

SHYC 2017 Summer Programs: Sailing, Tennis, and Swimming

Program Dates: SHYC sailing, tennis, and swim will be offered as a 4 week session or an 8 week session (Full Season).

- **Session 1:** Mon June 26 – July 21; **Session 2:** Mon July 24 – Aug 17
- **Full Season:** Mon June 26 to Aug 17



Online Registration for JR Programs using EventBrite!

- [Click Here](#) to Register Online (opens Feb 15th)
- **Late Registrations** received after May 1th will be charged a \$100 late fee.

Key Summer Events and Dates:

- **JR Sailing Boat Inspection:** Sunday June 18th, 3-5pm. Meet the instructors, have your Opti checked, buy parts, get your rack/tube assignments, etc.
- **SHYC Junior Regatta:** Friday, July 14th. Opti RWB, Opti Green, OpenBIC.
- **JR Awards Night & Dinner:** Thursday, August 17th, 5-8pm. Dress code = yacht club attire (collars/dresses)

2017 Junior Sailing Programing Highlights!

<p>Daily Curriculum Focus</p>	<p>A daily focus will be applied to each class in an age/level appropriate way. This exposes kids to all aspects of sailing.</p> <ul style="list-style-type: none"> • Monday - Skills: Building skills related to the development goals of the class level. • Tuesday - Seamanship: Seamanship skills of all types (boat care, rigging, safety, knots, navigation, charts, buoys, anchoring) • Wednesday – Racing Exposure: Exposure to racing (course sailing, starting lines, starts, tactics, rules, skills) • Thursday – Adventure Sailing: Adventure Sailing has become so popular at SHYC that have integrated it into all classes. • Friday – AM Race Teams Practice: This gives all our racing sailors an extra practice, and a chance to learn from each other.
<p>Friday Mornings = Race Team Only</p> <p>Friday Afternoon = no sailing classes</p>	<p>This year, all our standard “Sailing Classes” will meet Monday-Thursday (except Squirts which will continue as a Tues-Wed-Thurs class).</p> <p>Friday mornings will be used for coached Race Team Practices for our Opti AM Team, Opti PM Team, and our 420 Race Team. These dynamic, exciting, extra practices will enable our sailors to build racing skills, learn from each other, foster teamwork, and work with our talented coaches in a focused session. <i>Private Lessons will be available on Fri afternoons (and other times based on instructor availability).</i></p>
<p>REACH-STEM and Environmental Modules</p>	<p>STEM and Environmental modules will be integrated into classes throughout the summer on bad weather, no wind, and rainy days. Modules will comes from US Sailing's Reach STEM initiative which utilizes sailing and the ocean as a way to incorporate science, technology, engineering, and math into sailing classes. Environment awareness concepts from Sailors for the Sea.</p>
<p>“NEW” Improved Recreational 420/BIC Sailing Class</p>	<p>Many of our tweens and teens have asked for a purely recreational 420 sailing class that is focused on fun, skills, and teamwork. For these sailors we offer “420 Cruisers Class” which meets Mon, Tues, Wed, and Thurs from 1-4pm. Sailors must be 12yrs+ and it is recommended that they weigh 90+ lbs. BICS will also be used for variety. Sailors in this class that also want to race can sign up for the ADD-ON 420 Race Team which practices on Mon & Wed afternoons and Fri morning.</p>
<p>More Exposure to Keelboat Sailing!</p>	<p>We are incorporating some fun ways for SHYC’s junior sailors to learn about sailing opportunities beyond youth boats and sailing class. We will be having 2 keelboat days when the kids go sailing with members on big-boats during class! We will also be having some “Bring a Junior Day” for our Saturday Sonar Races – ask the SHYC Fleet Captain for Details. We hope to add more Sonar sailing in class too.</p>
<p>Adventure Sailing</p>	<p>Adventure Sailing is the fastest growing segment of youth sailing across the county. All SHYC sailing classes will do “Adventure Sailing” on Thursdays. “Adventure Sailing” offers kids the opportunity to explore our harbors and waters, all while learning seamanship, life-long sailing skills, and developing boating confidence. Activities including long distance sailing, destination sailing, anchoring, navigating, seamanship, currents/tides, freestyle, rowing, and STEM.</p>
<p>Private Lessons</p>	<p>Private sailing lessons are available for all levels of sailors, ages 6+ to adults, in Optis, BICs, or 420s. Private lessons with SHYC instructors must be billed through your SHYC account for insurance requirements. Coordinate times with instructors directly. (Fee for Private or Semi-Private lessons are \$45/hour.)</p>



