



## SACHEM'S HEAD YACHT CLUB

### 2022 JUNIOR PROGRAMS NEWSLETTER

Session A and B Newsletter (June 20-July 15)

**From the SHYC Head Sailing Coach, Emma Janson:**

And just like that, we're halfway through our summer junior programs at SHYC! Time really does fly when you're having fun. This is my first summer here at SHYC and I couldn't have asked for a better start to the season. We have had beautiful sunshine, moderate temps, and breeze almost every day! The coaches have all been working really hard to provide fun and safe programs for the students, and it seems to be paying off. Every day each class is learning something new or building on their current skills and the progress is notable. As a coach, it's exciting to see sailors with smiles on their faces and know that each time they leave the program they're walking away having learned something new. The past four weeks have been awesome, and I can't wait for the next four!

**Enjoying the Summer Sailing Photos in this newsletter? See more here:**

<https://drive.google.com/drive/folders/1Cd32JYu9SI15LxsB9TGL3sZAcQqeVOuE?usp=sharing>





## Morning Sea Squirts

Instructors: Alexandra Roesch and Amelia Davis



The sea squirts have been swimming, playing, and learning on the porch of the yacht club for four weeks now. We have learned about pirates, parts of the boat, whales, dolphins, driftwood, and much more. The kids have also enjoyed going to the Sachem's Head Association's dock/grassy area in the back of the harbor to play fun games such as drip, drip, drop. We have been able to get the sea squirts on two big boat days so far and are excitedly planning more in the future. We can't wait to see the sea squirts grow even more in the next two sessions!

## Morning Opti 1 Sailing

**Instructors: Emma Janson and Charlotte Williams**



Opti 1 has been having a blast learning how to sail! The sailors have mastered parts of the boat and basic knots, and are working on nailing down points of sail. The opti 1's are now starting to solo sail - every student has successfully sailed a boat on their own, tacking and gybing their way around a hot dog course. We can tell their comfort in the boat is growing each time we hit the water, it's awesome!. Charlotte and I are looking forward to more fun and learning in the coming sessions!

## Morning Opti 2 Sailing

**Instructors: Cortland Doyle and Grace Squires**



The opti 2's have had a wonderful first half of the summer! We started the summer going over basic upwind and downwind sailing, working on boats speed and sail trim. The class is working very hard and learning a lot! They did well at the SHYC regatta despite the challenging light wind and hot conditions. They are looking forward to the Wad regatta on Tuesday the 19th as well as the rest of the summer.

## Morning Adventure Sailing

**Instructor: Eli Gleason**

Adventure sailing has had an exciting first half of the summer. Sailors have enjoyed sailing the 420's and Fevas, learning seamanship skills and having fun on the water. Activities have included sails to Outer Island in the Thimbles, sailing games in Joshua's Cove, even making their own trash-bag sails for the Fevas. Sailors worked in teams of 2-3 to construct full mainsails and jibs out of trash bags and duct-tape. After a day of building the sails, the sailors were able to successfully use the sails that they constructed. We are looking forward to what the rest of the summer has to offer!



## Afternoon Adventure Sailing

**Instructors: Charlotte Williams and Alex Roesch**

Teen Adventure has been learning about seamanship, knots, and how to sail different boats. Highlights include singing on the sonar, capsizing bics, raising the spinnaker on the Feva, and exploring outer island! The sailors even used a bic sail to sail the walker bay. Small class sizes have not meant small fun!

## Afternoon Racing Class

**Instructors: Eli Gleason, Grace Squires, Courtland Doyle**



The afternoon race class has recently started competing. Although the Sachem's Head regatta was light on wind, it was full of fun. The fevas and 420s got to compete against other clubs and gain light wind racing experience. The recent varying conditions have been great for our practice and learning about how to be fast in every type of sailing. We have been working on starting with various drills like box and mystery starts. All the sailors have been making clear improvements. We are excited for upcoming regattas!

## High School Boating Skills

**Instructor: Emma Janson**

The past four weeks of high school boating skills have been great. With low class numbers, students were really able to get time behind the steering wheel of a powerboat. Students in this class learned many knots, the parts of a powerboat, how to safely drive a powerboat at both low and high speeds, navigation, docking, mooring, and anchoring! Not only that, but students got to refine their sailing skills in the sonar, feva, and 420. These students really do have great all around boating skills now!

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## SHYC JUNIOR RACING - NEWS, DATES, & MORE!

### 2022 Saturday Morning Junior Club Racing:

Join the fun!! Saturday junior club racing is open to all sailors in our Racing Programs and afternoon sailing programs. Green fleet sailors will race certain weekends, which will be communicated by the Green Fleet Parent, Thad Ozyck. It is a great way to get practice racing, extra coaching from our great coaches, and have fun on the water!

- **If you would like to race a Feva or 420 please reserve your boat in advance! Use [this link](#) - and make sure to sign up with a partner.**



- **First start is at 9:30AM, Harbor start is at 9AM. Please have your sailor arrive at 8:15AM to rig and get ready. There will be a sailing coach on duty to help.**

## **Sachems Head Junior Regatta - Wed July 7th**

Our SHYC Annual Sachems Head Junior Regatta took place during our third week of program on July 8th. We had a great showing of boats at our regatta with six 420's, six fevas, eight open bics, and seven opti green fleet. The light breeze was tricky, but that didn't stop our SHYC sailors from doing their best. SHYC sailors swept the regatta with Ike Schutz and Avery Peterson taking first in the Feva, Gus Fichtenholtz and Danny Uzzo taking first in the 420, and David Fanteralla taking first in the green fleet. It was an awesome regatta, thank you to all the parents and club members who helped to make this race possible. Hopefully next year we have a little more wind!

