



HYC Youth Program 2023 Swaitale Week 5

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?

We did a lot on our backs this week! We learned "birdy arms" and pancake flips!

What activities did swimmers complete?

We pretended to be birds in the water, using our arms on our backs to propel us through the water. The children are becoming more comfortable on their backs! Because of this, we tried going from a front float to a back float (pancake flip). We know that we flip when we see bubbles, just like a pancake! More Beginner 1's are becoming confident enough to put their whole face in the water.

What are the goals for next week?



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We will be learning our “bowl arms”.

Who was Swimmer of the Week?

Charlotte Oddo and Pearl Tracy - Both girls bring such joy with them to swim class. They are enthusiastic about everything and try hard to learn new skills. They are putting their face in the water, blowing bubbles, swimming on their back, and making big firework kicks. They jump in the water in the crib and did pancake flips there as well.

Beginner 2

Liam

What did swimmers learn this week?

This week in Beginner 2 we learned rocket ship glides, finning on our back, and spent a whole class reviewing all of our skills from throughout the summer.

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?

Our goals for next week are to learn how to tread water, search for submerged objects and to continue to go over all of the skills we have learned this year.

Who was Swimmer of the Week?

This week's swimmer of the week in Beginner 2 was **Finn Scudder**. Finn has been a joy to have in class this year, always having a smile on his face and enthusiastic circle time answers. He has shown great improvement this summer and especially since last summer. Great work Finn!

Beginner 3

Joan and Caleb

What did swimmers learn this week?

This week in Joan's group we worked on swimming on our back, how to tread water and becoming more independent in the water.

In Caleb's group, we worked on our birdie arms on our backs, bicycle kicks for treading water, and we also tried to become more independent in the water.

What activities did swimmers complete?

The theme of our classes on Wednesday was “riding our bike.” The swimmers practiced their bicycle kicks around the crib as they learned the leg portion of treading water. On Fun Friday we combined our groups to race in the lane lines and work on our independence in the water. Team Seahorse Sally went head to head with Team Alligator



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Ali, and with a few less instructors in the water the swimmers gained more confidence swimming on their own.

What are the goals for next week?

The goals for next week are to continue gaining confidence swimming independently. We will also be learning “bowl arms,” which are the first progression in learning the breaststroke.

Who was Swimmer of the Week?

Joan’s group had two Swimmers of the Week this week. The first was **Kieran Keller**. Kieran has come to every class with a great attitude, and their goggles on ready to go. His glides have improved so much, go Kieren! The second Swimmer of the Week was **Austin Keller**. I can always count on Austin to be listening and eager to learn new skills. His swimming on his back has improved and so he is also great at blowing bubbles while swimming.

Caleb’s group also had two Swimmers of the Week! The first was **Aiden Malone!** Aiden has been super enthusiastic in class this week! He always had a smile on his face and was the first to jump in the water! The second Swimmer of the Week was **Dylan Gershow!** He has been working on his listening skills and it really showed! He is always excited for class and has some great bobs!

Advanced Beginner

Pam and Ian

What did swimmers learn this week?

We learned the scissor kick.

What activities did swimmers complete?

The swimmers practiced the scissors kick on land and then in the shallow water before practicing it in the crib and the lanes. Trying it in the shallow water first helped them to actually scissor their legs because the sand forced them to do a shallow kick. The group also swam laps, getting ready for being intermediates next summer! They practiced their kneeling dives and tried jumping over the reaching pole as it got higher and higher. We also learned some life jacket safety skills.

What are the goals for next week?

Dolphin kick and working on elementary backstroke and rotary breathing.

Who was Swimmer of the Week?

Jillian LaFrance has improved so much this summer. She comes to class ready to work hard and even asked to do the “big kid” workout on the swim team. Her freestyle with rotary breathing is smooth and she has a beautiful backstroke and elementary backstroke. I’m so proud of her for having such a great attitude! **Blake Wlatrowski** swims front crawl like a pro! Her stroke is fast and proficient, well above the typical



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advanced beginner level. She works hard in every class and has improved in her elementary backstroke and sidestroke kick. She is also doing the “big kid” workout on the swim team. **Aili Kupcinskis** improved so much this week! Her scissor kick was great and her front crawl has improved so much, even after she was away on a vacation for a while, she hasn't skipped a beat, way to go Aili!

Intermediate

Pam, Ian, and Caleb

What did swimmers learn this week?

