



SACHEM'S HEAD YACHT CLUB

2021 JUNIOR PROGRAMS NEWSLETTER

Session C Newsletter (July 19-30)

From the SHYC Sailing & Waterfront Director, Kevin Gunn:

These past two weeks have been very exciting for SHYC; check out the regatta report section in this newsletter (Spoiler, we won the FEVA North American Championship!). It was certainly a great way for me to end my summer in Connecticut; it is time for me to head back to New Orleans to start another school year. I will leave the program in the capable hands of our August Sailing Director, Haley Brown. She has already begun working with all of our enthusiastic and experienced instructors to ensure a smooth transition. Although I will not be physically at the club, feel free to contact me if you need anything or you can [reach out to Haley](#).



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/18dej79_y0PWX0yNoUI07JRaboXA0w9le?usp=sharing

Annual Slideshow Photos Needed

Please share your best sailing, swimming & tennis photos for the annual slideshow on Awards Night 8/12! **Deadline to submit is August 9th.**

How to submit images for the slideshow?

- email or share photos with shyclideshow@gmail.com
- or text to 203-907-6699
- please select (not select all) & send a handful of slideshow worthy images



Morning Sea Squirts

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

Sea squirts have been a blast! This past session has been full of sailing out by the thimbles on big boats, water obstacle courses, fishing and catching crabs, and so many other hands-on activities! Every day has been full of smiles and adventure.

Morning Opti 1 Sailing

Instructors: Kevin Gunn, Izzy Merrill, and Courtland Doyle

Our Opti 1 sailors have made tremendous progress this summer. Since they have proven their ability to sail an Opti upwind around a course, they got to adventure into other boats, such as a 420s with a counselor and the Fevas without a counselor aboard. We will not be able to call them beginners much longer!



Morning Adventure Sailing

Instructor: Eli Gleason and Haley Brown

The adventure sailors have had a busy session! From rigging up the Walker Bay's with Open Skiff rigs to having an Olympics day, the sailors have had fun playing around while also mixing in some friendly competition. We are looking forward to one more session with these awesome kids.

Afternoon Race Team

Instructors: Kevin Gunn, Izzy Merrill and Eli Gleason

The focus on session C racing was preparing for the Feva North Americans, which seemed to pay off (see regatta report at the end of the sailing section)! We practiced leeward mark roundings, holding a position on the starting line, and going downwind with the spinnaker. While this may sound like a lot of work, the kids kept it fun with plenty of capsizing and cheerful competition.



Afternoon Adventure

Instructor: Maeve Merkle-Scotland and Courtland Doyle

This session our adventure kids had a blast! Towards the end of the session, a strong southerly wind filled in. We seized the opportunity and took a trip to Outer Island in three Fevas. There we explored the island and learned about the wildlife. We also had a *wipeout* course the instructors put together as well as cardboard boat racing. Overall, the session was a blast and we are looking forward to session D

Friday Paddle Board Yoga

Instructor: Maeve Merkle-Scotland

Paddle board yoga has been a relaxing and peaceful end to the week. This small but enjoyable class was spent enjoying nature and soaking up the sun.





Friday Racing Skills & Drills Practice

Instructor: Eli Gleason

With a smaller group than usual, we were able to focus on improving the sailor's boat speed and boat handling in a productive setting. While our dedicated Friday time with these racers is coming to an end, they have improved their racing skills greatly from these extra practices. We are already planning on having more Race Team practices next summer!

SHYC JUNIOR RACING - Regatta Reports & Championships

Feva North Americans at Cedar Point Yacht Club - REGATTA REPORT:

The RS FEVA North American Championship was held in western Long Island Sound this week at Cedar Point YC. The sailors attended a US Sailing clinic on the day before the regatta to practice and refine their skills. Over the two day regatta, our sailors raced in strong winds and building waves on day one, and a shifty, puffy northerly on day two. The fleet of 33 FEVAs sailed 9 races over the two days. We are very excited to share that SHYC had 2 boats on the podium, with Ike Schutz and Avery Peterson winning the North American Champions and Gus Fichtenholz and Ben Brown taking 3rd place! Our third team of Sasha Fichtenholz and Carter Mikolay finished in a strong 11th in the regatta. Our three boats, supported by their expert coaches of Eli, Izzy, and Courtland, showed exemplary teamwork, boat handling, sportsmanship, and SHYC spirit on and off the water. We are so proud of them all! Go Team SHYC! For winning the North American Championship, Ike and Avery have been invited to the RS FEVA Worlds in summer 2022 which will be held in Weymouth, England. RS FEVA will be providing them with a complementary RS FEVA charter boat and racing sails to compete in this

championship which is expected to have over 200 sailors! Race results from 2021 North Americans are posted [here](#).

