



## HYC Youth Program 2022 Swaitale Week 4

### General Information for all Classes

THE LIP SYNC CHALLENGE IS ON MONDAY! We're looking forward to watching the groups perform!

- Next week is LIFE JACKET WEEK in the swimming program. Please have your child bring a life jacket to class. They'll learn how to put them on in the water, jump in, and the HELP and HUDDLE positions.
- Please make sure that your children are picking up after themselves in the rack storage for gear, opti alley, and on the patio
- As a reminder, all opti 2/3/4 sailors should be rigged and ready prior to the start of class so that we can maximize time spent out on the water
- To see pictures of sailors in sailing classes make sure you follow our instagram account that is updated daily! @hyannisyc\_sailing

*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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## HYC Youth Program 2022 Swailtale Week 4

### Swimming

#### Beginner 1

**Pam**

**What did swimmers learn this week?**

Starfish floats on their backs and hiding their faces in the water.

**What activities did swimmers complete?**

The tide was very low on Monday, so we walked out to the crib and swam to the Goldfish song. This is a silly song with a catchy tune about goldfish swimming, taking a shower, riding a bicycle, and brushing their teeth. We learned how to do starfish floats and practiced them on land while playing starfish tag, in the shallow water, in the crib, and in the lanes. The children are doing really well swimming in the lanes and getting in the water from the raft. We also played “swim away from the alligator”. When we got caught, we had to hide our heads like an alligator.

**What are the goals for next week?**

Starfish floats on our stomachs and lifejacket day.

**Who was Swimmer of the Week?**

**AP Henke** for her amazing ability to put her face in the water, submerge her body, kick fast, and swim like a fish. She is enthusiastic and tries every new skill.

**Finn Scudder** for overcoming his fear of the water and being enthusiastic about swimming both in class and outside of class. He loves to kick with a kickboard!

#### Beginner 2

**Veronica**

**What did swimmers learn this week?**

Front glides, kicking on our backs with the kickboard on our stomach

**What activities did swimmers complete?**

Pretending to be sea otters for kicking on our backs and rocket ships for front glides.

**What are the goals for next week?**



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Next week we will be having life jacket day (not sure which day), and we will be working on swimming with a lower count bubble with the same activities we have been doing.

### **Who was Swimmer of the Week?**

This week's swimmer of the week was **Elizabeth White!** She came to class everyday with a huge smile on her face and ready to swim. She also has been swimming with two bubbles in class, and outside of class she will occasionally swim with no bubble! She did a great job with front glides by keeping her face in the water and blowing bubbles, and when kicking on her back she was amazing at keeping her chin up, and making huge splashes with her feet. Way to go Elizabeth!

## Beginner 3

### **Caleb and Marita**

#### **What did swimmers learn this week?**

We practiced "Reach or Throw, Don't Go", went over yacht club rules, and learned to swim on our back and do rocketship glides on our back

#### **What activities did swimmers complete?**

We swam lots of laps in the lanes, had fun in the crib playing the animal game and the ducky dance, and enjoyed swimming with our new ducks.

#### **What are the goals for next week?**

Next week, we will be swimming underwater for submerged objects, practicing our rotary breathing by talking to the fish, and swimming with our life jackets on.

#### **Who was Swimmer of the Week?**

**Francis Santosuosso** because of his enthusiasm for swimming, willingness to try new skills, and always having a positive attitude and making the class more enjoyable for both instructors and students.

Tyler Mazzeo because of how much he has improved this summer. He went down a bubble and has become more comfortable and happy to be in the water. He does everything Ian asks with a positive attitude and a smile on his face!

## Advanced Beginner

### **Ellen and Ian**

#### **What did swimmers learn this week?**



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They reviewed skills we had already learned and learned to dive.

### **What activities did swimmers complete?**

Practiced strokes in the crib and lanes, did a progression from glides to front crawl in the shallow water.

### **What are the goals for next week?**

Learning scissor kick.

### **Who was Swimmer of the Week?**

**Jillian LaFrance** and **Parker Wallin** for really improving this week and being much more willing to get in the water and do what is asked of them.

