



SHYC 2018 Junior Program Brochure: Sailing, Tennis, and Swimming




Program Dates: Sailing, tennis, and swim are offered as a 4-week Session or 8-week Full Season.

- **Session 1:** Mon June 25 – July 20
- **Session 2:** Mon July 23 – Aug 16
- **Full Season:** Mon June 25 to Aug 16


Online Registration for using EventBrite!

- [Click Here](#) to Register Online (Opens mid-March)
- **Late Registrations** (after 5/1) = \$100 late fee

2018 Sailing Program Highlights

<p>NEW BOATS: RS FEVA's</p> 	<p>New this summer we have leased 4 RS Fevas to be used in our JR Programs. RS Fevas are the fastest growing double handed dinghy worldwide and are taking off as training boats in our area! The boats are targeted at tweens/teens that are too small for a 420s and for racing sailors looking to broaden their skills and try out a modern style, fast dingy with an asymmetrical cut. The boats are a big hit with Opti sailors who want to sail with a friend. Racing and recreational sailors all love Fevas. Learn more at RS Feva website. We will offer two FEVA sailing classes this summer:</p> <ul style="list-style-type: none"> ● Feva Fresh: Intro to Doublehanded Sailing – Morning Class – For intermediate sailors that want to move into double handed (ages 10-12) ● Feva/420 REC: Intermediate Doublehanded sailing – Afternoon Class – Will use both Fevas & 420s (ages 11+)
<p>Daily Sailing Program 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>Race Teams</p>	<p>We offer a variety of “ADD-ON” Race Team options to meet the broad range of interest and skills among our racers: Opti Green, FEVA In-House Development, Opti RWB, and 420 Race Team. The FEVA In-House Development team is a non-travel, development race team which will practice on Fridays AMs and participate in SHYC club racing. Sailors that want to race more than one type of boat (Opti, 420, and/or Feva) should sign-up for the race team that best aligns and the coaches will work with these sailors to make multi-boat race options happen for them!</p>
<p>Friday Morning Race Team Practice for all Racers!</p>	<p>Friday mornings (9am-noon) will be coached Race Team Practices for our Opti Green, Opti RWB, FEVA In-House Team, and 420 Race Teams. These dynamic, exciting, extra practices will enable our sailors to build racing skills, work on tactics, foster teamwork, and work with our talented coaches in a focused session. Having everyone together for this important practice session offers boat flexibility and cross training options for all.</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 come 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>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 a “Bring a Junior Day” on one of our Saturday Sonar Races – ask the SHYC Fleet Captain for Details.</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” activities on Thursdays. Our morning and afternoon FEVA classes will be doing Adventure Sailing multiple days a week. Adventure Sailing offers kids the opportunity to explore and sail in a non-competitive environment, all while learning seamanship, life-long sailing skills, and developing boating confidence. Activities including long distance sailing, free sailing, free-style, anchoring, navigating, seamanship, currents/tides, 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, FEVAS, or 420s. Private lessons must be billed through your SHYC account for insurance requirements. Coordinate times with instructors. (Private or Semi-Private are \$45/hour.)</p>


Sachems Head Yacht Club: AM Sailing Classes – 2018 *(note, Opti3 may move to the AM)*