Sachem's Head Yacht Club 2017 Summer Program: Sailing



Morning Sailing Classes for Ages 6-11 years (9:00AM – 12:00AM)

Name	Age	Description	Days and Time	Boat Ownership?	Cost
SEA SQUIRTS	6 and 7yrs (must be 6 by 12/31/17)	A fun introduction to sailing and boats. No experience is needed. This fun class is intended to expose young children to boats, sailing, and SHYC. The children will participate in a variety of activities to help them become comfortable around boats. They will be introduced to parts of a boat, sailing vocabulary, boating safety, rigging, and knot tying. They will take part in rigging, sailing games, arts & crafts, towing, sailing with a buddy, harbor cruises, launch rides, and having fun! STEM/REACH concepts will be integrated.	9:00AM-12:00 (3 days: Tues, Wed, Thurs)	Opti needed for ALL 2 nd year Squirts & 7yr olds. 6yr olds don't need an Opti.	\$450 per 4-wk Session \$750 for Full Season
Opti 1	8 and 9yrs (must be 8 by 12/31/17)	Sailors in this class will have fun learning all the basics of sailing. This class is all about developing skills and confidence, making friends, and having fun in boats. Kids will learn: wind direction, boat parts, sailing games, rigging, capsizes & recovery, seamanship, knots, points of sail, tacking, gybing, sailing to destinations, steering, docking, and equipment respect. Sailors will also be exposed to simple racing concepts. This action-packed class will be taught primarily in Optis, however BICs and 420s will be used for variety. Students will sometimes sail in pairs, but the focus will be on solo sailing. Adventure Sailing and STEM concepts will be integrated. INSTRUCTORS WILL PLACE YOUR CHILD IN OPTI 1 or OPTI 2 BASED ON SKILL – Select “Opti 1 / Opti 2” when registering.	9:00AM -12:00 (4 days: Mon, Tues, Wed, Thurs) <i>*Racing Add-On Option available. See chart below</i>	Must own or have access to an Optimist for all classes.	\$525 per 4-week Session \$825 for Full Season
Opti 2	9-11yrs	This class builds on Opti 1. This class is for developing, intermediate Opti sailors who have already taken 2+ years of Opti sailing class. Sailors will further refine their Opti skills – tacking, gybing, roll-tacking, points of sail, sail trim, docking, mastering capsizes & recovery, steering, seamanship, sailing in a variety of conditions, free style sailing, exploring racing & rules, and equipment care. This exciting, fun class will primarily be taught in Opti, however BICs and 420s will be used for variety. This class is all about building skills, gaining confidence, making friends, and having fun. Adventure Sailing and STEM concepts integrated. INSTRUCTORS WILL PLACE YOUR CHILD IN OPTI 1 or OPTI 2 BASED ON SKILL – Select “Opti 1 / Opti 2” when registering.	9:00-12:00 (4 days: Mon, Tues, Wed, Thurs) <i>* Racing Add-On Options available. See chart below.</i>	Must own or have access to an Optimist for all classes.	\$525 per 4-week Session \$825 for Full Season

Racing Options for AM Sailors.
Descriptions on next page!



Racing “Add-on” Options
“Green” Opti Race Team (8-10 yrs): Practice Wed AM, coaching at travel regattas.
Opti Race Team (White, Blue, Red Fleet) (9-11 yrs) – Practice Mon, Wed, Fri AM, coaching at travel regattas.