We worked on the sidestroke.

What activities did swimmers complete?

We began the week focusing on the kick, making sure the top leg was going forward and the bottom leg back. We took a trip to the apple orchard when we added the arms to pick an apple off the tree and put it in the basket. When we put the arms and the legs together, we remembered the string that connected them and the glide at the end.

We're trying to swim $\frac{1}{4}$ mile in class to help us complete our 4 miles for the summer.

The boys and girls are working on their endurance and are becoming stronger swimmers. Pam's class did a “coin flip” day on Friday.

What are the goals for next week?

Butterfly

Who was Swimmer of the Week?

Edward Castle has made tremendous progress in his swimming skills. He joined the swim team and works hard in each practice and his endurance has improved a lot. He listens to stroke corrections and tries to fix his strokes, especially his breaststroke. He has a great attitude and is a joy to have in class..

Ana Falkowski was able to quickly pick up the scissor kick motion, and add the arms to complete the sidestroke that we learned this week. Her strokes are becoming more refined each additional time we hit the lane lines for a workout. Great job!!!

Swimmers

Joan and Liam

What did swimmers learn this week?

This week was sidestroke and lifejacket week! During the first class we focused on the kick, which is the scissor kick and during the second class we incorporated the arms. By the third class we were swimming the entire stroke and the swimmers had added another stroke to their repertoire.

What activities did swimmers complete?



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During lifejacket week, swimmers learn how to swim safely with their lifejackets in the water. They learn how to jump in the water correctly, how to perform the H.E.L.P. position and the benefits of huddling in groups to conserve water. A fun added bonus of life jacket week is the opportunity to jump off the Mid T of the dock.

What are the goals for next week?

Our goals for next week are to continue working on our endurance, practicing our frontcrawl flipturns, and learning backstroke flipturns.

Who was Swimmer of the Week?

A- This week in Swimmers A our swimmer of the week was **Vivienne Noble**. Vivienne has been great all summer, rarely complaining and a joy to see inside and outside of class. She has great flipturns and very good strokes as well. Good work Vivienne!

C- This week in Swimmers C our swimmer of the week was **Colin Creney**. Colin has a great attitude about swimming and does all of his laps without asking. Along with that he nearly perfected his flip turns in no time at all and made them look easy. Good job Colin!

Advanced Swimmers

Marita

What did swimmers learn this week?

This week, the swimmers reviewed sidestroke, elementary backstroke, and had life jacket week.

What activities did swimmers complete?

The swimmers went on sidestroke “dates” where they did sidestroke and learned fun facts about their classmates. On life jacket day, they learned the H.E.L.P and Huddle positions, how to jump in while wearing a life jacket, and got to jump off the Middle T.

What are the goals for next week?

We have officially gone over all the strokes so the goal for next week is to continue to master them. We will also start focusing more on endurance/fitness and the different tools to use during a swim workout such as the pace clock, pull buoys, and paddles.

Who was Swimmer of the Week?

A: To be announced Monday since this section was away at a regatta on Thursday.

B: **Paige Asbill** She did an awesome job this week working on her sidestroke while also fine tuning her freestyle. She is a great listener and is a bright light to be around in and out of class.

C: **Taryn Falkowski** She was an excellent listener in and out of the water, showed off her great skills and her attention to detail has really paid off. Her sidestroke was done with ease and her laps of breaststroke, freestyle, and backstroke were finished swiftly, great job this week Taryn!



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CWS

Caleb and Veronica

What did swimmers learn this week?

This week in CWS, we learned how to assist active victims using the Rescue Board. We also practiced personal safety while using life jackets in the water.

What activities did swimmers complete?

We took turns being victims and rescuers using the Rescue Board so that every swimmer got the opportunity to practice the skills. We also had a fun time during Life Jacket day swimming to the raft alternating between HELP and Huddle positions.

What are the goals for next week?

Next week we will learn how to stay safe in the water in the event of a fully clothed fall into the ocean! Swimmers will be asked to bring long khaki style pants and a long sleeved button down shirt. We will also review for our end of year test.

Swim Team

Joan and Marita

What did swimmers learn this week?

The swimmers geared up for our last home meet of the summer during practice this week.

What activities did swimmers complete?

We had our last home meet of the summer on Thursday! Despite the wind and waves, we were so proud of everyone's participation and once again the display of sportsmanship by HYC was AMAZING!

