



SACHEM'S HEAD YACHT CLUB

2021 JUNIOR PROGRAMS NEWSLETTER

Session A Newsletter (June 21-July 2)

From the SHYC Sailing & Waterfront Director, Kevin Gunn:

I am excited to be back at SHYC for another summer of junior sailing. In the week prior to the kids arriving for sailing lessons, all of the instructors were busy preparing boats and lessons to make the summer of 2021 the best summer possible for your children. In our first weeks of sailing, all of the junior sailors did the annual swim test and were excited to get out sailing! The sailors are progressing nicely through the skills in the US Sailing SkillUp app, and we are using a wide variety of boats this summer to teach, including Opti, RS Fevas, C420s, and the club Sonar!

We are using US Sailing's Skill-Up Program! New this year we are using [US Sailing's Skill-Up](#) digital program for attendance, skills building, instructional videos, and more! If you have not already done so, download the free mobile app to check in on your child's progress in the SHYC summer sailing program - the coaches are posting updates! All of the sailing program kids (not SeaSquirts) were given their US SAILING Tag on 7/1 that has their new US Sailing Membership #number on it. Use this number to login to your child's SkillUp profile and track their summer sailing skills progress. Follow these easy steps to get started:

1. [SkillUp App](#) - Download the free mobile App
2. **Login to App** - Use your child's new US Sailing membership # (password is the same as the membership #)
3. **Don't know their US Sailing membership #?** Look it up online at this [Link](#)
4. **If you have a second sailing child in the program**, logout and follow the above steps again (or click "Add Account" in the top right corner)
5. **If you are having issues** contact US Sailing's SkillUp team at skillup@ussailing.org
6. **Learn more** by reading the [Skill-Up How-to User Guide](#)

If you have any questions or concerns about SHYC Sailing, please don't hesitate to send me an email - Kevin Gunn, SHYC Sailing Director at kgunn23@gmail.com.

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

<https://drive.google.com/drive/folders/1h5plaxlXP1eqw4adfkU7QK2o4b3u7kGR?usp=sharing>





Morning Sea Squirts

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



Our Sea Squirts Program kids, ages 6 & 7, have been having a blast! This past week we have learned so much about the science behind our surroundings. Our class learned about pollution, tidal pools and creatures, rock formation, sailing and more! STEM activities and crafts have kept these kids very busy! We even got out for a Sonar sail!

Morning Opti 1 Sailing

Instructors: Kevin Gunn, Izzy Merrill, and Courtland Doyle



These young sailors have enjoyed their first experiences sailing on their own. In the first week, we capsized in the harbor and sailed with a partner out in the sound. In week two, after a little fun sailing on the Sonar, these brave sailors started sailing solo around a course. Stay tuned to this group, as we are hopeful they will be able to start racing in a green-fleet race (for beginning sailors) with the rest of the SHYC on a Saturday morning at the end of the month.

Morning Adventure Sailing

Instructors: James Vagell and Eli Gleason



Adventure sailing has been a blast! The sailors enjoyed sailing the RS Fevas using their asymmetrical spinnakers to speed around the sound. We have gone on many adventures into the Thimble Islands and Joshua cove, where they love to capsize and swim around. We also did a scavenger hunt on the water! In week two, we took the Sonar out on a fun adventure. Sailors anchored the boat and enjoyed swimming and playing around in the hot sun. Looking forward to many more days on the water with these fearless sailors.

Afternoon Race Team (13 & Under)

Instructors: Izzy Merrill and Eli Gleason



These young racers were out and about on the water the first day of camp, ready to take on the adventure of learning all about racing! In the first week, we got comfortable with the Feva sailboats and eventually moved onto 420s, where we spent a whole day mastering our trapeze-hiking skills. In week two we did more windward leeward courses, practiced our racing starts, and sailed in practice races. These sailors are fearless when it comes to learning more, battling the weather, and racing against the older race class. These kids are always busy!

Afternoon Race Team (13+ years)

Instructors: Kevin Gunn, James Vagell, Cortland Doyle, and Alexandra Roesch



Our first two weeks of camp have been very productive. We have practiced roll taking, as seen in the picture to the left, starting techniques, and flying the spinnaker in both the Fevas and 420s. We are all excited to see how they do in the upcoming SHYC regatta!

Afternoon Boating Safety & Skills

Instructor: Maeve Merkle-Scotland



Our new Boating Skills Class for high-school age sailors has been a big hit! This class has been refining their sailing and motor-boating skills through fun activities, drills, and adventures where they can learn through hands-on practice and feel empowered as safe boaters. Each of these girls has greatly improved their docking abilities, and become increasingly more confident in their general boat handling and safety skills. Setting an anchor, checking and filling a gas tank, putting oil in a two stroke, and more have already become second nature through this new class. This class is looking forward to learning more and having lots of fun in Session-B!

Friday Paddle Board Fun

Instructor: Alexandra Roesch



Our paddle boarding class had a blast this week! We explored the cove at Sachems Head and paddled out to Goose Rock. It was a chilly day but we powered through and practiced sitting and kneeling poses, such as Child's Pose and Half Camel. We're excited to keep having fun together on the water!

