Kate had a great attitude while racing and improved with each race we did. She also volunteered to take a friend in her boat when they were unable to sail their own. Colin was eager to learn how to race and asked insightful questions, which led him to getting two first place finishes. Great job Kate and Colin!

Opti 3

Jack, Caitlin, and Charlie

What did sailors learn this week?

This week the sailors started the week by going past the Hyannis port breakwater and then having a race day on Tuesday. On Thursday we introduced the box start drill where the sailors cannot enter the box at the start line until after 1 minute. On Friday we are going to work on races with a gate and how to round a gate on the downwind leg.

What activities/drills did sailors complete?

The drills that we worked on were tacking and gybing on the whistle. We also did races and the box drill.

What are the goals for next week?

The goal for next week is to crush Wianno next week. We also are going to work on efficient tacking and gybing.

Who was Sailor of the Week?

Sailor of the week for this week is Zoe. Zoe came into this week as her first week this summer after sleep away camp. She didn't complain and she was rigged and ready before 1. She also was super happy and excited to go sailing. On Thursday she was feeling hot and she came up to my boat and was willing to start to learn what she missed the first three weeks.

Opti 4

Leah, Peter, and Gino

What did sailors learn this week?

After finishing up a busy week and a half of regattas, Opti 4 had some fun in J22s on Wednesday, Thursday and Friday this week the focus has been starting strategy and boat handling.

What activities/drills did sailors complete?



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Some starting drills we worked on this week was Line Sight practice, holding our spot by a mark, and mystery starts.

What are the goals for next week?

Next week we will look into upwind strategy and if the wind cooperates some upwind boat handling such as roll racks and accelerations.

Which sailor is getting a shout out this week?

This week the sailor who will be getting a shout out is _____ for _____.

420 Intro

Sophie, Lila, and Patrick

What did sailors learn this week?

What activities/drills did sailors complete?

What are the goals for next week?

Who was Sailor of the Week?

420 Race

Carter, Patrick, and Lila

What did sailors learn this week?

This week we shifted our focus to team racing. We took the time on Thursday to have a long chalk talk about team racing strategy as well as watching some film from this year's College Team Racing Nationals to dissect the different race strategies from the current college fleet.

What activities/drills did sailors complete?

Sailors started off the week by slowing down a bit and getting their boat handling dialed back in after a week of regattas. As the week progressed we shifted to team racing and ran constant practice races.

What are the goals for next week?

As we approach the SMSA team race, we will continue to work on team racing to stay familiar with the tactics. Next week we will have a full week of practice with no regatta interruptions, so the other coaches and I are excited to get some good drills and chalk talks in.

Which sailor is getting a shout out this week?

We would like to shout out Lydia and Angelina P. for doing a great job at Gill this week. They not only performed well, but kept a great attitude and showed that they are motivated to learn by consistently coming up to the coach boat between races and asking questions.