



HYC Youth Program 2022 Swaitale Week 6

General Information for all Classes

- Next week we will not be having sailing or swimming classes on Tuesday, August 9th or Wednesday, August 10th since we will be hosting our annual HYC Youth Invitational!
- Our Monday Funday next week will be synchronized swimming! We flip flopped with Sand Castle due to the weather on Monday.
- On Monday we will be holding an informal regatta for Opti 2/3/4 and 420 Intro/Race from 1-4 PM for those who would like to participate to practice for the invitational the following day

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?

Finning “Bird Arms” while kicking on our backs.

What activities did swimmers complete?

We flew around on the beach like our favorite bird, using big and small bird arms. We played red light green light on the beach and in the water. We had a guest appearance from Sally Seahorse and we played “Sally Says” while practicing all our skills. We are working on jumping in independently.

What are the goals for next week?

Finding submerged objects. We don’t have class on Wednesday because of the Hyannis Invitational.

Who was Swimmer of the Week?

Gioia Micozzi for trying new things, overcoming her fears, and swimming fast with her doggy arms and bowl arms.

Marialena Papaliodis for trying to put her face in the water with her new goggles on and for being a good listener. SHE has been to EVERY class this summer!

Beginner 2

Veronica

What did swimmers learn this week?

This week we learned how to tread water, and we learned the arm movement for the backstroke (flying fish arms).

What activities did swimmers complete?

We had one of our instructor trainers, Grace Lindsay, teach the class on Wednesday. She taught the swimmers how to move their arms and legs properly for treading water.

What are the goals for next week?



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Next week we will be finning with our arms! I will be away on Monday for a doctor's appointment but Ian will take over.

Who was Swimmer of the Week?

Austin and Kieran were our swimmers of the week for listening really well, always putting their whole head underwater and just being all around great swimmers. Way to go Austin and Kieran!

Beginner 3

Caleb and Marita

What did swimmers learn this week?

We reviewed all the things we learned this summer, learned how to rotary breath by talking and listening to the fish, and learned finning arms.

What activities did swimmers complete?

We continued to jump in, swim in the lanes and shallow end, and enjoy our duckies.

What are the goals for next week?

Next week, we will be going over treading arms and reviewing all of the skills we've learned.

Who was Swimmer of the Week?

Abby Neal because she has improved a lot this summer and loves to be in the water.
Connor Kesten because he is a great swimmer and an enthusiastic student
Alden Green because he took his bubble off and is no longer wearing it during class

Advanced Beginner

Ellen and Ian

What did swimmers learn this week?

Dolphin kick, rotary breathing and also reviewed all other skills.

What activities did swimmers complete?

A bunch of swimming in the lanes. The swimmers are working on building their endurance while swimming with their faces in the water and their arms out of the water on front crawl. Flippers were used for dolphin kicks.

What are the goals for next week?



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Treading water, bobs, and strokes.

Who was Swimmer of the Week?

Aili for coming to class with a great attitude and working hard at her strokes.

Harrison Slagle- He has been to EVERY class this summer. Wow! He has also shown great leaps and bounds in his skill and confidence in the water. Keep it up Harrison.

Intermediate

Pam, Joan, Ian

What did swimmers learn this week?

This week swimmers learned how to do the feet first surface dive, a technique used when swimming in unfamiliar waters to safely examine the depth and surroundings of the bottom rather than diving head first. We also reviewed the dolphin kick and butterfly stroke.

What activities did swimmers complete?

Swimmers practiced the feet first surface dive in the crib then brought it to the lanes where they repeatedly practiced the skill. We also did penny toss, where we brought a coin out to the lanes, then proceeded to call heads or tails, if the students were right, they got to choose the stroke for that lap..

What are the goals for next week?

Our goals for next week are to continue reviewing and start refining the skills necessary to complete the exit test. We will also have a shortened week next week due to the Hyannis Invite, so there will be no classes Tuesday and Wednesday.

Who was Swimmer of the Week?

Emma Cobb- Emma continued her great swimming and attentiveness that she has shown all summer. Her feet first surface dives were awesome as she is a natural underwater swimmer. Great Job Emma!

Colin Creney- Colin has had a great attitude the entire summer and we have been really impressed the past two weeks with his sidestroke and elementary backstroke! Keep up the great work Colin!

Vincent Bradley- Vincent has been a strong member of the class the entire summer, starting to swim his miles week one! He always has a great attitude and strong work ethic, keep doing awesome work!



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Swimmers

Ian and Veronica and Caleb

What did swimmers learn this week?

This week we reviewed the butterfly as well as building upon the skills they have learned throughout the summer.

What activities did swimmers complete?

We used kickboards to work on our dolphin kick, as well as flippers.