**Anderson Malone** for always being the first in the water, really showing his effort in and out of the water as well as great improvement in his skills.

## Intermediate

### **Pam, Joan, Ian**

### **What did swimmers learn this week?**

This week the swimmers learned the sidestroke. We began with the scissor kick and then added the arms. We also spent a day working on the breaststroke timing and our dives.

### **What activities did swimmers complete?**

We worked on land and in the shallow water with the scissors kick, making sure our top leg went forward and bottom leg went back. We learned that when putting the arms and legs together, we “pick an apple off the tree and put it in a basket”.

### **What are the goals for next week?**

Dolphin kick and butterfly.

### **Who was Swimmer of the Week?**

**Emma Wallin** for her great scissor kick and positive attitude.

**Skylar Shore** for swimming laps outside of class, working on improving her strokes, and her sidestroke.

### **Riley Walsh**



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### Swimmers

#### Ian/Veronica/Caleb

##### What did swimmers learn this week?

Sidestroke

##### What activities did swimmers complete?

Using kickboards while swimming on their sides working on the scissor kick.

##### What are the goals for next week?

Veronica: butterfly- dolphin kick and arm timing

Ian: Butterfly, honing the kick and adding the timing for the arms.

Caleb

##### Who was Swimmer of the Week?

**Camille Lovelette** for being a leader, although not the most vocal of leaders, but more leading by example. Always has a smile on her face and showed great improvement on her sidestroke.

### Advanced Swimmers

#### Joan and Marita

##### What did swimmers learn this week?

This week swimmers continued working on the breaststroke technique and began practicing the butterfly. For the breaststroke they focused on finishing to the wall and doing two-hand touches as well as practicing their pullouts off the walls. For the butterfly they worked on the timing of the legs and arms and the catch phase of the stroke.

##### What activities did swimmers complete?

Swimmers use flippers to practice their dolphin kick. The flippers gave the swimmers the ability to focus more on their arms while learning the butterfly.

##### What are the goals for next week?

Our goal for next week is to continue practicing the butterfly and to start incorporating more workout goals into the classes.

##### Who was Swimmer of the Week?



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**Lincoln Spillane** came to class with a great attitude everyday this week ready to practice his strokes. He struggled with flexing his feet on the breaststroke kick, but he didn't let that stop him and in the end he was able to correctly do the kick and timing. **Stella Greer** came to class eager to work on her breaststroke and butterfly. Despite butterfly being a difficult stroke, Stella didn't let that get to her and instead worked extra hard to perfect the dolphin kick.

CWS

### **Veronica and Marita**

#### **What did swimmers learn this week?**

The swimmers learned how to save an active victim in deep water using two techniques: the rescue board and the lifeguard tube.

#### **What activities did swimmers complete?**

The swimmers used the rescue board and lifeguard tube to make saves, swam laps, and played volleyball on the beach.

#### **What are the goals for next week?**

Life Jacket Day and discussing the test.

#### **Who was Swimmer of the Week?**

No swimmer of the week in this level.

## **Super Swimmers**

### **Caleb**

#### **What did swimmers learn this week?**

They increased their mileage on Monday, running 1.5 miles.

#### **What activities did swimmers complete?**

Running, swimming in the lanes, and swimming to the jetty.

#### **What are the goals for next week?**

Increase the running distance and swimming speed.

## **Swim Team**

### **Marita and Joan**



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### **What did swimmers learn this week?**

This week the Swim Team practiced their starts and kicking. Swimmers completed workouts that helped prepare for the meet.

### **What activities did swimmers complete?**

Swimmers competed in a swim meet against Wequaquet on Tuesday! Everybody did a great job swimming and cheering on their teammates.

### **What are the goals for next week?**

Our goal for next week is to practice finishes and turns so that we can swim even faster!

A swim team shoutout to **Lincoln Spillane** for lending a hand to a Wequaquet swimmer by helping them get out of the lanes. Keep up the great work and sportsmanship!

