



HYC Youth Program 2022 Swailtale Week 3

General Information for all Classes

This week's MONDAY FUNDAY is HUMAN WATER BALLOON BATTLESHIP! Bring a towel and come join the fun at 4:15!

Please remind your child to throw away their trash throughout the day and collect their belongings before they leave. Anything left at the end of the day is put in the lost and found bin. It is getting quite full...

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 group learned to kick on their back like sea otters, jump like kangaroos, and help someone who might be in danger. “Reach or throw, don't go” is the rule we emphasized. Some of the Beginner 1 swimmers also climbed up on “Ducky Island” and jumped off.

What activities did swimmers complete?

Kicking on their backs like sea otters, jumping up and down in the shallow water and off the raft. Because of the extreme low tide on Friday, the group walked out to the raft, finding escaped animals on the way, and “rescued” someone who was struggling in the crib by reaching a kickboard to them while lying on their belly.

What are the goals for next week?

Continue to swim with doggy arms and be introduced to starfish floats on their backs.

Who was Swimmer of the Week?

Leighton Mazzeo and Harper Henizelman for trying everything with a smile and improving using their doggy arms.

Beginner 2

Veronica

What did swimmers learn this week?

Pancake flips/jumping in

What activities did swimmers complete?

Backfloat competitions, flipping like a pancake, red light green light with back floats, and throwing our duckies and jumping in.

What are the goals for next week?

Front glides, back glides, continue doggy arms

Who was Swimmer of the Week?

Tyler Hansen was the swimmer of the week because he came to class ready to swim with a smile on his face. He started off the summer with hesitation to get in the water,



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but this week he was putting his whole head underwater, and just was an all around great swimmer this week! Way to go Tyler!

Beginner 3

Caleb and Marita

What did swimmers learn this week?

This week we learned our doggy arms, glides, and we practiced jumping into the crib, and off of Ducky Island.

What activities did swimmers complete?

Swimmers chased their duckies with their doggy arms and jumped into the lanes after tossing their ducks in the water!

What are the goals for next week?

Next week we will work on glides and retrieving submerged objects.

Who was Swimmer of the Week?

Adelaide Ruane because of her enthusiasm for swim class, always being willing to try new skills, and listening to her instructors.

Posie Wiatrowski because she is a little fish in the water and does an amazing job putting her face in the water and getting her arms out doing doggy arms.

Patrick Dailey is the swimmer of the week because he is a strong swimmer, listens to his instructors, and is always enthusiastic in class!

Advanced Beginner

Ellen and Ian

What did swimmers learn this week?

This week swimmers learned Elementary Backstroke. This was a brand new skill for many swimmers and it was awesome seeing the kids take this challenge head on.

What activities did swimmers complete?

The swimmers practiced this new stroke in the crib, while many instructors demonstrated their skills as the kids watched. We also did many land activities using the picnic tables to help kids learn the new kicks involved in Elementary Backstroke. As well as utilizing the shallow waters to help practice with an instructor hands on.



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Advanced Beginner (Continued)

Ellen and Ian

What are the goals for next week?

Next week we will be reviewing all of the skills learned so far, as well as practicing dives in the crib.

Who was Swimmer of the Week?

Ryder Garvey
Quinten Scudder

Intermediate

Pam, Joan, Ian

What did swimmers learn this week?

This was breaststroke week so we spent a day on the pull, a day on the kick and a day on the timing.

What activities did swimmers complete?

The classes used noodles to help them keep their breaststroke pull small in front of them. The noodle helps stop the arms from pulling past a swimmer's shoulders. The group worked on the kick on land, on the picnic tables, and then in the shallow water. When we put the kick and pull together, we continued emphasizing "pull, breathe, kick your arms forward."

What are the goals for next week?

Continuing to work on freestyle, backstroke and breaststroke and learning the sidestroke.

Who was Swimmer of the Week?

Joey Edelman for thinking about her strokes while swimming and making the corrections suggested by her instructors.

Emma Wallin for taking the challenge of learning a new stroke head on, and conquering it! She showed great improvement in her Breaststroke, as well as being a positive member of the class in and out of the water.

Thomas Brooks for having a fantastic attitude and putting a ton of effort into his breaststroke kick.



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Swimmers

Ian, Veronica, Caleb

What did swimmers learn this week?

This week Swimmers refined their breaststroke arms, legs, and then the timing needed to perform the whole breaststroke.

What activities did swimmers complete?

We used noodles to practice the arm movement for breaststroke, practiced the kick on the picnic benches on the beach, and played categories! Swimmers completed a week of many laps of breaststroke and the previously discussed strokes of front crawl and backstroke.

What are the goals for next week?

Next week we will be introducing the flip turn and refining elementary backstroke.

Who was Swimmer of the Week?

Swimmer of the week was Tommy Poor. He came to every class with a smile, something positive to say, and always eager to learn and swim. His breaststroke while not being perfect, progressed immensely throughout the week. Keep it up Tommy!

