



THE HUGUENOT TELLTALE

VOLUME 5, ISSUE 1

25 JUNE 2018

INTRO TO
SAILING - 1

RACE
CLINIC - 1

Meet the
Instructors - 2

[Schedule](#)

[Lunch Menu](#)

HYC Junior Sailing Begins

INTRO TO SAILING

The Intro to Sailing program is for beginning sailors with little or no experience.

The sailors will take a swim test in the pool and then practice capsizing an opti, also in the pool. They will learn the parts of the opti and the sail, how to steer and trim the sail.

The ultimate goal is for the sailors to get a taste of sailing and have fun at the same time.

Reminder of Stuff to Bring

- Life Jacket
- Whistle (attached to life jacket)
- Shoes: Closed toe, rubber-soled
- Sunglasses and/or Hat
- Sunscreen (SPF 15 or higher)
- Water bottle
- Swim suit
- Windbreaker, rain jacket or spray top
- Towel

RACE CLINIC

More experienced Opti and Laser sailors will benefit from four days of coaching.

The goal for this clinic isn't just to pick up from where they left off last year, and the Race Clinic is more than just racing; it is an opportunity for the sailors to hone their sailing skills, and get a jump start on the summer sailing program.

More Stuff to Bring (optional)

- Long sleeve top/sun cover up
- Lock for locker
- Money for Ice Cream at the end of the day
- Change of clothes
- Backpack or gear bag to carry stuff
- Zip-lock bags to store both dry and wet things

Meet the Instructors



Than Baker, Program Director

Than grew up sailing at Kollegewidwok Yacht Club in Blue Hill, Maine. He is a graduate of Connecticut College with a BA in Government, and holds a MAT from Mercy College

He began racing on Long Island Sound in 2004. Than has been teaching juniors to sail for over 15 years, we are pleased to have Than return as the HYC Junior Sailing Program Director again this year.



Brendan Boyle, Head Instructor

When it comes to sailing, my motto is learn hard, play hard! I grew up sailing optis, and pixels at horseshoe harbor yacht club. After that I sailed C420's in Massachusetts and Minnesota. This will be my 3rd year coaching at HYC, and my first year as head instructor. When not sailing, I love to play hockey and outdoor rock climb!



Olivia Thornton, Coach

Hi I'm Olivia, I'm 19 and from Dublin, Ireland. I'm currently studying fashion and textiles at the National College of Art and Design in Dublin. I'm a really adventurous, energetic and independent person so coming over to the US to be a sailing instructor is something I've been looking forward to all year. I started sailing at a young age and have been an instructor for three seasons now so I am really experienced and confident around the water. I love sports and the outdoors, so my other hobbies include skiing, hiking and hockey. My creative ability definitely allows me to come with some exciting lessons and fun exercises! Can't wait for an amazing summer.



Emer Rafferty, Coach

Hi guys! My names Emer, I'm 20 from Dublin, Ireland. I have been sailing since I was very young in Ireland and I am super excited to bring my knowledge over here to the US. I have competed in international events in Europe and Australia. I am currently studying history and Spanish in Trinity College Dublin and just completed my freshman year. I love animals, music and am super into all kinds of sports! Really looking forward to meeting you all, going to racing events and learning lots on and off the water!



Robert Riordan, Coach

Hi, I am Robert, I am a student in University College Dublin (UCD), studying Electronic Engineering. I really enjoy all aspect of college life, even the studying and labs, because I'm fascinated by anything I can break down logically or mathematically and figure out how and why it works. Sailing is one of my many hobbies. Others include computer programming, juggling, playing video games, solving Rubik's cubes, and unicycling. These may seem like a strange bunch of hobbies, but I find incredible value in learning and understanding, as it quite rewarding, encourages continuous improvement, and helps greatly with socializing. I can't wait to work in HYC this coming summer. It will be a completely new and fantastic experience.



Joost Sheenhan, Coach

I've sailed out of Larchmont Yacht Club since I was eight. I've sailed Optis, Pixels, Fevas, 420s, Lasers and many other boats of many shapes and sizes. I would sail with my family both competitively and for leisure. Alongside sailing, I love soccer and lacrosse. I went to high school in Dobbs Ferry, NY and will be going to Bates College this upcoming fall. I also play the piano and practice photography. I have two younger siblings and dog named Cooper!



Lizzie Loughran, Coach

Hi my name is Lizzie and this is my first year instructing at Huguenot Yacht Club. I'm a rising sophomore at Loyola University Maryland and a part from their club sailing team. My two favorite sports are sailing and skiing. I look forward to seeing everyone this summer!



Graham Johnson, Councilor in Training

My name is Graham Johnson. I am 14 years old and attend Regis high school. I have been fortunate enough to sail at HYC for the past seven or eight years. When I'm not sailing I enjoy spending time with friends and playing sports. I look forward to working with the campers and instructors in order to make this a great summer.



Sarah Furrelle, Councilor in Training

Hi, my name is Sarah. I'm 14 years old and am currently a student at The Ursuline School in New Rochelle. I have loved sailing for as long as I can remember and I am fortunate enough to have been a member at Huguenot for nearly all my life. This will be my fifth-year sailing in this program. I love sailing boats of all types, but I especially enjoy sailing smaller boats in the summer. When I am not sailing I enjoy photography and traveling, especially to Europe, and love hanging out with friends. I'm looking forward to a great summer!!



Tyler Mendes, Councilor in Training

It's that time of year again when I am counting down the days until school gets out, each June I look forward to days spent sailing on the Long Island Sound and learning from the counselors at Huguenot Yacht Club. I am heading into my 9th year in the Junior Sailing program. The knowledgeable coaches have always assisted me in any way possible, from one on one lessons about racing to helping me rig up my boat each morning. The coaches were eager to help sign me up for regattas and even volunteered their own time to come and help me improve my sailing

technique. Huguenot Yacht Club Junior Sailing does an amazing job of training young sailors to become better each season and develop their skills. Because of their dedication to the me, I was offered an incredible opportunity this past summer to compete against some of best young sailors from around the world in the RS Feva World Championships in Medemblik, Netherlands. This year as a Counselor In Training I hope to help young sailors find a passion for sailing and help give them a solid foundation to continue sailing throughout their adult hood.

SCHEDULE

Typical Day

- Check in at 9:00am (early morning drop-off option starts at 7:45am)
- Group activity and lessons ("chalk talk")
- Shuttle children to floating docks to rig boats
- Morning sail and on-the-water lessons
- Return for lunch at picnic tables, followed by pool time
- Group activity and lesson review
- Back to floating docks for afternoon sail and lessons
- De-rig boats and return for final debriefing
- Sign out at 4:00pm -- pick-up at picnic tables
- Line up for the ice cream truck (not included)
- Extended day option: pick up by 5:15pm

LUNCH MENU

Monday 25 June 2018	Tuesday 26 June 2018	Wednesday 27 June 2018	Thursday 28 June 2018	Friday 29 June 2018
	Penne Vodka, Salad	Chicken Caesar Wrap, Salad	Wedges: American, Italian, Caprese Salad	Chicken Tenders, Fries
	<i>Alternate Chicken Tenders</i>	<i>Alternate Pasta w/ butter</i>	<i>Alternate Chicken Tenders</i>	<i>Alternate Pasta w/ butter</i>

*Alternate Option by request.

COMING UP NEXT WEEK

- SESSION ONE Starts
- Wednesday is 4th of July - Camp is Closed
- Traditional 1st Day of Camp - All *New Instructors* will dress up in clown costumes.