Friday Kayak Fishing

Instructor: Maeve Merkle-Scotland



These kids are learning to master two great hobbies - kayaking and fishing! From tackle boxes, rods, bait, and a cooler with a bag of ice, the kayak fishing excursion had each kid engaged and ready for a bite! Next week we will catch a big one!

Friday Morning Racing Skills & Drills Practice

Instructor: Eli Gleason



This past Friday, our racing sailors singlehanded RS Fevas in very light wind conditions with strong current. The group worked on starting, using a two-minute sequence to get in many repetitions. The sailors also worked on their light wind boat handling to improve speed around the course. We are excited to see how this group progresses throughout the summer!

SHYC JUNIOR RACING - NEWS, DATES, & MORE!

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 7/3, 7/10, 7/17, etc.**
 - **Holiday JR Trophy Racing on Monday July 5th** (FEVA, 420 & Opti)
- **Reserving a 420 or FEVA for Saturday morning racing (or a SHYC holiday trophy race)** = to help the kids get organized with sailing partners, and so there is no risk of showing up and there not being enough boats, we have a new boat sign-up registration system. Please contact Kevin Gunn, Whitney Peterson, 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.
- **New to Opti Sailing & interested in giving racing a try in a few weeks? Save the date - Saturday 7/24 - for the first 2021 SHYC Saturday Green Fleet Fun Race.** Our coaches will be organizing a fun morning of casual 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.

Sachems Head Junior Regatta - Wed July 7th

Our SHYC Annual Sachems Head Junior Regatta is fast approaching on Wed July 7, 2021. We encourage all our afternoon sailors to race in this home regatta!! Talk to your coaches, get a partner and sail a 420 or Feva, or race your own Opti!

- **Boats/Fleets** - 420s, FEVAs, Opti RBW, and Opti Green.

- **Online Regatta Registration** - Please sign your sailor up for the SHYC Regatta as soon as possible. You must complete the [online registration](#) to race. If you don't know the Sail # type in 7777 or UNKNOWN.
- **Regatta detailed information** - Times, NOR, Sailing Instructions and more at [CLUB-SPOT](#)
- **Talk to the Coaches** - Have your sailor talk to his coach to learn more, reserve a boat, and find a partner to race with!
- **NO SAILING CLASSES on Wed July 7th** - Sailing on Wed 7/7 is only for those racing in the SHYC JR Regatta. All other sailing classes are canceled for the day. You and your sailor are welcome to come watch from the deck. Most of the races will be held in the early afternoon. Children need to be supervised. **Tennis & Swim classes will be held = yes!**

Save The Date - Niantic US SAILING Junior Olympic Regatta (Thrs July 15th)

Our SHYC Racers in our Opti, Feva, and 420 Racing Program will be attending this great regatta! Save the date (7/15), more info and registration links to come. Please let Kevin know if your sailor would like to race, and which type of boat they would like to race. There are 3 SHYC Fevas available for travel usage for this one regatta, and we can help line up 420's to Charter for this event for our 420 team. Opti is BYO. Talk to your sailor about finding a partner now if they are sailing 2-person boats.

- **Wed July 14th - FEVA Intermediate-Level Race Clinic** (This is a special clinic for SHYC and Niantic sailors to get some extra FEVA race training before the regatta, intermediate level sailors welcome.)
- **Thursday July 15th - Niantic US Sailing Junior Olympic Regatta (also called the Larry White Regatta)** - *registration link will be provided next week*

TENNIS: Session A Update!

Wow! The first session of 2021 SHYC Tennis is in the books. How time flies when you're having fun, and rest assured we are having plenty of it. All of our tennis groups are doing an amazing job on the courts. For the first time in a while we have 14 Red Ball players participating (these are the little kids ages 5-8yr!). That is the biggest number of small tennis players I've seen in 10+ years. Our teenage Yellow Ball group is also very strong, with nearly 20 players! The SHYC Travel Tennis Team has their first match against Madison Beach Club tomorrow. We're calling it "The Battle of the Burgees" - this a tradition from many years ago that we are bringing back. Wish us luck! Our players are psyched and ready to compete to capture the MBC flag!





Here's to a great start to this summer's tennis season! Cheers from the SHYC 2021 Tennis Coaches - Steve, Alex, and Paige

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 A Update!

Our young Session-A swimmers did so amazing these past two weeks! Everyone learned how to blow bubbles, kick their legs, and scoop using their arms. Some of our older swimmers learned how to do freestyle swimming, breaststroke, and backstroke. We worked on using the kick boards and perfecting our kicks. Swimmers also learned about streamlining under the water. Everyone went all the way under water and jumped into the pool too! We can't wait for Session-B to start!



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

Next Session - Class Updates

Session B Starts on Tuesday July 6th - Learn What is NEW!

Class Lists. Check the Summer [Class Lists](#) to make sure your child is signed up for Session-B (sailing, tennis, and swim). *There is more space in our Friday Morning Waterfront Add-On Classes. Speak to Jamie Mickolay if you have questions about Friday Morning Programs.*

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 Dates - No Classes (July 5th or 7th):

1. **No Sailing, Swim or Tennis Classes on Monday July 5th** (enjoy the holiday!)
2. **SHYC Junior Regatta on Wed July 7th** (There are NO regular sailing or sea squirt classes held on the SHYC Regatta day, sailing is only for those racing in the regatta!)

Important 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 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.**

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.

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