Name	Age	Description	Days and Time	Boat Ownership?	Cost
SEA SQUIRTS	6 and 7yrs (must be 6 by 12/31/18)	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, rowing, boat rides, 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.	\$500 per Session \$750 for Full Season
Opti 1 or Opti 2	8 -11yrs (must be 8 by 12/31/18)	Sailors in Opti 1 and Opti 2 classes will have fun learning all the basics of sailing. As sailors move through Opti 1 and Opti 2, they will develop skills and confidence, make friends, and have fun in boats. Kids will learn: wind direction, boat parts, sailing games, rigging, capsize & 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. These action-packed classes will be taught primarily in Optis, however Fevas, BICs and 420s will be used for variety. Adventure Sailing and STEM concepts will be integrated. These 2 classes will take sailors from Beginner Opti up through Intermediate Opti. Sailors will spend multiple years in Opti 1 and Opti 2. When registering select “Opti 1 / Opti 2” and the program organizers will work with SHYC coaches to place your child in the right class. Some sailors will start the summer in Opti 1 and finish the summer in Opti 2.	9:00AM -12:00 (4 days: Mon, Tues, Wed, Thurs) <i>*Racing Add-On Option available. See Racing Page</i>	Must own or have access to an Opti for all classes.	\$550 per Session \$800 for Full Season
FEVA Fresh: Intro to Double Handed	10-12yrs  RS FEVA learn more link .	New Intro to Double Handed Sailing for young sailors in RS FEVAS! This fun doubled handed class will use our 4 new leased RS FEVAS! The class is for developing, intermediate sailors who are interested in double handed sailing in a fun, easy-to-sail performance dingy that has an asymmetrical chute. Sailors will further refine and build their sailing skills, with a partner: tacking, gybing, roll-tacking, sail trim, asymmetric spinnaker handling, capsize & recovery, steering, seamanship, sailing in a variety of conditions, free style sailing, and equipment care. Sailors will switch off skippering and crewing. This class is all about building skills, gaining confidence, making friends, and having fun. Adventure Sailing and STEM concepts integrated. <i>(This class builds on Opti 1 & 2; it is open to sailors at intermediate level and above.)</i>	9:00-12:00 (4 days: Mon, Tues, Wed, Thurs) <i>* Racing Add-On Options available. See Racing Page</i>	FEVA access fee applies (\$400/sailor) Limited to 10 sailors per session.	\$550 per Session \$800 for Full Season

Afternoon Sailing Classes: Age 10+ years old (1:00PM – 4:00PM)

Name	Age	Description	Days and Time	Boat Ownership?	Cost
420 / FEVA Recreational Class	Age 12+ Recommend 90+ lbs	This fun, recreation sailing class will use 420 and FEVAs! This class is for intermediate sailors who want to build their sailing skills and experiences in double handed boats. A combination of fun activities and skill-building drills will be incorporated to develop a love of sailing and confidence in each sailor. Sailors will switch off skippering and crewing. The sailors will work on skills related to rigging, trim, boat handling, teamwork, maneuvering, weight distribution, seamanship, light and heavy-air sailing, spinnakers, asymmetrical sails, and trapeze. Sailors will also learn about equipment care. Adventure and STEM concepts will be integrated.	1-4pm (4 days: Mon, Tues, Wed, Thurs) <i>* Racing Add-On Options available</i>	420/FEVA access fee of \$400 applies	\$550 per Session \$800 for Full Summer
Opti-3 Class (Advanced) THIS CLASS MAY BE MOVED TO THE MORNING	Age 10+ (by 12/31/18)	This advanced Opti class will have a racing focus. FEVAs will also be used for cross-training and skill building. 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 with a focus on racing: roll-tacking, gybing, fine sail trim, capsize & recovery, steering techniques, tactics, seamanship, sailing in all conditions, free style, racing, rules, and equipment care. This challenging class will primarily be taught in Opti, however FEVAS and 420s will be used for variety and to build double handed skills. Adventure Sailing and STEM will be integrated.	1-4pm (4 days: Mon, Tues, Wed, Thurs) <i>* Racing Add-On Options available</i>	Must own, or have access to, an Optimist	\$550 per Session \$800 for Full Summer
420 Race Class	Age 12+ Recommend 90+ lbs	This class is for sailors who want to focus on building their 420 technical skills and advancing their racing skills. Sailors in this class will continue to build their 420 sailing skills with a focus on racing: roll-tacking, gybing, fine sail trim, capsize & recovery, steering techniques, tactics, trapeze skills, spinnaker skills, seamanship, sailing in all conditions, fleet racing, team racing, course strategy, starts, rules, and equipment care. Adventure Sailing and STEM will be integrated for variety. Sailors wishing to travel to 420 regattas and participate in ECSA Team Races should also join the Add-ON 420 Travel Race Team.	1-4pm (4 days: Mon, Tues, Wed, Thurs) <i>* Racing Add-On Option is "420 Travel Team"</i>	420/FEVA access fee of \$400 applies	\$550 per Session \$800 for Full Summer

RACE TEAMS – “ADD ON” OPTIONS (Page 1 of 2)