What are the goals for next week?

The goal for next week is to continue reviewing and building upon our skills.

Who was Swimmer of the Week?

The swimmer of the week this week is **Sophia Leonard!** She came to class excited to review the butterfly, and always was the first person off the wall to do her laps. She has great enthusiasm for swimming, and at the swim meet on Thursday she won the IM! Way to go Sophia!

Advanced Swimmers

Joan and Marita

What did swimmers learn this week? This week swimmers built upon the skills they have been developing over the summer. Advanced Swimmers A and C completed workouts in the lanes and learned how to calculate their heart rates, while Advanced Swimmers B also did a jetty swim!

What activities did swimmers complete? Advanced swimmers calculated their heart rates throughout the workout to gauge how hard they were working. They also learned how to write their own swim workouts. Swimmers also continued to practice their flip turns and breaststroke pullouts.

What are the goals for next week? Our goals for next week are to complete our miles and complete our exit skills. We will also be doing a second Cooper Swim to see how much we have progressed over the summer.

Who was Swimmer of the Week?



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CWS

Veronica and Marita

What did swimmers learn this week?

We continued to work on our miles, reviewed all the skills, and gave out the study guide for the test.

What activities did swimmers complete?

We played volleyball, swam laps, and practiced saving our classmates with the skills we learned throughout the summer.

What are the goals for next week?

We will be doing clothes next Thursday and Friday, playing review Jeopardy to prepare for the test, and finishing our miles.

Who was Swimmer of the Week?

N/A

Super Swimmers

Caleb

What activities did swimmers complete?

We increased our run from 1.5 to 2 miles, and we swam the jetty swim, as well as $\frac{3}{4}$ of a mile in the lanes

What are the goals for next week?

Next week we will increase to 2.5 miles and continue working towards our swimming endurance. The BIATHLON will be on Monday, 8/15 @ 7:30 am. An email will be sent out next week with the details.

Swim Team

Marita and Joan

What activities did swimmers complete?

We completed several workouts, worked on starts and turns in practice, and did a great job in our last meet of the summer. Joan and Marita were very impressed by the team's performance at the meet as well as their sportsmanship. Everyone did a great job cheering from the dock, staying in the water until everyone finished, and congratulating



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Great Harbors. A father from Great Harbors commented to Pam how impressed he was with our team's kindness and respect towards their kids. It was a great last meet! Special shoutout to those who competed in the 100 IM! It was the coaches highlight from the meet!

What are the goals for next week?

Continue to work hard and have fun in practice and get ready for the Swim Team Sleepover next Thursday, August 11th! We won't have practice the following Friday morning, August 12th. We will have our last practices of the season Tuesday and Wednesday the week of the 15th. The BOX LUNCH EXCHANGE AND AWARDS is on Thursday, 8/18. You should have received an email with details.

Instructor Training

Pam, Dave, and Caroline

What did instructor trainers learn this week?

We reviewed individual lesson plans and each student received feedback from their peers and instructors.

What activities did instructor trainers complete?

The students began teaching their lessons! Everyone received a study guide and their notes to help them prepare for the test.

What are the goals for next week?

Complete the first round of lessons and take the test on Thursday.

Who earned a shout out this week?

Grace Lindsay for doing a great job on her lesson and for giving her peers valuable input as they prepare their lessons.

Sailing

Pee Wee

Ailbhe

What did sailors learn this week?



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Sailors continued to learn about wind direction and the points of sailing and we built on the skills established through the summer.

What activities/drills did sailors complete?

We sailed J22's and then we also had a fun adventure day on Egg Island where we sailed to Egg Island and then we all went swimming , built sandcastles and hunted for sea glass .

What are the goals for next week?

Next week , sailors are going to learn how to get out of irons and focus more on reinforcing the points of sailing .

Who was Sailor of the Week?

Sailors of the week were Aiden and Lucas as they have both been great participants over the course of the program .

Seamen

Charlie

What did sailors learn this week?

This week the Seamen worked more on their points of sail with the main sheet and sailed with Jibs on the quests and J-22's.

What activities/drills did sailors complete?

We learned how to use winches on the J-22's and practiced how to sail without the help of an instructor.

What are the goals for next week?

Our goals for the next 2 weeks are to get the seamen ready to sail a boat without a JI present.

Who was Sailor of the Week?

Our sailors of the week were Flynn and Matthew!

Mates

Ailbhe

What did sailors learn this week?

Sailors learnt how to successfully sail upwind and what skills and methods work for sailing upwind . They also learnt how to cross a start line and completed some races in a J22.

What activities/drills did sailors complete?

Sailors completed a complicated upwind course in heavy wind and did some races combined with the captains .

What are the goals for next week?

