



# SHYC Jr. Programs

## Tennis

We had an exciting family tennis tournament. We had over 9 teams. Congrats to Hugo Sandman and Emily Anderson, and Luke Bartek and Uncle Peter, for the wins! Thank you to all of the families for the fun day!

Session C we worked on volleys and net play, and we continued to build our skills. As our tennis team is winding down there are a few more regular summer matches.



# Sailing - Sea Squirts

**Instructors: Claire and Milly**

Sea squirts focused on a variety of topics. They learned about flight, flowers, yoga, and more. They also got to visit outer island. This session was filled with arts and crafts as well as swimming and capture the flag.



# Sailing - OPTI I

**Instructor: Jamie**

OPTI 1's had a fantastic Session C! They practiced sailing off the dock in groups, rounding marks. One of their new favorite pastimes is helping out as "junior JIs" - catching their friends and tying/untying them from the dock. Many sailors also tried their first away regatta this session! Next session we'll tackle upwind sailing and basic race courses.



# Sailing - OPTI II

## Instructor: Una

Opti 2 had an interesting session, they got to experiment with a new variety of sailing aspects. From racing to big boats, session C had it all! We got lucky with the wind giving us a mixed bag of conditions, this helped us gain experience in breeze (and of course without breeze). We fine tuned our starting skills and our mark roundings. Big boat day included an excursion to the Thimble Islands which gave our young sailors a chance at maneuvering boats a little larger than their usual optis. Next session Opti 2 will further enhance their boat speed and go on a few more adventures!



# Sailing - OPTI Race

## Coach: Emma

Opti Race sailors had a busy session C! Sailors traveled all over the ECSA and competed in regattas at Watch Hill Yacht Club, Niantic Bay, Madison Beach Club, Pettipaug, Weekapaug, and Pine Orchard. Multiple SHYC sailors placed in the top three at these events! In white fleet, Sophia Fantarella placed 3rd at Watch Hill, 1st at Niantic Bay, 1st at Madison, and 1st at Pettipaug and Libby Vitari placed 3rd at Madison, 3rd at Pettipaug, and 1st at Pine Orchard. In Blue Fleet, David Fantarella placed 3rd at Watch Hill, 3rd at Niantic Bay, 1st Overall and in Blue Fleet at Madison, 3rd Overall and 2nd in Blue Fleet at Pettipaug, and 2nd Overall and in Blue Fleet at Weekapaug and Teag Ozyck placed 3rd overall and in blue fleet at Madison. In Green Fleet, Hugo Sandmann placed 1st at Madison and 1st at Pine Orchard, Blake Davidson placed 2nd at Pine Orchard, and Emmy Fantarella placed 3rd at Pettipaug and 3rd at Pine Orchard. All our sailors that attended these events, not just the ones that placed, deserve a big round of applause! Each sailor in the class is pushing each other to be better and encouraging one another, which is incredible to see as a coach. Outside of regattas the class worked on improving their starts and gaining a better understanding of tactics and how to apply them, with a big emphasis on setting yourself up to get clean air. It was great to see the sailors take what we learned and bring it on to the race course – I can't wait to see how they continue to improve over the last session!

# Sailing - Afternoon Classes

**Instructors: Jamie and Una**

Afternoon had an eventful session! They practiced some trapeze drills, learned to set a 420 spinnaker and sail downwind with it, practiced some lightwind racing technique, and sailed in different partner pairings. They also had fun swimming, washing boats (and their friends...), and being silly. Sailors also spent time reviewing and critiquing YouTube film on our stormy days. Next session, they'll continue to rotate through new sailing partners and different boats!



# Gallery