## **Race Team Shoutouts:**

Gus Fichtenholtz will be competing at Laser Nationals July 15th-17th at Brant Beach Yacht Club in Long Beach, New Jersey. There are 250 boats signed up to compete. Good luck Gus!

Ike Schutz and Avery Peterson are headed to England to represent the US at 2022 Feva Worlds! The event runs from July 21st - 27th, and there are 186 boats registered to compete. Ike and Avery are the only US boat competing, but they will be competing with teams from over 20 different countries. Safe travels and best of luck from us here at SHYC!

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## **TENNIS: Session A Update!**

So far so good on the tennis courts. Red, Orange, Green, and Yellow ball are off to roaring starts. We are having so much fun watching these juniors develop their skills.

The tennis team is still looking strong, competing at a high level against the likes of: MBC, Guilford Racquet, Madison Racquet, and Fenwick.

Go Sachems Head Tennis!!



**Tennis PRO**, Steve Godiksen, [stevegodiksen@yahoo.com](mailto:stevegodiksen@yahoo.com), 203-215-6197

**Tennis Assistant**, Alex Kagan, 203-843-1566, [akagan47@gmail.com](mailto:akagan47@gmail.com)

**Tennis Assistant**, Walker Mulligan

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## **SWIMMING: Session A and B Update!**

The past four weeks of session A and B have been a splashing start to the summer! Our first class has learned all four strokes confidently and should all be aiming for the Olympics. It's incredible to see their confidence grow in and out of the water as they become tremendous swimmers and friends. When they have finished practicing their form, we play plenty of games, a fan favorite being sharks and minnows and swimming for sinker toys. Our second class is the younger swimmers and it has been phenomenal watching their confidence grow in the water. The first weeks of class, it was difficult for them to go underwater and now we can hardly get them out! They have practiced kicking, blowing bubbles, and have refined their form in tackling the teacher and splashing; but what's summer without a little bit of air-born water? The 10ish year olds have become pro swimmers in our opinion. While they may have the smallest number of people, they make up for it in sass, class, and swimming fast. We play plenty of games after swimming medleys, relay races, and treading water for "way too long". We have had a tremendous time so far this summer and are looking forward to continuing our fun and our swimming growth!

### ***Cheers from your Swim Coaches - Elle & Kate***

**Head Swim Coach:** Elle Petra, 203-745-8905, [elizabethgpetra@gmail.com](mailto:elizabethgpetra@gmail.com)

**Assistant Swim Coaches:** Kate Stauss, 508-202-5221, [kgstauss@gmail.com](mailto:kgstauss@gmail.com)

**Swim Coordinator,** Eliza Fantarella, [efantarella@gmail.com](mailto:efantarella@gmail.com)

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## **Next Session - Class Updates**

### **Session C Starts on Monday July 18th. Learn What is NEW!**

**Class Lists.** Check the [Summer Class Lists](#) to make sure your child is signed up for Session-C (sailing, tennis, and swim).

**Water Bottles.** Don't forget to send your child with a reusable water bottle full of water each day.

**Afternoon sailors should plan on sailing in all conditions, including rain!** Please make sure your sailors pack weather appropriate sailing gear, including a fleece, spraytop/raincoat, sailing gloves, and a towel, every day!

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## **Important Dates and Reminders**

**Sign-up for our texting REMIND system.** This is the best way for us to reach you with important communication information. [Use this REMIND List to find the "codes" needed to join the text Groups for each class your child\(s\) participates in.](#)

**Class Cancellations & Dismissals.** Unless you get a REMIND text message, you should assume that Sailing, Tennis, and Swim class is on. Sailors will not be dismissed early for weather or lack of wind. If your child needs to leave early for an appointment or a specific conflict, please notify Kevin directly by text, email, or in-person. We can not let kids leave in the middle of class without prior parent permission.

**We strongly discourage late arrivals and early dismissals in Sailing for safety reasons.**

**JR Boxed Lunch Order Form (for morning sailors) – [Print FORM](#)** and give to your sailing coach when you arrive for morning class (weekly order form)

**SHYC JR Rules Reminders.**

- **Lifejackets are required** on the floating docks, on boats, and when swimming for all kids under age 12 (even at lunch time, this includes paddleboards & kayaks!)
- All sailors who are **under 12 must have supervision (age 16+)** at lunch and after class. Juniors under 12 must wear a lifejacket at all times on the docks, in boats, and to swim.
- **Sailors can NOT order food during sailing class** (food must be ordered before class starts or after it ends; JR Box Lunch forms are available before the morning session for pre-ordering).
- **No cell phone use during class** - students need to zip their phones into the backpacks/bags and put them away during class.
- **No leaving during the middle of class.** Kids can not leave in the middle of class without prior, planned parent permission.
- **Visit the [SHYC JR Programs website](#)** for additional important information.

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**Questions?**

JR Tennis Questions – Elisa Milano, [SHYCtennis1@gmail.com](mailto:SHYCtennis1@gmail.com)

JR Sailing & Swim Questions – Erica Walden, [ericagwalden@yahoo.com](mailto:ericagwalden@yahoo.com)

Head Sailing Director, Emma Janson, [ejanson2497@gmail.com](mailto:ejanson2497@gmail.com)

Head Tennis Pro: Steve Godiksen: 203-215-6197; [stevegodiksen@yahoo.com](mailto:stevegodiksen@yahoo.com)