In addition to our normal practices early in the week, we had a fun Friday practice that consisted of relays, swimming with Joan and Peter, and "walking the plank" off of the rescue board.

What are the goals for next week?

We are excited to finish out the 2023 season strong with an away swim meet at Wianno on Wednesday. Be on the lookout for more information about the box lunch coming out soon!

Huge shout out to Julie Bolton, Allison Neal, and Meghan Cobb! They persevered the heavy winds to help us distribute ribbons during the meet, thank you!!! Thank you instructor Robby for braving the waves in the water to make sure the kids swam back to the ladder safely. Thank you Robby! Finally, thank you to all the parents that brought snacks and helped set-up!



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Instructor Training

Pam and Dave

What did instructor trainers learn this week?

We continued to focus on lesson planning.

What activities did instructor trainers complete?

On Tuesday the students were given the lesson plan format to use to plan their lessons which they then wrote at home. On Thursday each person shared their lesson and received feedback from their peers and Dave and Pam. They are working on rewriting their lessons so that they're ready to teach it in the coming weeks.

What are the goals for next week?

Teaching their lessons to their peers and then beginning to teach it to their classes.

Who earned a shout out this week?

Fressia Jones for preparing an organized lesson that was well thought out.

Sailing

Pee Wee

Charlie, Aliki, Oscar, and Evan

What did sailors learn this week?

The PW sailors practiced heavy wind sailing and had a fun day on egg island.

What activities/drills did sailors complete?

We did beach landings and tacking practice.

What are the goals for next week?

Next week we will try spinnakers on RS Quests.

Who was Sailor of the Week?

The PW sailors of the week were Cole and Grady.

Seamen

Aliki, Julia, Oscar, and Charlie

What did sailors learn this week?

This week seaman learned about the different types of reaches and how to trim sails accordingly. We also worked on sailing upwind to a mark staying as close to the wind as possible.

What activities/drills did sailors complete?

Seaman practiced rounding marks in a windward leeward course, as well as practicing how to move through a gybe on land.pp



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What are the goals for next week?

Who was Sailor of the Week?

This week's sailor of the week is Aiden! He's done such a great job this week!

For Seamen B the sailor of the week was Ingrid and Spencer! Awesome job guys!



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Mates

Julia and Alik

What did sailors learn this week?

This week our mates class worked on using the controls on our sail to depower our boats in heavy wind conditions. We also introduced racing for the first time this season where each student took a turn skippering a race.

What activities/drills did sailors complete?

The mates worked on adjusting their boom vang while doing a windward leeward course.

What are the goals for next week?

I was very pleased with how the mates have progressed to sailing quests on their own. I'm the coming weeks I hope to increase everyone's level of comfort skippering the boat.

Who was Sailor of the Week?

This week's sailor of the week was Natalie! Natalie has been improving with every class, and I've been very impressed with her skippering abilities, as well as how she has helped other students with skippering.

Captains

Oscar, Gino, Evan, and Dr. Dave

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?

Opti 1

Caroline, Peter, Jack, and Sophie

What did sailors learn this week?

This week sailors worked on improving their mainsail trim and pointing when sailing upwind.

What activities/drills did sailors complete?

Figure-8, "hot dog course," crossing the channel, and follow the leader

What are the goals for next week?

Continuing to improve gybing with sailors crossing the boat efficiently

Who was Sailor of the Week?

Amelia Malone and Emma Cobb made huge improvements this week. Previously they have been sailing with partners or JI's in their boats and on Wednesday they sailed on their own with huge smiles on their faces in gusts of over 20 knots! We are so proud of them for their growth and love of sailing!!



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Opti 2

Jack, Caitlin, Sophie, and Gino

What did sailors learn this week?

This week, the Opti 2 sailors had their hand at racing! While a few of our sailors were able to register and participate in the Wianno green fleet, the rest of the sailors participated in an at home regatta graciously hosted by Dave and Caroline.

What activities/drills did sailors complete?

The sailors competed in races, as well as played jeopardy and helped load and unload boats.

What are the goals for next week?

The goal for next week is to prepare the whole class to sail in the green fleet at Wequaquet Lake and our own HYC regatta.

Who was Sailor of the Week?

Our sailors of the week were Anderson Malone and Colin Creney, for their outstanding performances in our race days and enthusiasm for learning how to race. Nice work Anderson and Colin!