Name	Age	Description	Team Gear	Coaching Time	Cost
“Green” Opti Travel Race Team	Recommended 9+ years old (by 12/31/18) and be registered for either Opti 1 or Opti 2 . <i>Open to 8+ yrs with coach recommendation</i>	This team is for advanced-beginner Opti sailors who are interesting in learning to race and want to try a few local Green Fleet Regattas. Practices will be Mon & Fri AM. Sailors will break-off and work with SHYC’s “Green” Race Coach to learn about racing, courses, and starts. SHYC “Green” Race Coach will support these sailors at 2 to 3 local regattas (see JR Race Calendar for dates). <i>Parents will be asked to help carpool, tow trailers, and chaperone sailors at regattas.</i>	SHYC Race Team Sailing Shirt SHYC Team Gear Item (TBD)	Mon 9-12 (breakout from class) & Fri 9-noon Coaching at 2 to 3 local Green Opti regattas (and Green Opti SHYC Saturday races)	\$250 per Session \$350 for Full Season
FEVA “In-Club” Development Race Team (non-travel)	Must be 10+ yrs (by 12/31/18) and be in Opti 2, FEVA Fresh or higher .  RS FEVA link .	New Intro to Double Handed Racing for young sailors in RS FEVAs (NON-TRAVEL)! This new FEVA In-Club Team is a development, non-travel, team which will focus on learning racing basics and learning to race in a doublehanded boat with an asymmetrical chute. Practices will be held on Fridays AMs and coaching will also be provided during SHYC’s Saturday morning club racing and at the SHYC regatta (which will have a Feva division). This race team is all about learning and practicing racing in our exciting new FEVAs! No travel required.	SHYC Race Team Sailing Shirt SHYC Team Gear Item (TBD)	Fri 9-noon Coaching at SHYC regatta and SHYC Saturday Feva races.	\$200 per Session \$300 for Full Season
OPTI RWB Travel Race Team (Open to AM and PM sailors)	Must be 10+ yrs (by 12/31/18) and be registered for Opti 1/2/3, FEVA-Intro, FEVA-REC .	This team is for advancing OPTI sailors who want to develop their racing skills. While the focus is Opti, a variety of boats will be use for cross training and variety: Opti, FEVA, and 420. Practices will be Wed and Fri – this group may at times be split into smaller groups depending on boat focus/preference. The SHYC Race Coaches will help these sailors build and refine skills in boat handling, sail trim, controls, weight placement, racing skills, tactics, strategy, rules, and technique. SHYC Race Coaches will travel with these sailors to designated regattas and provide coaching on and off the water. <ul style="list-style-type: none"> - Sailors can choose to focus only on OPTI racing - Sailors who are 12+ can also race w/ 420 Team - FEVA racing is only supported in-club at SHYC 	SHYC Race Team Sailing Shirt SHYC Gear Item (TBD)	Mon & Wed (breakout from class) and Fri 9-noon <i>(Open to AM or PM sailors)</i> Coaching at 5-7 designated regattas (see JR Race Team Calendar)	\$425 per Session \$500 for Full Summer

RACE TEAMS – “ADD ON” OPTIONS (Page 2 of 2)

Name	Age	Description	Team Gear	Coaching Time	Cost
420 Travel Race Team Includes both Fleet Racing & ECSA “Team Racing”	Age 12+	This travel team will both Team-Race and Fleet-Race 420s. On Mondays this team will travel to several Team-Racing Clinics and Matches being hosted by Eastern CT JR Sailing Association (ECSA). Our team will race other clubs and sail in our local qualifiers, and strive to make the team champs held at Yale in August. On Wed & Fri this group will focus on advancing their 420 racing skills, including racing with spinnakers & trapeze. SHYC’s 420 Race Coach will travel with these sailors to clinics, team-races, PO & MBC 420 regattas, Niantic JO’s, Girl Power 420, and the Volvo regatta. <i>Parents will need to help with carpooling and RIB. Charter 420 boats may be needed for some regattas.</i>	SHYC Race Team Sailing Shirt SHYC Gear Item (TBD) Use of club’s new Trap Harnesses	3 weekly practices: Mon & Wed 1-4pm, Fri 9-noon. Coaching at designated travel 420 regattas and team-racing activities/matches.	\$425 per Session \$500 for Full Summer