Next week , weather permitting I would like to have the mates sailing quests without the JI's.



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Who was Sailor of the Week?

Sailor of the week was Carrick as he did a good job this week .

Captains

Meredith

What did sailors learn this week?

This week we learned more about the wind and did some longer races on a race course with a leeward gate.

What activities/drills did sailors complete?

We did a tour of the harbor in J's and also completed multiple-lap races with a starting sequence and finish line.

What are the goals for next week?

We will be learning an introduction to beginner racing skills.

Who was Sailor of the Week?

Eamon earned Sailor of the Week for always being willing to skipper the boat!

Opti 1

Caroline, Carter, and Lila

What did sailors learn this week?

Sailors learned about upwind sailing and pointing.

What activities/drills did sailors complete?

We learned two new drills this week: the triangle course and tacking on the whistle.

What are the goals for next week?

We are going to continue to review upwind sailing by learning how to read our telltales. In addition we are working toward learning the basics of beginner racing.

Who was Sailor of the Week?

Colin Creny - He consistently is responsible and doing advanced opti skills in class!

Paige Asbill - She always works hard on every skill and is a role model for the class on sportsmanship!

Opti 2

Caitlin and Leah



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What did sailors learn this week?

This week, Opti 2 sailors continued learning the mechanics of gybing in a controlled manner and boat handling efficiently.

What activities/drills did sailors complete?

In a variety of wind conditions the sailors participated in “Gybe-A-Polouza” and received a reward for a predetermined number of gybes/laps on a “hot dog” course. (Some sailors did up to 50 laps!)

What are the goals for next week?

Next week we hope to see some of our class sail in green fleet at the HYC Invitational and successfully complete a proper course.

Who was Sailor of the Week?

Colton was Sailor of the Week after an outstanding performance at Lake Wequaquet Regatta and for going above and beyond with repetitions at practice.

Opti 3

Caitlin, Charlie, and Elliot

What did sailors learn this week?

The sailors worked on control in heavy wind, downwind sailing specifically gybing, and racing.

What activities/drills did sailors complete?

They did box starts, gybing on the whistle, follow the leader, and practice races. All of the sailors also competed in the Wequaquet Lake regatta.

What are the goals for next week?

The goals are to continue practice racing on a bigger line to prepare for HYC invite. We also will work on our upwind and tacking.

Who was Sailor of the Week?

This weeks sailors of the week are Vivian and Sophia. Vivian was very enthusiastic and did a great job in racing. She also has been very helpful with her friends all summer. Sophia has had a great attitude and has pushed through the heavy wind very well.

Opti 4

Leah and Lila

What did sailors learn this week?

This week the kids competed at Scituate Junior Regatta and the Brad Martin Regatta at Wequaquet Lake Yacht Club. This week the sailors learned how to effectively gybe consistently



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on long downwinds. They also learned to manage shifty and light wind conditions at both events.

What activities/drills did sailors complete?

This week the kids competed at Scituate Junior Regatta and the Brad Martin Regatta at Wequaquet Lake Yacht Club. We also did a lot of unwind and downwind beats. We did tacking and gybing on the whistle. We played water basketball and practiced.

What are the goals for next week?

The goals for next week are to work on competing in large fleets at the HYC Invitational. Also, we are going to continue to work on downwind sailing and strategy, especially in heavy wind. Our goals are to work on managing waves and utilizing them to the kids' advantage

Which sailor is getting a shout out this week?

This week we would like to shout out Lizzie Spillane. She competed at Scituate this week and placed 4th overall and in blue fleet. She did great at the event managing the light wind conditions. She was also a huge help on the water during practice this week. She listened attentively and helped her teammates when they capsized and were struggling on the water.

420 Intro

Meredith and Pat

What did sailors learn this week?

We learned racing tactics for the first leg of the race, how to pick the favored side of the line, and figure out boatspeed in light air.

What activities/drills did sailors complete?

We did a lot of 3 minute rolling practice starts and lots of racing. We also got outside of the cut and did a mile long course.

What are the goals for next week?

Have fun at INVITE!!

Who was Sailor of the Week?

Peter Duhamel

420 Race

Dr. Dave, Julia, Carter, and Patrick

What did sailors learn this week?

A group of sailors competed in the CJ Buckley Team Race in East Greenwich, RI where they competed in the Club 420 National Team Race Championships. The rest of the team who



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remained at home focused on long upwind and downwind legs in preparation for the HYC Invite next week.

What activities/drills did sailors complete?

We continued to focus on team racing in practice in preparation for the SMSA Team Race Champs next week. We also went out the cut for a practice race day on Friday

What are the goals for next week?

Kick butt at invite and in team racing.

Which sailor is getting a shout out this week?

Eleanor Kinder