



## SACHEM'S HEAD YACHT CLUB

# 2021 JUNIOR PROGRAMS NEWSLETTER

Session B Newsletter (July 6-16)

### From the SHYC Sailing & Waterfront Director, Kevin Gunn:

We have reached the half-way point of the summer! Be sure to keep up to date with your child's sailing progress by logging into Skill Up (see session [A newsletter for how to login to Skill-UP](#)). In addition to sailing, the kids have also been working hard on STEM oriented projects that are designed to help them better understand how sails work. In this session, our mourning sailors made land sailors out of cardboard, wheels, and trash bags that had to sail 90 degrees to the wind created by fans. Our afternoon classes made sails out of garbage bags and duct tape and then had to set them on the Fevas and head out for a race with their own uniquely designed sails. Everyone did a great job engineering their own sails!

*If you have any questions about SHYC Sailing, please don't hesitate to send me an email - Kevin Gunn, SHYC Sailing Director at [kgunn23@gmail.com](mailto:kgunn23@gmail.com).*



### Enjoying the Summer Sailing Photos in this newsletter and looking for more?

You can view all the photos in our shared Google Drive:

[https://drive.google.com/drive/folders/1UiRohkYLrtO\\_bUyaVmLMXiFbnCOadcY?usp=sharing](https://drive.google.com/drive/folders/1UiRohkYLrtO_bUyaVmLMXiFbnCOadcY?usp=sharing)

## Morning Sea Squirts

**Instructors: Maeve Merkle-Scotland, Alexandra Roesch, and Amelia Davis**

Sea Squirts spent this past session improving their understanding of density and creating clay boats, exploring the yacht club for critters big and small, becoming familiar with the use of alphabetical nautical flags, and much more! This session has been a blast, and the kids have been fulfilling their abundance of curiosity each day. [Special thanks to Albert Kraus for taking the entire SeaSquirts program sailing on his boat KORU, a big treat for all our smallest sailors!](#)



## Morning Opti 1 Sailing

**Instructors: Kevin Gunn, Izzy Merrill, and Courtland Doyle**

These participants are quickly gaining confidence and becoming seasoned sailors! They have sailed their Optimists in a variety of conditions, both single handed and with a sailing partner.

If your child is interested in exploring racing, we encourage you to sign them up for our **Green Fleet Fun Race** which will be held at SHYC on Saturday July 24th. Green fleet racing is for beginning sailors, and the coaches are allowed to coach and encourage the sailors during the race.

It is meant to be fun, safe, and a great introduction to the future of Opti Racing. We hope to see you all on the 24th at 9AM on the SHYC Opti docks! *(We are looking for a parent to bring morning snacks for this fun intro to racing morning on the 24th, contact Kevin if you can help!)*





## **Morning Adventure Sailing**

**Instructor: Eli Gleason**

Adventure sailors have been having a blast! They continue to fearlessly sail around the sound in everything from FEVA's to the Sonar. We also did a fun, creative indoor activity called "Land Sailing" where the kids made model sailboats out of cardboard, garbage bags and duct tape. These sailors are always excited for a good time on and off the water at SHYC.

## **Afternoon Race Team (13 & Under)**

**Instructors: Izzy Merrill and Eli Gleason**

These sailors have improved so much since the beginning of the summer! We have been practicing a bunch of racing skills to be prepared for Saturday racing and travel regattas. These focused sailors have taken on the challenge of the SHYC Regatta as well as the Junior Olympics, both in the past two weeks. We continue to practice, learn, do drills, and most importantly have fun in our class! These kids are having a blast sailing and racing.



## **Afternoon Race Team (13+ years)**

**Instructors: Kevin Gunn, Cortland Doyle, and Alexandra Roesch**

The Teen Race Class has been having a blast! After competing in the SHYC JR Regatta in both FEVAs and C420s, our sailors were ready for more race training. In this Session we focused on starts, spinnaker flying, roll tacks, and mark roundings. The weather blessed us with heavy wind more than once over this Session, so we were able to practice trapezing as well as sailing in big waves! We finished off the session by taking 8 of our sailors to Niantic

Bay to race FEVAs in the Junior Olympic Festival. They were excited to use their racing skills in a travel regatta and many of our sailors won US Olympic medals. Go Team SHYC!

