



## HYC Youth Program 2022 Swaitale Week 5

### General Information for all Classes

We had an AMAZING Lip Sync event on Monday. Thanks to all participants who took time to prepare and to all those in the audience who were so encouraging and enthusiastic! We're looking forward to this week's short synchronized swimming event and MOVIE NIGHT. The movie will be **Hook** (if we can find a DVD copy). We would love to borrow a copy if you own it.

- Helmets have arrived at US One Design for those that ordered ones and for those that would like to purchase them now!

#### A WORD FROM THE WATERFRONT OFFICE:

- Please do not have your children use the bathrooms closest to the Waterfront Office. Members are complaining of wet, sandy floors and messy stalls. Children should always use the bathrooms near the youth room.

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

#### [Swimming](#)

[Beginner 1](#)  
[Beginner 2](#)  
[Beginner 3](#)  
[Advanced Beginner](#)  
[Intermediate](#)  
[Swimmers](#)  
[Advanced Swimmers](#)  
[CWS](#)  
[Super Swimmers](#)  
[Swim Team](#)

#### [Sailing](#)

[Pee Wee](#)  
[Seamen](#)  
[Mates](#)  
[Captains](#)  
[Opti 1](#)  
[Opti 2](#)  
[Opti 3](#)  
[Opti 4](#)  
[420 Intro](#)  
[420 Race](#)

#### [Instructor Training](#)



# HYC Youth Program 2022 Swaitale Week 5



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### Swimming

#### Beginner 1

##### Pam

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

We learned “bowl arms” and starfish floats on our stomachs.

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

We played follow the leader with Al the Alligator as well as trying to swim away from him. We scooped our favorite ice cream with our bowl arms, practiced kicking our ducks away from us, and some of the Beginner 1 swimmers jumped in this week!

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

Reducing the number of bubbles and jumping in.

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

**Lola Kesten** - she consistently comes to class and has made progress in all skills. She is comfortable in the water.

**Dylan Mazzeo** - Dylan loves to be in the water. He puts his face in the water, swims fast using his doggy arms and firework kicks, and always has a positive attitude.

#### Beginner 2

##### Veronica

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

We did life jacket day song with reviewing our skills

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

H.E.L.P position, and the huddle position. We also learned how to properly jump in the water with a life jacket on. We also reviewed skills that were taught all throughout the summer

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

We will learn how to tread water, flying fish arms, and continue reviewing the strokes we have learned throughout summer.

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

**Gigi Scichilone** was this week's swimmer of the week! It was her last week this week sadly, and at the beginning of the summer she was a bit hesitant to get in the water, but



## HYC Youth Program 2022 Swaitale Week 5

by her last week she was jumping in and putting her face in the water with a big smile on her face. Way to go Gigi!

### Beginner 3

#### Caleb and Marita

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

This week, we learned how to do flying fish arms, pancake flips, and had lots of fun learning about water safety on lifejacket day.

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

We swam lots of laps, jumped into the crib, and even got to jump off the Miid T with our life jackets on!

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

Next week, we will be swimming underwater, finning, practicing rotary breathing, and reviewing the skills we've worked on this summer.

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

**Ingrid Kross** for being enthusiastic and attentive, and for working hard all summer

**Quinn Loughran** for being a good listener and an enthusiastic swimmer every class

**Dylan Gershow** for having a great attitude and not letting sunken goggles stop him. He did a great job jumping in, putting his face in the water, and swimming on his back.

**Grady Cox** because he is so enthusiastic about swimming and not being afraid to try new skills. He brings a great personality to the class!

### Advanced Beginner

#### Ellen and Ian

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

Scissor kick and lifejacket day.

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

Kicking in the shallow end on the sand, laps in the lane lines and in the crib.

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

Dolphin kick.

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



## HYC Youth Program 2022 Swailtale Week 5

**Alexandra Papaliodis** for improving her strokes and getting more comfortable in the water and **Dylan Woolf** for working hard all summer and volunteering to help a classmate who was nervous in the water.

### Intermediate

**Pam, Joan, Ian**

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

We learned butterfly, elementary backstroke, and reviewed sidestroke, backstroke, freestyle, and breaststroke.

