



HYC Youth Program 2022 Swaitale Week 7

General Information for all Classes

Next week is the last week of the youth program 😊

- Our last MONDAY FUNDAY of the summer is the YOUTH DANCE! All program participants are welcome to attend.
 - Children 8 and under can come from 6:30 - 8:00PM
 - Those over 8 can dance the night away from 6:30 - 9:30PM.
 - We are looking for volunteers to donate food using the sign up genius link: <https://www.signupgenius.com/go/10C0D48A8AB29A5F49-youth>
- On FRIDAY we will be having our annual PIRATE DAY!
 - PW sailors and Beginner 1/2/3 swimmers will have an on land pirate day scavenger hunt activity from 10-12 AM. This will also include their End-of-the-Summer Celebration Lunch. Details to follow in a separate email.
 - Sailors who are in levels seamen and up will be participating in the sailing pirate day from 9-12 AM
- Sailing instructors will be available by request for opti private lessons throughout the week of August 22nd-26th
 - If you are interested in a opti private lesson email Caroline at assistantsailingdirector@hyannis yachtclub.org
- Keep an eye out for more information coming soon about opti and 420 fall clinics!



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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

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Sailing

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Instructor Training

Swimming

Beginner 1

Pam

What did swimmers learn this week?

We practiced all the skills we've learned so far this summer. What progress the children have made! They are all jumping in (some with help)!

What activities did swimmers complete?

Friday was a cold morning, so we brought back the "Goldfish" song. We enjoyed singing and acting it out on land and in the water.

What are the goals for next week?



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Finishing the summer on a positive note. Swimming with fewer bubbles. We will have our treasure hunt and awards on Friday. I think some PIRATES may visit the club next week.

Who was Swimmer of the Week?

It will be announced next week :)

Beginner 2

Veronica

What did swimmers learn this week?

This week we reviewed the skills that we have learned so far this summer. That includes, doggy arms, bowl arms, bobbing, front and back glides, jumping in, back floats, pancake flips, and more! While doing this, I have been keeping track of what skills students are able to do. This will help me decide who is able to pass onto Beginner 3. I will be having conversations next week with those who won't be passing.

What activities did swimmers complete?

We did the ducky dance, ring around the rosie, motor boat, and more fun songs! All of these songs were sung while completing different skills.

What are the goals for next week?

To continue testing for those who were not there and also for the skills we did not complete

Who was Swimmer of the Week?

The swimmers of the week were **Liam Cobb, Gil Dow, and Victoria!** They all came to class with so much energy and excitement to swim. They all swim without a bubble and do so very well! Keep up the great work everyone!

Beginner 3

Caleb and Marita

What did swimmers learn this week?

This week, the swimmers learned how to tread water and reviewed all the skills we've learned this summer.

What activities did swimmers complete?



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The swimmers swam in the lanes, crib, and shallow water, jumped off ducky island and into the crib, and played games in the water.

What are the goals for next week?

Next week, we will be wrapping up our summer by perfecting all the skills we've learned, doing our exit skills, and getting ready for Pirate Day next Friday!

Who was Swimmer of the Week?

Brooks Evancoe for being enthusiastic, skilled, and for offering to demonstrate skills to the class.

Aiden Malone for removing his bubble and for excellent listening skills.

Advanced Beginner

Ellen and Ian

What did swimmers learn this week?

Reviewed everything and did the beginning of testing.

What activities did swimmers complete?

Swimming in the lanes and the crib.

What are the goals for next week?

Finishing up testing and fun!

Who was Swimmer of the Week?

Matthew Castle and Amelia Malone for working hard at improving and coming to class with a good attitude.

Intermediate

Pam, Joan, Ian

What did swimmers learn this week?

We worked more on underwater swimming and reviewing strokes we've learned.

Beyond the swim class we also had multiple students take part in the Hyannis Invitational. Congratulations to everyone who competed, it was such a fun day for all!

Way to go!

What activities did swimmers complete?

We began the assessment process and continued swimming laps for the mile requirement.



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What are the goals for next week?

Finishing the summer strong with assessments, games, and more fun activities.

Who was Swimmer of the Week?

Announced next week :)

Swimmers

Ian, Veronica, and Caleb

What did swimmers learn this week?

This week swimmers began their exit evaluations as we practiced strokes and skills that were learned throughout the summer. Also congratulations to everyone who completed the Hyannis Invite! You all sailed very well and should be proud of yourselves for competing!

What activities did swimmers complete?

Swimmers completed tests of stroke competency as well as showcasing their new skills, such as dives, and different variations of surface dives with underwater swimming.

What are the goals for next week?

For some swimmers, we will want to focus on finishing our miles. Next week we will have a class dedicated to swimming laps, as well as a class for celebrating a successful summer.