## Afternoon Boating Safety & Skills

**Instructor: Maeve Merkle-Scotland**

This last session of boating skills was focused on rising to the occasion, and improving all preexisting boat skills, including rowing, sailing all of our boat types one more time, and powerboat work. One day these sailors took on high winds in the Sonar, and the next day these teenagers took out the 420s to further their sailing skills with trapeze work, sailing in big waves, and capsize recovery skills. On the powerboat, the girls worked on perfecting their docking skills, anchoring, and learning more about how a powerboat engine works. On one of the last days of this class, the students took a "Safety Tour" of the club to learn where our emergency resources are located, including the AED, Fire Extinguishers, and the big First Aid Kit. They also did a powerboat safety tour of the required marine safety equipment. It is sad to see this awesome new class come to an end! This class will most certainly be offered again next summer.



## Friday Maritime Arts and Crafts

**Instructor: Maeve Merkle-Scotland**

Maritime Arts and Crafts has consisted of making many different types of colored paracord bracelets, where knot tying becomes routine, and so much fun! Crafts also consisted of scratch foam printmaking, where kids carved designs into foam plates and relief printed them on notecards using ink.

## Friday Racing Skills & Drills Practice

**Instructor: Eli Gleason**

Racing Skills class faced some unfavorable sailing conditions this Session, including a Tropical Storm, but that didn't stop the learning and fun. The coaches made the best of the conditions by using chalk talks and videos to help these sailors improve their skills and racing knowledge. We look forward to getting back out on the water for Session C!



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## SHYC JUNIOR RACING - Regatta Reports, Saturday Mornings & More:

### SHYC Annual JR Regatta - REGATTA REPORT:

On July 7th we hosted the Sachem's Head JR Regatta! The regatta was very well attended with the strongest fleet of Opti sailors we have ever had including sailors from all across the US, and one sailor for Switzerland and another from the USVI! The Lake Ontario Optimist Team hosted by the Smith Family brought 12 sailors, some who are part of the US National Optimist Team (Wylder Smith is part of this travel team). We also had a fun double-handed race course with 5 Fevas and 5 c420s. For some of our SHYC double-handed sailors this was their first regatta ever and certainly won't be their last! Each fleet sailed 5 races thanks to our terrific race committee who were able to get off solid races in very shifty light winds. Gus Fichtenholtz won the 420 fleet and Ben & Hannah Brown won the FEVA fleet. Topping the strong Optimist fleet was Wylder Smith in 4th place overall (2nd in Red) and Sasha Fichtenholtz in 2nd in White. Thank you to Jake Lundburg for being our JR Regatta Chair, Walter Maguire for being our Opti PRO, and Thad O for being our doublehanded PRO. *Full Regatta Results are posted on Club Spot:* <https://theclubspot.com/regatta/bbtqodyYuy/results>



### Junior Olympic Festival at Niantic Bay Yacht Club - REGATTA REPORT:

On July 15th, SHYC sent a full team of sailors to the US Sailing Junior Olympic Festival at Niantic Bay Yacht Club. It was a great opportunity for our SHYC Race Team sailors to sail outside of our home waters. Our sailors did fantastic and swept the podium! Coaches Eli Gleason and Courtland Doyle helped our sailors have a great experience on and off the water. In the RS FEVAs, 1st Place - Wells Connor & Avery Peterson, 2nd Place - Archer Fitton & Luke Steffen, 3rd Place - Carter Mikolay & Sasha Fichtenholtz. In the 420 fleet, Ike Schutz & Sam Karlson won overall! *Full results online at Club Spot:* <https://theclubspot.com/regatta/cWnmAiunM1/results>



## 2021 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. Morning Opti sailors can race with “sailing coach approval.” It is a great way to get practice racing, extra coaching from our great coaches, and have fun on the water.

- **Boats for Saturday Morning Junior Sailing** – Optimist, FEVA, and 420!
- **Saturday & Holiday Adult & JR Racing Schedule Calendar** = [LINK](#)
  - **Upcoming Saturday Morning Racing on 7/17, 7/24, 7/31, and 8/7**
  - **Holiday racing on Labor Day Weekend!**
- **Reserving a 420 or FEVA for Saturday morning racing (or a SHYC holiday trophy race)** = to help the kids get organized with sailing partners, we have a new boat sign-up registration system. Please contact Kevin Gunn or have your sailor ask their instructor in class to sign them up for a boat to use. Coaches can also help your sailors find a partner to race with. You can view the FEVA/420 Boat Reservation Sign-up Sheet on the website at this = [LINK to View](#)
- **Timing for Saturday JR morning racing** – 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.