## Instructor Training

### **Pam, Dave, and Caroline**

#### **What did instructor trainers learn this week?**

They were able to identify as a group the parts of a lesson. They've picked up a lot from their many years in the program! They put into practice giving corrective positive feedback when they went swimming with a bubble and performed some of the beginner skills. For sailing they learned how to observe students and restructure lesson plans in the moment to adjust to students' needs.

#### **What activities did instructor trainers complete?**

On Tuesday the instructor trainers swam with a bubble on. They were paired up, so they were able to be both the instructor and the swimmer as they performed different beginner skills. They pretended to do the skill incorrectly, so the "instructor" had to help them using corrective positive feedback. They also swam from the crib to the dock using different strokes, identifying with those beginners swimming with their faces out of the water and arms in, those swimming with their faces in and arms out, and those swimming on their back. On Thursday, each instructor trainer was assigned a student in a sailing class to observe. We discussed what the student's strengths and areas for improvement were in regards to the skill being taught. They then took the lesson plan they observed and worked in teams to come up with a revised plan. Afterwards they presented a chalk talk using the information they wrote in their lesson plan.

#### **What are the goals for next week?**



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Next week we will start to draft lesson plans to be taught in the class they are volunteering in currently. They will be collaborating with their classmates and the directors to receive feedback or ideas.

### **Who earned a shout out this week?**

**Palmer Spillane** for demonstrating maturity and responsibility when volunteering in classes. In addition on Thursday during the demonstration of a chalk talk and lesson plan he was thinking outside of the box and using his knowledge from his volunteer hours to inform his ideas.

## Sailing

### Pee Wee

#### **Ailbhe**

##### **What did sailors learn this week?**

Sailors improved their knowledge of tacking and steering. They also had the opportunity to sail in Lewis Bay and play some fun games.

##### **What activities/drills did sailors complete?**

We played some fun games like water basketball on the water. On Friday, we had a fun adventure day and sailed to Pirates Cove.

##### **What are the goals for next week?**

Next week, we are going to learn how to gybe and learn about the points of sailing.

##### **Who was Sailor of the Week?**

There were four sailors of the week, Blake, Brooks, Quinn and Jett.

### Seamen

#### **Charlie**

##### **What did sailors learn this week?**

The seamen reinforced their tacking abilities and learned how to do a controlled gybe.

##### **What activities/drills did sailors complete?**

The sailors did tacking and gybing on the whistle and we played water basketball!

##### **What are the goals for next week?**

Our goals for next week are to work on our points of sail and get more comfortable with gybing

##### **Who was Sailor of the Week?**





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Our sailors of the week were Rytas and Emma!

### Mates

#### Ailbhe

##### **What did sailors learn this week?**

Sailors learnt about the 5 Essentials, boat balance, how to read the wind on the water and how to control the boat in heavy wind. They also learnt about rules of the sea such as the starboard rule and the windward boat rule.

##### **What activities/drills did sailors complete?**

Sailors did tacking on the whistle drills, and completed some exciting windward, leeward races.

##### **What are the goals for next week?**

Next week, we're going to learn how to race, work on sailing courses and hopefully start to sail without the JIs.

##### **Who was Sailor of the Week?**

Joey because they are also enthusiastic and Natalie because she was very helpful.

### Captains

#### Meredith

##### **What did sailors learn this week?**

Sailors learnt about the rules of the sea such as the Starboard Rule and the Windward Rule . They also learnt about the 5 Essentials .

##### **What activities/drills did sailors complete?**

Sailors completed some races and learned how to successfully sail an upwind/downwind course and using the rules of the water on land .

##### **What are the goals for next week?**

Our sailors will hopefully sail outside the cut next week.

##### **Who was Sailor of the Week?**

### Opti 1

#### Caroline, Carter, and Lila

##### **What did sailors learn this week?**

Sailors gained confidence with crossing the channel, avoiding collisions, and adjusting boat speed.



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### **What activities/drills did sailors complete?**

We had a big week where we sailed across the channel daily and everyone sailed in their boats on their own! We completed the figure 8 and hot dog course. This week we added in a new drill of follow the leader where sailors are tasked to follow behind the coach boat while staying in a straight line. This allowed for them to have more practice with their ability to accelerate and decelerate.