Who was Swimmer of the Week?

Maddie Cobb- Maddie was this week's swimmer of the week because she always comes to class with a huge smile on her face and ready to swim! She is always so sweet to her classmates, and her ability to listen to instructions and apply them to her strokes is remarkable. She is a quick learner and was able to adapt to swim lessons very quickly after returning from dance camp a couple of weeks ago. She has a great breaststroke, and amazing backstroke. Way to go Maddie!

Colton Rapalje for continued enthusiasm and improvements in strokes and flip turns

Advanced Swimmers

Joan and Marita

What did swimmers learn this week?

The Advanced Swimmers had a testing and review week.



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What activities did swimmers complete?

The A&C sections completed their second Cooper Swim of the summer and learned about a workout plan. All three sections did testing and exit skills.

What are the goals for next week?

Next week, Advanced Swimmers B will be doing their last Cooper Swim and learning about a workout plan. All the sections will be completing their testing and mile requirements and having a fun day for the last class!

Who was Swimmer of the Week?

CWS

Veronica and Marita

What did swimmers learn this week?

This week, the swimmers reviewed for the test on Monday and learned how to swim in clothes and do two different types of rescue releases!

What activities did swimmers complete?

The swimmers played review Jeopardy with their classmates, inflated their clothes in the crib, did rescue releases with a partner, and continued to complete their miles.

What are the goals for next week?

Next week, CWS A&B will be taking the test Monday morning at 9am. The rest of the week, we will focus on review, making sure everyone has finished their miles, and having a fun day for the last class!

Who was Swimmer of the Week?

N/A

Super Swimmers

Caleb

What did swimmers learn this week?

Swimmers continued to train for the biathlon.

A huge congratulations to the swimmers who took part in the Hyannis Invitational this Wednesday.

What activities did swimmers complete?

We ran 2 miles on Monday, and swam $\frac{3}{4}$ of a mile in the lanes on Thursday



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What are the goals for next week?

Next week on Monday will be our biathlon! We will run 2 miles, and swim to the jetty and back for a total of a mile. If the tides don't cooperate we will swim $\frac{3}{4}$ or a mile in the lane lines. BE AT THE CLUB AT 7:30AM ON MONDAY MORNING READY TO RUN AND SWIM!

Swim Team

Marita and Joan

What activities did swimmers complete?

The Swim Team had our annual Swim Team Sleepover Thursday night! We had a blast playing beach games, listening to Joan tell "spooky" stories at the Kalmus Jetty, enjoying s'mores on the beach, watching Shark Tale, and eating a yummy pancake breakfast on the patio Friday morning. Check out the HYC Swimming Instagram (hycswimm) for some great pictures of all the fun!

What are the goals for next week?

Next week, we will be having our last three practices on Tuesday (9am & 3pm) and Wednesday morning before the Box Lunch on Thursday the 18th at 12pm in the Scudder Room. A table will be set up in the morning if the team wants to bring their lunches in the morning before their sail/swim lessons. The coaches will be presenting candy awards for the team during the lunch.

Instructor Training

Pam, Dave, and Caroline

What did instructor trainers learn this week?

They continued teaching their lessons to their peers and to the classes for which they volunteered all summer.

What activities did instructor trainers complete?

Teaching and taking a test.

What are the goals for next week?

Going over the test, giving input about the course, watching a teaching video, and having a party.

Who earned a shout out this week?



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Phoebe taught a great PW lesson on Friday and **Eamon's** lesson on Thursday went well.

Sailing

Pee Wee

Ailbhe

What did sailors learn this week?

Sailors learnt how to get out of irons .

What activities/drills did sailors complete?

Sailors did hot potato games with the goal being to get out of irons.

What are the goals for next week?

Next week we are going to celebrate our last week with a party on Wednesday!

Who was Sailor of the Week?

Everyone has already received sailor of the week!

Seamen

Charlie

What did sailors learn this week?

Due to the regatta this week, our seamen only got one day of sailing in and we reviewed our gybing and got more comfortable with it.

What activities/drills did sailors complete?

The sailors did gybing and tacking on the whistle.

What are the goals for next week?

Our goals are to have seamen sail an RS Quest by themselves and have a fun party day on Thursday before pirate day!

Who was Sailor of the Week?

Our sailors of the week were Quinten and Dylan.



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Mates

Ailbhe

What did sailors learn this week?

Sailors practiced solo sailing this week, as in sailing without Junior Instructors in the boat.

What activities/drills did sailors complete?

The sailors sailed reaching courses and practiced tacking and not getting stuck in irons.

What are the goals for next week?

Next week, we are going to celebrate our last week with a party on Thursday!

Who was Sailor of the Week?

Sailor of the Week was Skylar!

Captains

Meredith

What did sailors learn this week?