SHYC 2017 Summer Program: Optimist Race Teams

Add-On OPTIMIST Racing Teams: Team Descriptions

Name	Age	Description	Team Gear	Coaching Time	Cost
"Green" Opti Race Team "Add-On"	Must be 8+ years old (by 12/31/17) and registered for either Opti 1 or Opti 2	<p>This team is for beginner Opti sailors who are interesting in learning to race and want to try a few local Green Fleet Regattas.</p> <p>On Wednesday mornings these sailors will break-off and work with SHYC's "Green" Race Coach to learn about racing, courses, and starts.</p> <p>The SHYC "Green" Race Coach will support these sailors at 3 local regattas (see JR Race Calendar for dates).</p> <p><i>Parents will be asked to help carpool and chaperone sailors at regattas.</i></p>	SHYC Race-Team "Pinnie" SHYC Race Team Hat SHYC Race Team Sailing Shirt	Wed 9-12 Coaching at 3 designated Green Fleet Opti regatta - (see JR Race Team Calendar)	\$200 for Session 1 or 2 \$300 for Full Season
Opti Race Team (Morning or Afternoon) "Add-On"	<p>AM Opti Team: Must be 9+ yrs (by 12/31/17) and registered for Opti 1 or Opti 2</p> <p>PM Opti Team: Must be 11+ yrs (by 12/31/17) and registered for Opti3</p>	<p>These teams are for OPTI sailors who want to develop their Opti (and Bic) racing skills.</p> <p>On Mon, Wed, Fri they will break-off in a small group to work with an SHYC Race Coach to build and refine their skills in boat handling, sail trim, controls, weight placement, racing skills, and technique. Instruction will include racing drills, racing rules, courses, and strategy.</p> <p>The SHYC Race Coach will travel with these sailors to designated regattas (Opti & Bic) and provide coaching on and off the water. <i>Parents will be asked to help carpool and chaperone sailors at regattas.</i></p>	SHYC Race-Team "Pinnie" SHYC Race Team Hat SHYC Race Team Sailing Shirt	AM Team: Mon & Wed 9-12 PM Team: Mon & Wed 1-4 PLUS: Fri 9-12 (both teams) Coaching at 5-7 designated regattas (see JR Race Team Calendar)	\$425 for Session 1 or 2 \$575 for Full Summer



What is an "Add-On" Racing Team?

SHYC's "Add-On" racing teams practice during normal sailing class hours, and travel to designated regattas with a SHYC coach and their teammates. Sailors signed up for one of these teams will break off into small groups during class time to practice racing related skills with their SHYC Race Coach. To join a SHYC Sailing "Add-On" Opti Race Team, your sailor must also be signed up for Opti 1, Opti 2, or Opti 3 class.



Sachem's Head Yacht Club 2017 Summer Program: Afternoon Sailing (PM)

Afternoon Sailing Classes: Age 11+ years old (1:00PM – 4:00PM)

Name	Age	Description	Days and Time	Boat Ownership?	Cost
Opti 3 Class (with some BIC)	Age 11+ (by 12/31/17 or w/ instructor permission)	This class builds on what sailors learned in morning Opti clas. It is for advancing Opti sailors who have already taken 3+ summers of Opti sailing class (not including Sea-Squirts) and/or those who have passed out of OPTI-2. Sailors will further refine their Opti sailing skills –roll-tacking and gybing, detailed sail trim, mastering capsizes & recovery, steering techniques, seamanship, sailing in all conditions, free style sailing, exploring racing, rules, and equipment care. This exciting, challenging class will primarily be taught in Opti, however BICs and 420s will be used for variety. Adventure Sailing and STEM will be integrated.	1-4pm (4 days: Mon, Tues, Wed, Thurs) <i>* Racing Add-On Option is “PM Optimist Team”</i>	Must own, or have access to, an Optimist	\$525 per Session \$825 for Full Summer
420 Cruiser Class (with some BIC)	Age 12+ Recommend 90+ lbs	SHYC has a fantastic fleet of 9 club-owned 420s to meet the needs of our 420s sailors! This class is for intermediate and advanced sailors who want to build their sailing skills and experiences in 420s. A combination of fun activities and skill-building drills will be incorporated to develop a love of sailing and confidence in each sailor. The sailors will work on skills related to rigging, trim, boat handling, teamwork, maneuvering, weight distribution, seamanship, light and heavy-air sailing, spinnakers, and trapeze. Sailors will also learn about caring for 420 equipment. Adventure and STEM concepts will be integrated.	1-4pm (4 days: Mon, Tues, Wed, Thurs) <i>* Racing Add-On Option is “PM Optimist Team” or “420 Team”</i>	None SHYC 420s will be used (\$350 boat access fee applies)	\$525 per Session \$825 for Full Summer
420 Race Team* ECSA “Team Racing” 420 Fleet-Racing Regattas BIC regattas	Age 12+ Recommend 90+ lbs	<p>This team will Team-Race and Fleet-Race 420s. Afternoon 420 sailors who are interested in “Team Racing” and “Fleet Racing” against other local clubs should join this team. This will be a fun race team, focused on learning!</p> <p>On Mondays this team will travel to several Team-Racing Clinics and Matches being hosted by JR ECSA (Eastern CT Sailing Association). This team will race other clubs and sail in our local qualifiers; and hopefully the champs at Yale in August.</p> <p>On Weds this group will focus on refining their 420 fleet racing skills, including racing with spinnakers & trapeze. We will be doing fleet “scrimmages” against other local clubs on several Wed.</p> <p>The SHYC 420 Race Coach will travel with these sailors to clinics, team-races, and PO & MBC 420 regattas. Sailors on this team can also go to coached BIC regattas. Parents will need to help with carpooling. <i>Boats are always supplied by the host club in Team-Racing. Parents will need to help transport boats to PO and MBC, and BIC regattas.</i> Learn more – read the SHYC 420 FAQs</p>	(3 practices: Mon & Wed 1-4pm, Fri 9-12am) PLUS off-site Coaching at Team-Racing related activities, PO & MBC 420 regattas, and BIC regattas. Add-On Team, must be signed up for “420 Cruiser Class”	None SHYC 420s will be used (\$350 boat access-fee applies from 420 Cruiser Class)	\$425 per Session \$575 for Full Summer TEAM GEAR: <i>SHYC Race-Team “Pinnie”</i> <i>SHYC Race Team Hat</i> <i>SHYC Race Team Shirt</i>