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

We used flippers to practice dolphin kick and butterfly

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

Feet first surface dives, underwater swimming, diving

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

**Natalie Kohl** for having a great sidestroke, dolphin kick, and attitude.

**Saylor St. Onge** for having a great dolphin kick, butterfly and dives!

**Kate Huber-** for having an amazing backstroke and trying very hard in the butterfly kick

**Tadeo Weber** for having a great attitude all summer and trying his best on the scissor kick!

### Swimmers

**Ian, Veronica and Caleb**

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

This week we completed lifejacket day as well as reviewed the previous strokes of freestyle, breaststroke, backstroke, and scissor kicks. We also introduced the flip turn.

Veronica: We started working on the butterfly. We began with working on the dolphin kick, and ended the week learning the arms.

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



## HYC Youth Program 2022 Swaitale Week 5

Swimmers learned the H.E.L.P. position with their lifejackets, as well as huddle positions, and how to jump in the water with a lifejacket on. We also achieved various forms of the flipturn building all the way up to a complete flip turn in the crib.

Veronica: We also did lifejacket day song with the other classes, the same activities apply. We used kickboards and worked on the kick of the butterfly then we worked on reaching both arms out of the water.

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

Next week we will be doing more review of this summer's skills and becoming more proficient with our strokes and flipturns incorporated into laps.

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

**Caleb Nath** for having great improvement in all four major strokes as well as being a natural flip turner.

Westin Stanney for an outstanding attitude, impressive efforts in the lanes, and for always wearing a smile to class

## Advanced Swimmers

### **Joan and Marita**

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

The swimmers continued to work on strokes and building endurance through workouts, learned the breaststroke pull out, and reviewed sidestroke and elementary backstroke.

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

They completed laps, played volleyball, and had fun on lifejacket day.

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

Next week, we will be reviewing strokes, focusing on workouts, and learning pike and tuck dives.

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

**Justin Solgovic** for focusing during practice and implementing Freestyle technique that the instructors gave him

**Viviane Stanney** for being a calming and encouraging member of the class and for helping to keep all her classmates on topic



## HYC Youth Program 2022 Swaitale Week 5

**Marin Zarum and John Creney.** Despite being the only two in their section, these swimmers have been swimming so well all summer. They are teachable, love swimming, and always have great attitudes.

### CWS

#### Veronica and Marita

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

The swimmers did lifejacket day and worked on getting our miles done while half the class was at a regatta.

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

The swimmers learned about water safety and reviewed how to correctly swim with a lifejacket on.

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

Next week, we will continue to swim laps and work on our mile requirement. We will also be inflating clothes.

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

N/A

### Super Swimmers

#### Caleb

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

Super Swimmers ran 1.5 miles this Monday, and completed the jetty swim on Tuesday. On Thursday, the A group had a life jacket day, while the B group completed  $\frac{3}{4}$  of a mile in the lanes

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

Next week we will increase our run from 1.5 to 2 miles

### Swim Team

#### Marita and Joan

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

Swimmers practiced finishing strong all the way to the wall as well as their racing starts.



## HYC Youth Program 2022 Swaitale Week 5

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

The swimmers completed workouts in preparation for our meet against Wianno on Friday.

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

We will be preparing for our last meet of the season next Thursday, August 4th at home at 3pm against Great Harbors. Keep an eye out for information about the swim team sleepover on the 11th and the box lunch at the end of the summer!

## Instructor Training

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

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

Lesson planning

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

We looked at a block plan as well as a lesson plan and identified the overall structure and details. Three students shared the lesson plans they've developed and will teach in the coming weeks. On Thursday they also practiced motorboat skills such as driving forward and in reverse around a figure-8.

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

Revise lesson plans and begin to teach them.

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

**Lara Nath** for completing all the requirements for the course early and for showing great poise and maturity when teaching her lesson. She is heading back to Vietnam - we will miss her!

## Sailing

### **Pee Wee**

#### **Ailbhe**

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

Sailors learnt how to gybe and learned about the different points of sailing.

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



## HYC Youth Program 2022 Swaitale Week 5

Sailors did gybing practice , and sailed along different points of sailing while identifying what point of sailing they were on .

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

Next week , I would like if sailors can tack and gybe competently and potentially sail a reaching course with assistance .

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

My sailors of the week were Grady , Dylan , Alden and Tyler !

## Seamen

### Charlie

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

This week, the seamen reviewed the points of sail and the parts of the boat.

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

The seamen got to race J-22's on Wednesday and they got to do some swimming on Thursday after a great day where each seamen practiced using the main sheet!

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

Our goal for next week is to continue improving our main sheet skills and eventually have the seamen control the tiller and the main sheet simultaneously. We will also be working with Jibs as well.

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

The seamen sailors of the week were William and Cora!