## Saturday Morning Green Fleet Race Morning - July 24th at SHYC!

- **New to Opti Sailing & interested in giving racing a try in a few weeks?** On Saturday 7/24 at 9AM, our new Opti sailors can give racing a try at our 2021 SHYC Saturday Green Fleet Fun Race! Our coaches will be organizing a fun morning of casual, coached races for our newest sailors. The coaches will be talking to the morning Opti1 kids about this opportunity. If your child is interested, speak to Kevin or their coach, to get more details.

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## SHYC TENNIS: Updates & News!

**Wow! Another great SHYC Tennis session completed.** All of our groups are improving immensely and having so much fun on the courts. Our coaches are working with the kids on skills, technique, and strokes. Our Yellow Ball players take practice very seriously and the competition between players is fierce (and fun)! We look forward to Session C on the courts and our Annual Parent Child Tournament on Sunday August 1st - Save the Date!

**On Friday our SHYC Tennis Team took on Madison Beach Club in the “Annual Battle of the Burgees!”** Our Tennis Teams played their best ever and beat MBC for the first time in this hard fought annual competition. Our SHYC Tennis Team looks forward to proudly displaying the MBC burgee which they captured! *Our Yellow Ball Team below, along with Coach Steve and the captured MBC burgee!*



**Important SHYC Tennis Dates - Mark Your Calendars:**

- **Annual SHYC “Parent/Child Tournament”** on Sunday August 1st at 1pm - Open to all SHYC Tennis players in Yellow, Green, and Orange Ball. Pair up with your children to play against your friends on this annual, highly competitive (and fun) favorite day of club tennis matches!
- **Annual SHYC Club JR Tennis Championships** will begin the Sunday August 8th and continue into the week of August 9th. More details are coming! Encourage your kids to play, talk to Coach Steve for more info!

**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**, Paige Van Ostenbridge, 860-876-6476, [pvano123@yahoo.com](mailto:pvano123@yahoo.com)

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**SWIMMING: Session B Wrap-Up**

These last two weeks have been great! All the kids have worked on improving their freestyle, backstroke, and breaststroke, and even have worked on some dolphin kick to make their butterfly better! Lots of kicking was done with the kick boards and lots of scoops were taught with the barbells. We learned rocket bobs this week, and swam all the way across the pool and back. Our scoops, kicks and bubbles are improving every day. We also had a lot of fun with cool jumps at the end of the day, and even some jumping contests! We can't wait for Session C.



**Cheers from your Swim Coaches - Chloe & Alex**

**Head Swim Coach:** Choe Shoff, 203-545-2507, [shoffchloe@gmail.com](mailto:shoffchloe@gmail.com)

**Assistant Swim Coach:** Alex Mayo, 203-640-9706, [longshore2002@gmail.com](mailto:longshore2002@gmail.com)

**Swim Coordinator,** Catherine Greenman, [catherine.greenman@gmail.com](mailto:catherine.greenman@gmail.com)

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## Class Updates & Key Dates for Juniors:

**Session C Starts on Tuesday July 19th!** Check the Summer [Class Lists](#) to make sure your child is signed up for Session-C (sailing, tennis, and swim).

**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!

### Important SHYC Junior Dates - Save the Dates:

- **July 19** - Session C Starts
- **July 24th** - Green Fleet Saturday Race Morning (talk to Coach Kevin to sign-up)
- **August 1st** - Parent Child Tennis Tournament at 1pm
- **August 7th** - Family Fun Night at SHYC (look for the Paperless Post)
- **August 8th** - SHYC Club Tennis Championships (continues into week of August 9th)
- **August 12th** - Junior Awards Banquet at 6pm (more info to come)

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## Important Reminders for Parents & Kids:

**SAFETY - BIKES & MOTORIZED ONE-WHEELS.** Please remind your kids about bike and transportation safety. Look out for cars, kids, walkers, and more. Remind your bikers to ride on the correct side of the road and to use the bike racks. If your junior rides a One-Wheel, Skateboard, or other fun toy, please make sure they **PARK** it in the bike rack area, they **CAN NOT** ride it past the front steps. They must get off it and carry it once they reach the front of the Yacht Club.

**Class Cancelations & 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.

**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.](#)

**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, Kevin Gunn, [kgunn23@gmail.com](mailto:kgunn23@gmail.com)

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

General Questions – Whitney Peterson, [petersonwhitney@gmail.com](mailto:petersonwhitney@gmail.com)