Opti 3

Jack, Caitlin, and Charlie

What did sailors learn this week?

the sailors learned how to tack properly and effectively. they worked on how to move fast from one tack to the next.

What activities/drills did sailors complete?

the sailors did long upwinds and downwinds to work on tacks.

What are the goals for next week?

the goals for next week are to learn how to properly use the rules and what the rules actually mean.

Who was Sailor of the Week?

sailor of the week for this week is john. john was amazing at wianno finishing in 3rd overall. he was always a big help when us coaches needed it and is always super polite to everyone

Opti 4

Leah, Peter, and Gino

What did sailors learn this week?

Sailors completed several regattas and learned how to race in tough conditions. Sailors also learned about sailing through waves and how to maneuver the boat without taking in water.

What activities/drills did sailors complete?

Opti 4 completed a trapezoid course for the first time this summer! We reviewed how to work our way through the course without losing places! We also did mystery's starts which was tough for the sailors!



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What are the goals for next week?

Next week we plan to focus more on mark rounding. Mark rounding are a crucial part of racing and it is important for sailors to understand how to do it correctly and in tricky scenarios

Which sailor is getting a shout out this week?

The sailor of the week goes to Charlotte for pushing through Wianno while racing outside the cut for the first time! Well done Charlotte

420 Intro

Sophie, Lila, and Patrick

What did sailors learn this week?

Our sailors continued working on upwind and downwind sailing using trapezes and spinnakers, and we did lots of review about gybing with spinnakers, especially in terms of when and how to switch the spinnaker pole. We also had our first class party this Friday to celebrate the development and teamwork we've seen from the kids this season!

What activities/drills did sailors complete?

This week, our sailors did a lot of tacking and gybing on the whistle using trapezes and spinnakers. We also did many practice starts and races to prepare for upcoming regattas, and we incorporated the "Head Start Drill" on Wednesday where one boat would start at 30 seconds before the start, and the other boats would race in an effort to catch up and beat the headstart boat.

What are the goals for next week?

Next week, as we prepare for Chatham Regatta next weekend, we are hoping to do more racing practice, and we are also hoping to introduce our sailors to equipment maintenance and transport. The goal is to teach them how to step and destep a mast, how to wrap a mast, how to load and unload a 420 trailer, and how to tie down boats, masts, and dollies.

Which sailor is getting a shout out this week?

The shout out this week goes to our ladies who went to Gill last week. Payton Bridge, Alex Parker, Persia Mortazavi, and Fressia Devaney Jones all attended the SMSA Women's Trophy in New Bedford last week, and we look forward to seeing them continue racing that event in the future!

420 Race

Carter, Patrick, and Lila

What did sailors learn this week?

This week sailors got some much needed practice with spinnakers and trapping. On Wednesday we had an entire practice dedicated to fine tuning our gybes, douses, and reaching with a spinnaker. Thursday's weather forced us to be on land which led to a mix of chalk talks and team building activities.

What activities/drills did sailors complete?



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We continued to work on boat handling with lots of emphasis on trapping and wire to wire tacking. We also ran practice starts on a small line to get sailors used to all sorts of line conditions. On Thursday we did an obstacle course where crews blindfolded their skippers and guided them through the course to practice communication and to have some fun. Shoutout to our winners Izzy and Ally!

What are the goals for next week?

Next week we'll be joined by Eckerd College's sailing coach, Ainsley Parramore. We are very lucky to have this opportunity and she will be sharing her expansive team and fleet racing knowledge with the team. Additionally, she will be hosting a mini college info session for any sailors or parents that are interested in learning about what it means to be a college sailor.

Which sailor is getting a shout out this week?

We would like to shout out Jeremy Bullock and Angelina Cuthbert-Manchuk. These two have made huge strides in their trapping and spinnaker work and have become examples for the rest of the class. We are so proud of their progress!

ILCA Race

Dr. Dave & Gino

What did sailors learn this week?

They learned how to act when problems appear on tuesday because of some technical failures. On friday they learned starts with different bias and raced against two instructors

What activities/drills did sailors complete?

Rolling starts, mystery starts and regular starts, all of them varying the bias between races.

What are the goals for next week?

Rabbit starts, drills to identify the favored side of the course

Which sailor is getting a shout out this week?

Jack Spillane for finally being able to rig the boat and go out, without injuries.