A Story About SHYC Coaching Excellence. This story from the final day of racing at the FEVA NA's brings to life how fortunate we are to have amazing coaches at SHYC. A FEVA with young sailors from another club was capsized and turtled at the windward mark of the



race course. They were pretty far behind, so they were about to be lapped by the top sailors who were approaching the windward mark for the second lap. Their coach sat in his boat looking confused and unclear of how to help his little sailors who were scared, in the path of approaching racers, and unable to right their boat. The RC mark-boat called over the radio asking for additional help. SHYC Coaches, Eli & Izzy, heard the call and immediately

responded. Upon arrival at the flipped boat, they quickly surveyed the scene and jumped into action. Izzy took the helm of the coach boat, and Eli jumped in the water to help the young sailors. He righted their boat, helped them back into the boat, and brought them safely out of the way. We are so proud of our SHYC team of coaches, and that our youth sailors are being led by role model coaches who are setting an example of sportsmanship, safety, and teamwork everyday of the summer. Thank you Eli and Izzy!

Optimist Nationals in Norfolk, VA

Wylder and Fischer Smith competed in the Optimist National Championship (June 26th- 29th) in Norfolk, VA against over 250 other youth sailors from around the country.

Wylder topped all but one sailor in the fleet, finishing Second overall and First in Red fleet (13-15 year olds). Wylder's finish qualifies him for his choice of Sailing for Team USA at either the South American Championships (Mar de Plata, Argentina) or the Asian & Oceanic Championships (Royal Varuna Yacht Club, Thailand) – both being held in November. Fischer, in his first ever USODA event, placed well enough (158th) to secure a spot at the 2022 Optimist

National Team Trials, being held in Oyster Bay, NY in May of 2022. Go Team SHYC!!
Congrats to the Smith Optimist sailors!

Saturday Morning Opti 1 Regatta Report:

After working hard all summer on mastering the Opti, our youngest sailors ventured out for some racing with each other on July 24th. The only wind present at 9:30 in the morning was close to shore, so we raced right off the dock and stayed in the harbor. The parents enjoyed seeing their kids sail from the comfort of the club and the kids got to show off their new skills in the light air. After four

aces, David Fantarella led on the score sheet. Congratulations David and to all of the sailors!



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](#)
 - **Last JR Saturday Morning Race for Series on 8/7**
 - **Holiday JR Racing on Labor Day Weekend - Sign Up Now!**
 - Saturday 9/4 for the Optimist Steward Cup
 - Monday 9/6 for the FEVA Commodores Cup
- **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.

(SCROLL TO NEXT PAGE FOR TENNIS & SWIM!)

SHYC TENNIS: Updates & News!



Wow!!! Our 3rd session of tennis is now completed. Way too fast!!! Another exciting 2 weeks on the courts. Our red ball group are just beginning to rally a bit with the coaches. So cool to see their progression. The tennis team is red hot. So far they have not lost a match. Go Sachem's Head!!!

Tennis PRO, Steve Godiksen, stevegodiksen@yahoo.com, 203-215-6197

Tennis Assistant, Alex Kagan, 203-843-1566, akagan47@gmail.com

Tennis Assistant, Paige Van Ostenbridge, 860-876-6476, pvano123@yahoo.com



SWIMMING: Session C Wrap-Up

This week we learned many new skills such as flip turns and dives. The older kids learned how to do streamlines with dolphin kicks. We worked on perfecting our backstroke and breaststroke. Everyone dived for different toys and did lots of monkey climbs! We are all excited for our last session and learning more important swimming skills!

Cheers from your Swim Coaches - Chloe & Alex

Head Swim Coach: Choe Shoff, 203-545-2507, shoffchloe@gmail.com

Assistant Swim Coach: Alex Mayo, 203-640-9706, longshore2002@gmail.com

Swim Coordinator, Catherine Greenman, catherine.greenman@gmail.com

Class Updates & Key Dates for Juniors:

Session D Starts on Monday August 2nd Check the Summer [Class Lists](#) to make sure your child is signed up for Session-D (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:

- **August 1st** - Parent Child Tennis Tournament at 1pm

- **August 7th** - Family Fun Night at SHYC Join other families for food, drink, cookies and fun. RSVP by August 2nd. (look for the Paperless Post)
 - **August 8th** - SHYC Club Tennis Championships (continues into week of August 9th)
 - **August 12th** - Junior Awards Banquet at 6pm (Yacht Club Attire)
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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

JR Sailing & Swim Questions – Erica Walden, ericagwalden@yahoo.com

Head Sailing Director, Kevin Gunn, kgunn23@gmail.com

Head Tennis Pro: Steve Godiksen: 203-215-6197; stevegodiksen@yahoo.com

General Questions – Whitney Peterson, petersonwhitney@gmail.com