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1st Session
Regatta
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**BBQ - FRIDAY
NIGHT 7/20!**

Week 2 Update

BEGINNER OPTI

- Coaches Lizzie, Jack, and Olivia

These last two weeks our beginner optis have taken significant steps both on and off the water! On land, we learned and reviewed our knot tying skills as well as our safety at sea. Meanwhile, on the water, we've had a blast getting comfortable in our optis and occasionally reviewing how to properly recover from a capsize out on the sound! In addition to all of this, we've set up courses for our sailors to learn more about tacking and getting out of irons. To finish off the week, we had an awesome time out our HYC green fleet! Utilizing a variety of inflatable animals as marks, not even the building wind could get in the way of our good times!



INTERMEDIATE OPTIS

- Head Coach Brendan

The last two weeks have been a blur for our intermediate optis! After a long break from the water, our intermediate opti sailors have shaken off the rust and have really hit their stride right in time for our HYC regatta! On top of reviewing critical topics from last year, we have also begun learning the basic tactics of racing and have continued to improve our technique both on the course and in a variety of different games on the water such as sponge tag! In the coming weeks, our group plans to get in some exciting distance sails across the sound and possibly some green fleet regattas down the road.

Update Continued



RACING OPTIS

- Coach - Joost

The opti race crew has been cruising along smoothly for the last two weeks. Although there are only five of us at the moment, we have tons of fun! Since we are racing optis, improving our sailing skills and tactics, have been the priority. We've been doing all sorts of drills ranging from rabbit starts to diamond drills, all of them focusing on sailing fast and hard. Our goal is to get our racing optis signed up for as many regattas across the sound as possible and hopefully having most if not all of our sailors qualify for JSA opti champs at the end of the season! It has been a pleasure training and having fun with each of the opti race kids, and I hope they continue to love the sport as we enter next week with the first regatta at Larchmont Yacht Club!



FEVAS and LASERS



- Coaches Emer and Robert

It's been an exciting two weeks for our Laser and Feva sailors! We've been working our racing technique as well as tactics, and we've seen considerable improvements in everybody, skippers, and crews! All of our sailors have learned how to fly a spinnaker and how to sail a proper course. We're looking forward to Larchmont race week next week, and we have lots of exciting adventures to come! Our afternoons have been filled with games, swimming, and ice cream of course! Till next time, over and out!









Feva-Opti-Radial Regatta - Session 1










Laser Radial

Position	Sail Number	Sailor(s)	Boat Name/Club	Points	R1	R2	R3	R4
1	 USA 172101	Eric Savarese	Huguenot Yacht Club	5	2	1	1	1
2	 USA 140762	Tyler Mendes	Huguenot Yacht Club	7	1	2	2	2

RS Feva

Position	Sail Number	Sailor(s)	Boat Name/Club	Points	R1	R2	R3	R4
1	 USA 7034	Sarah Furrelle Graham Johnson	Huguenot Yacht Club	6	1	1	2	2
2	 USA 7039	Mary Morris Lucy Taus	Huguenot Yacht Club	7	3	2	1	1
3	 USA 5420	James Tosi Gabby Ahitow	Huguenot Yacht Club	16	2	3	4	DNF-7
4	 USA 5410	Benjamin Levy Sophie Taus	Huguenot Yacht Club	18	6	6	3	3
5	 USA 5217	Neva Simon Klara Sleightholme	Huguenot Yacht Club	18	4	4	5	5
6	 USA 5284	Sebastian Fisher Tristan Ruiz	Huguenot Yacht Club	20	5	5	6	4

Intermediate and Racing Optis

Position	Sail Number	Sailor(s)	Division	Points	R1	R2	R3
1	 USA 19977	Sterling Welsh	White	3	1	1	1
2	 USA 8876	James Maccabee Porter	Blue	7	3	2	2
3	 USA 11287	William Morris	Blue	8	2	3	3
4	 USA 20633	Jacob Anderson	Red	15	5	6	4
5	 USA 5	Daniel Levy	Blue	17	7	5	5
6	 USA 6	Chloe Sleightholme	White	18	4	4	DNF-10
7	 USA 4740	Peter Loeffel	Blue	23	6	7	DNF-10
8	 USA 15680	Julia Kindig	Blue	26	8	8	DNF-10
9	 USA 16329	Brenna Rini	Red	28	9	9	DNF-10

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RACE SCHEDULE

Monday 7/16	Tuesday 7/17	Wednesday 7/18	Thursday 7/19	Friday 7/20
FEVA & RADIALS: Larchmont Yacht Club Jr. Race Week ~ 2018				SAILORS 13-18: Storm Trysail Junior Safety at Sea @ LYC
	OPTI: Douglaston Optimist and O'Pen Bic Regatta		OPTI: Larchmont Yacht Club Opti Day ~ 2018	Session One Big Boat day for all sailors 12 and under.

LUNCH MENU

Monday 16 July 2018	Tuesday 17 July 2018	Wednesday 18 July 2018	Thursday 19 July 2018	Friday 20 July 2018
Pizza, Salad	Penne Vodka, Salad	Meatball Parmesan, Salad	Wedges: American, Italian, Caprese Salad	Chicken Quesadilla, Salad
	Alternate <i>Chicken Tenders</i>	Alternate <i>Pasta w/ butter</i>	Alternate <i>Chicken Tenders</i>	Alternate <i>Pasta w/ butter</i>

*Alternate Option by request.

COMING UP NEXT WEEK

- Mon & Tue, July 23-24 - Cedar Point Race Week - FEVA & RADIAL
- Thu, July 26 - OPTI Green Fleet Monkey Cup - Riverside YC
- Sat, July 28 - Make a Wish Regatta - OPTI, RADIAL, FEVA - PWYC
- Sat, July 28 - Opti Area B Regatta - American YC