## Mates

### Ailbhe

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

Sailors learnt how to sail a successful triangle course and worked on their upwind sailing .

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

We did some fun races and also completed some water basketball games .

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

Next week , weather permitting I would like to have all sailors sailing by themselves in the RS Quets and learning how to correctly use jibs .

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

The sailor of the week was Ellie as she is always so helpful and co-operative and she did some really good sailing this week .



## HYC Youth Program 2022 Swaitale Week 5

### Captains

#### Meredith

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

They learned how to sail a triangle course and they also learned how to read wind and categorize shifts as lifts and knocks.

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

We match-raced in J-22s and also did a triangle course in Quests with only two kids on the boat to figure out how to sail a race course.

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

The plan is to have the kids learn a starting sequence and practice doing 1 lap races. They will hopefully have a chance to sail in a 420.

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

Lara

### Opti 1

#### Caroline, Carter, and Lila

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

They learned how to adjust their sail efficiently by reading the wind direction.

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

We reviewed parts of the boat and rigging techniques on Monday. Then on Wednesday we had a J22 day to celebrate all their hard work this season! Friday we finished up the week by doing water basketball and upwind follow the leader.

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

Next we will be able to complete a triangle course independently

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

Kate Huber - She works hard every day and is seen frequently lending a helping hand to her peers in the class!

Patrick Bolton - Has had incredible energy and participation consistently throughout the summer!

### Opti 2

#### Caitlin and Julia

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

This week the Opti 2 class learned how to sail around a race course!



## HYC Youth Program 2022 Swailtale Week 5

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

The sailors completed small group follow the leader to practice boathanding, then each sailor was able to be the leader for a portion of the class. They also learned how a starting sequence works and how to race on a triangle course.

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

Next week we will continue to introduce racing and enable our sailors to participate in the green fleet at the HYC Invite if they would like to!

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

This week Aston was our sailor of the week as he excelled in our J22 race day and skippered without aid for the whole upwind leg.

## Opti 3

### **Caitlin, Charlie, and Elliot**

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

This week we continued to prepare for upcoming regattas by practicing both going around a course and starts. We also had a fun day on Thursday to celebrate Caleb's last day.

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

They did practice races, box starts, and halyard hopping in J22. We also had Gunner compete in the Wianno regatta on Wednesday.

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

Next week we have a regatta that most of the sailors are competing in so we will continue to prepare for that. We will also work on our downwind sailing.

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

This weeks sailor of the week is Matthew. He has been very enthusiastic all summer and is often the first one rigged. This week he excelled in racing and helping his friends.

## Opti 4

### **Leah and Lila**

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

This week the kids went to Wianno Opti Regatta and worked on competing in large fleets.

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

The sailors competed at Wianno Opti Regatta this week. They also worked a lot in practice on pre-start homework. Specifically,

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



## HYC Youth Program 2022 Swaitale Week 5

The goals for next week are to work on downwind speed and strategy. We hope to work with the sailors on maintaining control in different conditions on the downwind legs.

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

This week we would like to shout out Phoebe Foraste. She was very competitive at the Wianno Opti Regatta with a fleet of 90 boats. She placed third in Red Fleet

## 420 Intro

### **Meredith, and Pat**

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

They learned how to find the favored side of the starting line and prepare for a start in a regatta setting. We also learned about first leg tactics and finishing tactics in preparation for the HYC invite.

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

We did multiple 3 minute rolling starts and also did multiple match races.

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

The goal for next week is to have the sailors be able to comfortably hold their place on the starting line and get more comfortable sailing multiple races.

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

Delayne

## 420 Race

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

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

The girls of the team competed (and succeeded!) at the Gill Trophy this week. While they were there the remainder of the team had one day of 2v2 team racing that led into some match racing in the 420s, as well as a pseudo-program wide “J-day!” while the girls were at Gill and the optis were at Wianno. Once the whole team was back together, we spent Patrick’s last practice with us going out the cut for some big waves and breeze, and in the last practice before the CJ Buckley team race next week we spent some more time team racing in practice on Friday.

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

We introduced a new drill called the “Upwind/Downwind Eliminator” to focus on fleet management and practicing when and how to tack and cross a fleet from a rabbit start.

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

Team racing! The first part of the week we will have a team at the CJ Buckley, and going forward we will be looking at the SMSA Team Race championship.



## HYC Youth Program 2022 Swaitale Week 5

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

Sophie Menyhart and Aliko Patoucheas are getting shouted out for finishing in third place at the Gill Trophy this week!