RACE TEAM NOTES:

- **Add-On Teams:** To be on a SHYC Race Team, sailors must ALSO be registered for a SHYC Sailing Class (*Race Teams are only offered as an “Add-On”*)
- **SHYC Race Team “Pinnies”** are available for purchase for \$35 (*The design/colors are the same as past years - sailors who are new to a SHYC Race team, or who lost their old pinnie, should contact Kerry Schutz to order a new one.*)
- **FEVA In-House Development Team** is a non-travel, development race team. Our FEVAs are leased and cannot be used off-site this summer.
- **Boat Type/Team Flexibility:** Sailors that want to race more than one type of boat (Opti, 420, and/or Feva) should sign-up for the race team that best aligns with their age/skills/interests, and the coaches will work with these sailors to make multi-boat race options happen for them. Given our small race team sizes, we can easily offer flexibility and cross-training opportunities for our sailors that are the right age and weight to race a variety of boats.
- **Friday mornings (9-12)** will be coached Race Team Practices for our all our RACE TEAMS (Opti Green, Opti RWB, FEVA In-House, and 420). These dynamic practices will enable our sailors to build racing skills, work on tactics, foster teamwork, and work with our talented coaches in a focused session. Having everyone together for this important practice session offers focused learning, boat flexibility, and cross training options for all.
- **SHYC Race Team Calendar** will provide details/dates as to what travel regattas will be supported with a SHYC Coach and Coach Boat. Three or more sailors must be signed-up for the regatta for a coach to travel to the event.
- **TeamSNAP** will be used to organize regatta logistics (parent of the regatta, cooler/water, driving, trailering, towing, times, etc.)



SHYC JUNIOR 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, green-dot, and yellow-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, Green-Dot, and Yellow Balls. All players will work on strokes 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 and learning games. ***Tennis will be scheduled to accommodate sailing classes, as best possible. In general, those taking sailing in the afternoon will have tennis in the morning (or late afternoon); and those sailing in the morning will have tennis in the afternoon.***

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:**

- 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

INTERCLUB SHYC TRAVEL TENNIS TEAMS = Monday Practices and Friday Interclub Matches:

The SHYC Tennis Team is for those Orange, Green, or Yellow-Ball players wishing to improve their 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
- **Two practice options:** Mondays from 1-2:30pm or 10:30-12noon (depending on age & sailing class schedule).
- **Matches:** Friday afternoons from approximately 1-4pm
- **Cost:** \$175 for Full Summer

	Days a Week	Costs
RED BALL: 4-6 years old <i>(Age – Must be 4 by 8/31/16)</i>	Tuesday & Thursday – 2 days	\$225 per Session \$300 for Full Summer
Orange BALL: 7-10 years old	Tuesday, Wednesday, Thursday	\$300 per Session \$375 for Full Summer
Green-DOT: 10+ years old	Tuesday, Wednesday, Thursday	\$300 per Session \$375 for Full Summer
Yellow Ball: 13+ years old	Tuesday, Wednesday, Thursday	\$300 per Session \$375 for Full Summer
InterClub Tennis Travel Teams	Monday Practices & Friday Travel Matches	\$175 for Full Summer

SHYC 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.

Equipment: Students should come to lessons with their bathing suits, towel, and goggles, with sunscreen pre-applied.

	Days a Week	Costs
Lessons for 4 –6 yrs	Tuesday, Wednesday & Thursday (45 min)	\$200 per session \$300 for the full Season
Lessons for 7-13 yrs	Tuesday, Wednesday & Thursday (45 min)	\$200 per session \$300 for the full Season

QUESTIONS ABOUT THE JUNIOR PROGRAMS:

- **Sailing Questions:**
 - Whitney Peterson, peterstonwhitney@gmail.com, 203-500-5111
 - Kerry Schutz, kerrysawyerschutz@gmail.com, 203-640-5676
- **Tennis Questions:**
 - Kiley Russell, krussell277@comcast.net, 203-314-9328
 - Steve Godiksen, Tennis Coach, stevegodiksen@yahoo.com, 203-215-6197
- **Swim Questions:** Catherine Greenman, catherine.greenman@gmail.com, 917-346-9099