This week we learned how to start a race, including the use of flags in a 5 and 3 minute sequence and figure out which end of the line is tactically advantageous. They also learned 4 essential knots. To close the week, I introduced the kids to 420s.

What activities/drills did sailors complete?

In order to learn our knots, I had the kids tie me up in a chair and see how long it would take me to get out of the chair. In the 420s, we sailed around the mooring field where some kids steered and even attempted to try out the trapeze.

What are the goals for next week?

Next week is going to be more of a fun week, and less drilling intensive.

Who was Sailor of the Week?

Eamon

Opti 1

Caroline, Carter, and Lila

What did sailors learn this week?



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Sailors learned how to quickly get in and out of safety position. They improved their accelerations and deceleration skills as well. At this point in the summer they are starting to be able to sail to destinations with minimal instruction!

What activities/drills did sailors complete?

We introduced a new drill red light and green light! One whistle represented red light and they had to go into safety position without drifting into irons. Then two whistles represented go! They had a lot of fun seeing how fast they could speed up after stopping.

What are the goals for next week?

We are going to celebrate our last week in optis with a class party on Wednesday! They will be going to Egg Island and we will play some games on the beach. If you would like to donate any snacks or treats, have them bring them to class on Wednesday morning. Email Caroline if you have any questions or if your child has any allergies she should be made aware of beforehand.

Who was Sailor of the Week?

Greta Walsh - She did a great job being a model today on active participation and demonstrated for the class proper upwind sailing!

Hadley Spillane - She always has a smile on her face and did a fantastic job at our new drill of red light green light!

Opti 2

Caitlin, Julia, and Leah

What did sailors learn this week?

Opti 2 sailors learned how to sail in a race this week!

What activities/drills did sailors complete?

A majority of our class participated in the HYC Invitational in green fleet, and we were so proud of everyone that went out and gave it their best! On Thursday the whole class went to Pirates Cove and did a windward leeward course.

What are the goals for next week?

Next week we hope to wrap up and solidify all the skills the sailors have learned this summer, along with having a fun final week.

Who was Sailor of the Week?



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This week our sailor of the week was Emma! While she was hesitant to race in the regatta at first, she persevered through and completed every race with a smile!

Opti 3

Caitlin, Charlie, and Elliot

What did sailors learn this week?

This week the sailors competed in the HYC invite with great success. They also did some review from the beginning of the summer.

What activities/drills did sailors complete?

They did practice races, actual races in the regatta, practice starts and had a J day.

What are the goals for next week?

Next week we will celebrate the end of summer with some fun activities including a wacky race and going outside the cut.

Who was Sailor of the Week?

Nicholas was sailor of the week. He has done a great job all summer racing and has helped improve the other sailors with him. He also always brings energy to the class.

Opti 4

Leah and Lila

What did sailors learn this week?

This week, Opti 4's

What activities/drills did sailors complete?

What are the goals for next week?

Which sailor is getting a shout out this week?

420 Intro

Meredith

What did sailors learn this week?

This week we ended our drilling on Monday with many reps of starts and longer practice races outside the cut. Many of the sailors participated in the HYC invite and did very well all around.



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What activities/drills did sailors complete?

The sailors completed many starts, and many races if they did invite. We ended the week with a party/J day outside of the cut.

What are the goals for next week?

Next week we will be sailing the flat earth regatta and will have pairings chosen by the kids to see who they might want to sail with in the future.

Who was Sailor of the Week?

Delaney Link

420 Race

Dr. Dave, Julia, Carter

This was a full week of regattas for most of the team. On Monday we were planning to host an informal regatta to replace Yarmouth rec, and to make the final boat assignments for the HYC invite, but that was blown out. So it was a day of setting up boats, and tuning them for rake and rig tension. Tuesday was day one of the HYC invite. The wind persisted, with gusts to 40 knots. So the racing was canceled, but the wind abated enough for three boats to go out for practice in the afternoon. Wednesday saw fairer weather, and 6 races were held in 8-11 knots from the NE for the fleet of 82 boats. Jack Spillane and Eric Menyhart made the top ten with a 9th overall, closely followed by Jeremy Bullock and Gabi Fragale in 11th. Sophie Menyhart and Allison Coursey rounded out our top three with a finish of 16th overall.

SMSA team racing rounded out the week, also held at HYC. We fielded two teams, Grand Cove YC courtesy of Beth Smith, and the HYC team. After a round robin of over 80 races, GCYC finished 3rd, and HYC 5th. Our two teams raced each other twice with extra intensity for bragging rights, but they split the wins

What are the goals for next week?

Beverly is our final regatta. We will be sending at least seven boats.

Which sailor is getting a shout out this week?

Jeremy Bullock and Gabi Fragale for recently joining forces and getting their best major regatta finish.