Advanced Swimmers

Joan and Marita

What did swimmers learn this week?

This week, we learned the breaststroke arms, legs, and timing.

What activities did swimmers complete?

The swimmers completed laps in the lanes and Adv. Swim B did the jetty swim with super swimmers! Swimmers learned new drills to help with their breaststroke technique.

What are the goals for next week?

Next week, we will be going over the breaststroke pullout and butterfly. Swimmers will also learn the breaststroke pullout, which is how you push off every wall in competitive breaststroke.

Who was Swimmer of the Week?

Ashley Davos was swimmer of the week because of her enthusiasm for swimming and outstanding breaststroke.



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CWS

Veronica and Marita

What did swimmers learn this week?

How to help a victim with a spinal injury, read about hypothermia, seizures, and cramps, as well as the beach drag, and walking assists.

What activities did swimmers complete?

We actively practiced the beach drag, and how to hold a victim with a spinal injury while help is on the way.

What are the goals for next week?

We will be learning about the backboard, and stride jumps with the lifeguard rescue tube. We also will be learning more about spinal injuries.

Super Swimmers

Caleb

What activities did swimmers complete?

On Monday, Super Swimmers ran our one mile loop. Since it was too windy to do our jetty swim, we swam half a mile on Tuesday, and moved our jetty swim to Thursday.

What are the goals for next week?

Our main goal for next week is to increase our running distance from 1 to 1.5 miles. We will also

Swim Team

Marita and Joan

What did swimmers learn this week?

Swimmers learned how to use the pace clock and pull-buoys during swim workouts. The pace clock allows swimmers to see how fast they are swimming and to time their breaks between sets. The pull-buoys are tools that help the swimmers focus on their arm/pull technique.

What activities did swimmers complete?

Swimmers competed in a swim meet against Great Harbors this week. Everybody did a fantastic job! Swimmers completed workouts that utilized the pace clock and pull-buoys.



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Swim Team (Continued)

Marita and Joan

What are the goals for next week?

Our goals are to continue using the pace clock and pull-buoys so that swimmers can become more comfortable with these resources. Also, we have another meet next week that we are excited for! Our goal for the meet is for everybody to swim as fast as they can and to have fun!

Instructor Training

Pam, Dave, and Caroline

What did instructor trainers learn this week?

Good communication skills, feedback options, and man overboard drills.

What activities did instructor trainers complete?

The group role-played communication scenarios and discussed best practices for communication. They also learned about giving appropriate feedback - positive, corrective, and a feedback sandwich. On Thursday, they got the opportunity to practice being junior instructors in the Seamen sailing class. They applied their knowledge on communication to explain to sailors how to complete the man overboard drill. In addition, the other half of the class worked on maneuvering a coach boat at higher speeds and how to position a coach boat when communicating with sailors.

What are the goals for next week?

We will begin discussing direct instruction techniques, practice giving feedback to our classmates while in the water (wearing a bubble) and observing sailors and their abilities.

Who earned a shout out this week?

Phineas Foraste and Lydia Stanney for seeing a need at the swim meet and “jumping in” to help the coaches.



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Sailing

Pee Wee

Ailbhe

What did sailors learn this week?

Sailors improved their tacking knowledge, learned how to capsize safely and how to pick up a man overboard.

What activities/drills did sailors complete?

Sailors did tacking drills, capsized in groups with a Junior Instructor and did some man overboard drills in the J22.

What are the goals for next week?

Next week we are going to start learning how to gybe and do some gybing and tacking on the whistle.

Who was Sailor of the Week?

Sailor of the week was firstly Charlotte because she did some great sailing this week. Second, Ingrid because she was being very helpful and holding the tiller straight when I had to catch the mooring. Third, Connor because he did some great capsizing. Lastly, Luca because he was very helpful and did some good tacking.

Seamen

Charlie and Ailbhe

What did sailors learn this week?

Gybing, man overboard and continued improving sailing skills.

What activities/drills did sailors complete?

Sailors did gybing practice, fun man overboard drills and tacking practice.

What are the goals for next week?

Seamen are going to sail outside the cut in the J22s.

Who was Sailor of the Week?

Sailor of the week was Gillian because she was super brave, dealt with her fear and demonstrated some excellent steering and tacking. The second sailor of the week was Aili because she demonstrated some excellent tacking, steering and even tacked while holding the main sheet.



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Mates

Ailbhe

What did sailors learn this week?

Mates learned more about points of sailing, they learned how to do a Man Overboard (pick someone up from the water safely) and how to sail a triangle course. They also sailed by themselves this week without a Junior Instructor which was fantastic.

What activities/drills did sailors complete?

Sailors practiced their tacking, sailed reaches, beats and runs and also sailed a triangular course. They also completed successful man overboard maneuvers .

What are the goals for next week?

Next week, the goal is to get the sailors self-sufficient, sailing by themselves in light wind and to start sailing courses and using jibs on the quests.