Sachem's Head Yacht Club 2017 Summer Program: Sailing Grid

Other Sailing Program Costs

- Opti or BIC Dock Spot - \$100/boat
- 420 Boat Access Fee - \$350/summer/kid
- Late Registration Fee After May 1st - \$100 charge
- SHYC BIC regatta charter - \$100/day

SAILING QUESTIONS:

- **Sailing Program = Whitney Peterson,**
petersonwhitney@gmail.com, 203-500-5111
- **Race Team = Kerry Schutz,**
kerrysawyerschutz@gmail.com, 203-640-5676

Times	Class Name	Mon	Tues	Wed	Thurs	Fri	Boats Used	Do you need to own a boat?	How many times a week does it meet?	Age Requirement (as of Dec 31st)
9:00-12:00	Sea Squirts		√	√	√		Primarily Opti	6yrs = no 7yrs = yes	3	6-7 yrs
9:00-12:00	Opti 1	√	√	√	√		Primarily Opti	Yes, Opti	4	8-9 yrs
9:00-12:00	Opti 2	√	√	√	√		Primarily Opti	Yes, Opti	4	9-11 yrs
9:00-12:00	ADD ON: Green Race Team Practice			√			Opti	Yes, Opti	1	8-10 yrs
9:00-12:00	ADD ON: Opti Race Travel Team Practice (for morning sailors)	√		√		√	Opti, BIC	Yes, Opti	3	9-11yrs
PM	AFTERNOON									
1:00-4:00	Opti 3 (with BIC)	√	√	√	√		Opti (with some BIC)	Yes, Opti or BIC	4	11+ yrs
1:00-4:00	420 Rec Cruisers (with BIC)	√	√	√	√		420s (with some BIC)	Pay a yearly 420 access fee \$350	4	12+ yrs
1:00-4:00	ADD ON: Opti Race Travel Team Practice (for afternoon sailors)	√		√		(Also on Fri AM)	Opti (with some BIC)	Yes, Opti	3 (2 afternoon practices, plus Fri morning practice)	11+ yrs
1:00-4:00	ADD ON: 420 Travel Race Team	√		√		(Also on Fri AM)	420s (with some BIC)	Pay a yearly 420 access fee \$350	3 (2 afternoon practices, plus Fri morning practice)	12+ yrs



Sachem's Head Yacht Club 2017 Summer Program: Tennis



Tennis lessons are segmented by age, with class groupings further broken out by skill, age, gender, and social groupings. We offer multiple levels of classes for red, orange and green ball players. Younger developing players will play Red Ball and work on hand-eye coordination, strokes, footwork and the fun of the game. Older, more experienced players will move into Orange and Green Balls. These players will continue to work on stroke basics and footwork, while also building their speed, agility, and endurance; game-play will round out the curriculum. All lessons will be fun and incorporate a variety of fun drills, learning games, and more.

Tennis will be scheduled to accommodate sailing classes, as best possible. In general, those taking sailing in the afternoon (ages 11+) will have tennis in the morning (or late afternoon); and those sailing in the morning (10 and under) will have tennis in the afternoon.