### **What are the goals for next week?**

Next week we are going to work on sailing upwind around a windward leeward course. We will continue to work on building up confidence while having fun out on Lewis Bay!

### **Who was Sailor of the Week?**

Last week we did not have the time to hand out Sailor of the Week so we did double this week! For week three, Tadeo received this recognition for consistent enthusiasm for the sport on and off of the water. Tommy in addition was exemplary in his willingness to help others and being a model of behavior and participation. For week four, Harrison blew us instructors away with his sailing skills and his ability to complete new challenges in class with confidence. Maddie made a huge jump this week from only wanting to sail with a partner to doing courses fully on her own with no one else in the boat! Congratulations to all opti 1 sailors for their work this week!

## Opti 2

### **Caitlin and Julia**

#### **What did sailors learn this week?**

This week our sailors developed their boat handling skills and learned how to be in control of their boats in heavier wind conditions.

#### **What activities/drills did sailors complete?**

The sailors tested and expanded their knowledge in a game of Jeopardy, practiced starting and stopping in a game of red light green light, and completed both figure 8 and hot dog courses in considerable breeze.

#### **What are the goals for next week?**

Next week we will begin learning the basics of green fleet racing in preparation for the upcoming HYC Invite.

#### **Who was Sailor of the Week?**

This week Weston was awarded sailor of the week for his good attitude, eagerness to learn, and most notably, his perseverance through challenges.



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### Opti 3

#### Caitlin, Charlie, and Elliot

##### **What did sailors learn this week?**

This week the sailors worked on their racing skills in preparation for the upcoming regattas. We also worked on dealing with heavy wind by using g sail controls and hiking.

##### **What activities/drills did sailors complete?**

We had one sailor compete in Stone Horse on Monday. Everyone else did a figure eight course and a triangle course race. We also did a reach course in heavy wind to work on hiking.

##### **What are the goals for next week?**

Next week we hope to have most of the class participate in the Wianno regatta. We also will start practice and work on our down winds.

##### **Who was Sailor of the Week?**

This week's sailor of the week was Gunner. He was very excited to sail all week and has done a great job overcoming his nerves throughout the summer. On Thursday he did a great job taking on the heavy wind.

### Opti 4

#### Leah and Lila

##### **What did sailors learn this week?**

This week the sailors worked on their racing skills in difficult conditions at the Stone Horse regatta. They worked on their starting strategy and pre-race homework along with their finishing and last leg strategy.

##### **What activities/drills did sailors complete?**

This week the sailors competed at Stone Horse Regatta which was a one day event in Harwich. They also did a lot of practice starts, rabbit starts, upwind tacking on the whistle, and downwind jibing on the whistle during practices.

##### **What are the goals for next week?**

The goals for next week are to work on downwind strategy and strategy for the second upwind beat.

##### **Which sailor is getting a shout out this week?**

This week we are thrilled to give a shout out to Grace Tucker. She competed in Edgartown this past weekend and at Stone Horse on Monday. She placed 5th overall and 2nd in the red fleet at Edgartown and 3rd in the red fleet at Stone Horse! She did an awesome job having good, clean starts and has really started to understand and incorporate strategy and tactics based on the sailing venue into each of her races.



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### 420 Intro

#### Meredith and Pat

**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

#### Dr. Dave, Julia, Carter, and Patrick

**What did sailors learn this week?**

This week the sailors focused on sailing in breeze and chop out in the sound, we had an extensive talk about starting strategy in big fleets as well as putting it to practice, and we continued to work on downwind strategy and spinnaker trim.

**What activities/drills did sailors complete?**

We did several days worth of practice starts, with lots of alteration to skew and size of the lines. When we went out the cut we focused on boat speed and boat handling in a more dynamic sea state than we typically see in Lewis Bay.

**What are the goals for next week?**

Our goals for next week are for the girls to crush it at Gill

**Which sailor is getting a shout out this week?**

Shay Bridge for her maturity and consistent teamwork. Her effort in and out of practice demonstrates a commitment to the sport. We are excited to watch her compete this upcoming week at SMSA Gill Women's Regatta!