Who was Sailor of the Week?

Sailor of the week was Ryder because he sailed an excellent triangle course without any assistance and the second sailor of the week was Kabraul because he did some excellent tacking and did a good man overboard drill.

Captains

Meredith

What did sailors learn this week?

Continued practicing proper sail trim and steering, sailing jeopardy on Tuesday, man overboard to finish up the week

What activities/drills did sailors complete?

Sailing around the bay switching skippers, man overboard drill taking turns picking a kid out of the water.

What are the goals for next week?

Sailing outside the cut, sailing a J22 independently

Who was Sailor of the Week?

Emerson for enthusiasm all the time, always smiling and excited to sail



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Opti 1

Caroline, Carter, and Lila

What did sailors learn this week?

This week was filled with huge gains and big strides for our littlest opti sailors. They learned how to gybe, capsize, and how to cross the channel!

What activities/drills did sailors complete?

They learned how to sail on a reach around the “hot dog course” by tacking and gybing around two marks. Also, we learned how to cross the channel by doing follow the leader. Every sailor took a turn being the leader!

What are the goals for next week?

Next week we are going to work on upwind sailing and continuing to work on tacking/gybing around a course.

Who was Sailor of the Week?

This week we went late on Friday so we will be announcing sailor of the week in class on Monday! Stay tuned next week!

Opti 2

Caitlin and Leah

What did sailors learn this week?

How to capsize and recover, appropriate sail trim, and gybing

What activities/drills did sailors complete?

Capsizing, entering the air pocket when turtled, and the diamond course

What are the goals for next week?

Improve boat handling and maneuvering around objects

Who was Sailor of the Week?

Leonard Zarum for good listening, excelling at drills, and being a good classmate

Opti 3

Caitlin, Charlie, and Elliot

What did sailors learn this week?

How to deal with high winds, downwind sailing, and racing



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Opti 3 (Continued)

Caitlin, Charlie, and Elliot

What activities/drills did sailors complete?

Hot dog, windward leeward course, jeopardy, triangle course races, and bailer wars

What are the goals for next week?

Next week will be more practice racing to get ready for regattas and working on boat handling going upwind.

Who was Sailor of the Week?

Caleb was sailor of the week. He has been showing great improvement through the summer and has been very enthusiastic this week. He also is participating in a regatta on Monday.

Opti 4

Leah and Lila

What did sailors learn this week?

Telltails, favored end of the line, line sights, pre-race homework, how to use and apply controls in sailing, changing mast rake depending on wind speed, man overboard skills

What activities/drills did sailors complete?

Controls of the boat/physics of sailing/camber/center of effort/center of later resistance/fitness, upwind strategy/applying basic rules of sailing to races

What are the goals for next week?

Develop a clearer understanding of the controls used in Optis used to enhance a sailors sail to exert maximum performance

Which sailor is getting a shout out this week?

Persia always shows up to class on time with her boat rigged. She has great questions during chalk talks and applies this knowledge to skills on the water.

420 Intro

Meredith and Pat

What did sailors learn this week?

We learned trapping and reading the wind



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420 Intro (Continued)

Meredith and Pat

What activities/drills did sailors complete?

Trapping on land and stationary on water trapping, mystery starts and long beats upwind working on boat speed and light wind boat handling.

What are the goals for next week?

Wind permitted, working on trapping on a few boats switching in and out with other sailors focusing on spins. Looking to put everything together and test spinning and trapping in a race setting on Friday.

Who was Sailor of the Week?

Arthur is sailor of the week for being very respectful and working hard on boat speed with whatever crew he had.

420 Race

Dr. Dave, Julia, Carter, and Patrick

What did sailors learn this week?

14 of our 420 sailors traveled to New Bedford last weekend for their regatta. A tough starting line, and excellent competition. But Eliza Corral and Morgan Whitlock finished 15th, Jack Spillane and Abby Baird 18th, Sophie Menyhart and Alik Patoucheas 20th, and Peter Cotoia and Allison Coursey 21st. The week was shortened due to the two regatta logistics and racing in Edgartown for the Travel Team, so we focused on boat handling and upwind strategy on Monday and Tuesday. Once they departed for Edgartown the Cape team had the treat of one on one instruction for three days, working hard on roll tacks and spinnaker handling, with significant improvement. Today we hope to have them out match racing.

What are the goals for next week?

We will be setting up pairs for the SMSA Women's Championship [Gill], and will finalize the Cape team regatta schedule. We will have the luxury of a full week of practice, and will be focusing on any identified deficiencies from Edgartown, as well as trying to have a day racing out on Nantucket Sound. Friday is the PHRF races, supported by our Ocean Race Fleet. Any sail program participants 12 and older are eligible, sign up will be on Monday 7/18.

Which sailor is getting a shout out this week?

The team of Eliza Corral and Morgan Whitlock for being our top finishers at New Bedford.