

Amy Vinciguerra – SHYC 2018 Head Instructor



- **Name:** Amy Vinciguerra
- **Age:** 23
- **Contact info (cell/email):** 860-395-7635 amyvinci94@gmail.com
- **Education:** Old Saybrook High School, UMass Amherst - Physics & Astronomy major 2017, Sacred Heart University - Education Master's Program.
- **Where you grew-up sailing:** North Cove Yacht Club in Old Saybrook, CT
- **About your youth sailing/racing experiences (age when started sailing, types of boats, racing you did, etc.):** I started sailing at age 8 at North Cove and grew up in their program sailing Dyer Dhows, Optis, and 420s. I became a Junior Instructor at North Cove and also began sailing on the Pettipaug Racing Team where I competed in many ECSA Junior regattas. My family has a Hunter 34 so I also spent many summer weekends cruising Long Island Sound and Block Island. Over the winter I bought my first boat, a Catalina 22 that I will be PHFR racing and cruising with!
- **About your high-school and/or college sailing/racing:** I was a member of the UMass Sailing Team all 4 years of college. I was the Team Treasurer for 1 year, President for 2 years, and Senior Advisor in my last year. I helped the team grow from 5 members to now having 40 active members! Now I do my competing at the Frostbite Yacht Club in Essex crewing on a JY15.
- **Past coaching experience:** After being a Junior Instructor for several years, I became the Opti Instructor at North Cove in 2014 and then went on to be the Program Head Instructor for 3 seasons from 2015-2017.
- **Certifications:** US Sailing Level I, II, and III, CPR/First Aid, SafeSport, CT Coaching Permit, Concussion Training.
- **What you like best about coaching kids:** I love introducing kids to the sailing community because sailing is a sport that can last your entire life and you can always keep learning.
- **Other favorite interests & activities:** Cooking
- **Anything else you want to add:** I'm very excited to be leading the Sachem's Head Junior Sailing Program this summer and want to make sure it's filled with lots of fun for everyone!