***NEW* Tennis Clothing/Footwear Requirements:** Players participating in the SHYC Junior Tennis program will be expected to have a tennis racket and **wear appropriate tennis clothing**. Specifically:

- Tennis sneakers with socks (no running shoes, crocs, tevas, sailing shoes, etc.)
- T-shirts or sports shirts (no bathing suits)
- Shorts or skirts with pockets that can hold a tennis ball (no bathing suits)
- Water bottle, hat, visor, and/or sunglasses

	Days a Week	Costs
Lessons: 4 & 5 years old <i>(Age – Must be 4 by 8/31/16)</i>	Tuesday & Thursday (45min)	\$205 per Session \$315 for the Full Summer
Lessons: 6-9 years old	Tuesday, Wednesday & Thursday (45min)	\$285 per Session \$350 for the Full Summer
Lessons: 10+ years old	Tuesday, Wednesday & Thursday (60min)	\$325 per Session \$390 for the Full Summer
Interclub Tennis Team: 8-10 years old	Mon practice: 1:00-2:30pm Friday Matches (1-4PM)	\$175
Interclub Tennis Team: 11+ years old	Mon practice: 10:30-12:00 Friday Matches (1-4PM)	\$175

Tennis class & team descriptions on next page →



Sachem's Head Yacht Club 2017 Summer Program: Tennis

INTERCLUB SHYC TENNIS TEAMS!

Monday Practice & Friday Interclub Matches

The SHYC Tennis Team is for those Orange, Green, or Yellow Ball players wishing to learn more about match play and game strategy, along with playing weekly matches on Friday afternoons against clubs in the area (Interclub Matches).

Participating clubs include Madison Beach Club, Guilford Racquet Club, Madison Racquet & Swim, and a few more.

- **Requirements/Ages:** 8+yrs, able to serve, keep score, and rally; Orange Ball or higher
- **Team Gear:** All SHYC team players will receive a white dry-fit SHYC tennis shirt!
- **Practice time for 8-11yrs:** Mondays from 1-2:30pm
- **Practice time for 11+yrs:** Mondays from 10:30-12
- **Matches:** Friday afternoons from approximately 1-4pm
- **Cost:** \$175 for Full Summer



End of Season SHYC Club Tennis Championship

Save the Dates – August 12 & 13th (TBD)

We encourage all SHYC JR players (typically ages 8+, but ask Steve) to play in the SHYC Club Championships. There will be four divisions including: Girls Singles (10 & Under and Over 10), Boys Singles (10 & Under and Over 10), Girls Doubles (10 & Under and Over 10), Boys Doubles (10 & Under and Over 10).

- **Requirements:** Free and open to anyone in the SHYC Junior Tennis Programs/Lessons
- **Tentative August 13th and 14th (TBD)**

SHYC Parent/Child Tournaments: Save the Dates!

We will have two fun parent/child tennis tournaments this year. Two divisions: 10 & Under and Over 10.

- **Cost:** \$25/team (sign-up with)
- **Tentative Sunday July 16th (TBD)**
- **Tentative Sunday August 6th (TBD)**

TENNIS QUESTIONS:

- Kiley Russell, krussell277@comcast.net, 203-314-9328
- Steve Godiksen, Tennis Coach, stevegodiksen@yahoo.com, 203-215-6197



Sachem's Head Yacht Club 2017 Summer Program: Swimming

Junior Swimming Lessons:

Swimming lessons are offered for children 4 to 13 years old. Lessons/groups will be assigned by age, experience, gender and/or social groupings. Lessons will be offered by the session (4 weeks) or for the Full Summer (8 weeks). We will work to accommodate sailing and tennis times. Class groupings, pool locations, and times will be emailed to all parents in June and posted at the club for Opening Day. Students should come to lessons with their bathing suits, towel, and goggles, with sunscreen pre-applied.

Swim Lesson Requirements:

- SHYC Swimmers will need goggles and a towel.
- All young swimmers must be **Potty-Trained and also 4yrs old by 8/31/2017**



	Days a Week	Costs
Lessons for 4 –7 yrs	Tuesday, Wednesday & Thursday (45 min)	\$225 per session \$325 for the full Season
Lessons for 8-13 yrs	Tuesday, Wednesday & Thursday (55 min)	\$225 per session \$325 for the full Season



SWIM QUESTIONS:

- Catherine Greenman, catherine.greenman@gmail.com, 917-346-9099
- Emily Thomas , Swim Instructor, ethomas72683@gmail.com