

EASTERN YACHT CLUB

Junior Activities Program

Parent Guidebook

Summer 2016



Message from the EYC Junior Activities Committee

Dear Parents,

Summer is finally here! We are looking forward to having your camper join us for the EYC Camp from Wednesday, June 29th to Wednesday, August 10th. Included in your Handbook are important details about camp including rain plans, schedules and what to bring.

Please plan to arrive early on **Opening Day, Wednesday, June 29th** – members of the Junior Activities Committee will be on the porch to greet the campers and answer questions. Parents will bring campers to their groups where they will meet their counselors and friends!

Regular morning drop off is **8:45 AM**. Please enter through the gate on Ballast Rd. by way of the circular drive. Please be on time so camp can begin promptly at **9:00 AM**. When campers arrive late, it distracts the group and often makes parting very difficult for younger children. Pick up is promptly at **1:00 PM** after lunch. Parents will be required to check in with the senior counselor. Campers will only be released to parents unless previous notification has been given to counselors.

The Junior Activities Committee has been working hard to put together an experienced, caring and hard-working staff. This year we are thrilled to announce our new Camp Director, Zach Gobeil. For the past few years, Zach has been working with children at various camps throughout the area and at Shore Country Day. We are also excited to introduce our new Art Director, Mary Wall who is currently a senior at Marblehead High School and will be attending Boston University in the fall. In addition, our outstanding group of counselors includes a few new faces but many familiar ones. You will find biographies of the counselors on the following pages of the handbook.

Please feel free to approach any member of the committee with questions, concerns or ideas. Lastly, we encourage members with younger children to join the committee so we can keep the camp going strong. Please contact us if you are interested in helping us organize a fun summer for next year!

See you all on Wednesday, June 29th!

Sincerely,

The Junior Activities Committee

Liz Gill, Co-Chair

Christy Honos, Co-Chair

Lee Becker

Becca Beckman

Heather Bush

Meg Cashel

Tania Doub

Meg Finkle

Erica Marinelli

Cesca Morgan

Julie O'Neil

Introduction

The EYC Junior Activities Program is open to any member's child who is age four by the first day of activities and no older than eight. This year, the children will be divided by age into four groups – Prams, Sloops, Schooners and Clippers. Children are organized strictly by birth date. There are no exceptions to this rule. We **cannot** take requests for group placement. Each group is led by one Senior Counselor and two or three Junior Counselors, who are overseen by the Camp Director.

Children participate in daily activities including swimming, tennis, beach combing and arts & crafts. Games are incorporated into the weekly schedule as well as other special activities. All groups will get to sail the club's Sonars this summer.

The 2016 Junior Activities Program runs Monday, Wednesday and Friday mornings for seven weeks— (this year the program will start and ends on a Wednesday) rain or shine beginning Wednesday, June 29th through Wednesday, August 10th. Campers should arrive at 8:45 AM and be picked up promptly after lunch at 1:00 PM.

2016 Counselor Staff

Zach Gobeil, Camp Director
Mary Wall, Creative Arts Director

PRAMS

*Veronica Rizzo (Senior Counselor)
Ryan Sweeney (Junior Counselor)
Niamh Healy (Junior Counselor)

SLOOPS

Cam O'Connor (Senior Counselor)
Brandon Lappin (Junior Counselor)
Annie Ronan (Junior Counselor)

SCHOONERS

*Samantha Raisides (Senior Counselor)
Nicki Bendickson (Junior Counselor)
Cole Garaventi (Junior Counselor)
Leanne Nisbet (Junior Counselor)

CLIPPERS

*Griffin Butterfield (Senior Counselor)
Jack Linehan (Junior Counselor)
Holly Rowe (Junior Counselor)

Counselor Backgrounds

Camp Director



Zach Gobeil. Zach has been working in camps for as long as he can remember. Starting out as a counselor at YMCA camps, moving on to lifeguard and administrative positions with Headfirst Camps, becoming the Waterfront Director at the Brooks School, and most recently as the Camp Director at Myopia Hunt Club in Hamilton. Zach is currently a Teaching Assistant at Shore Country Day School in Beverly, but was recently hired on as a Fourth Grade teacher at St. John the Baptist for the 2016-2017 school year. He loves working with kids because they are like sponges.

Their eagerness to learn and excitement towards life keeps him motivated to be the best educator he can be. In his free time he is an avid runner, hiker, cyclist, and skier, and enjoys being in the White Mountains as much as possible with his wife Casey and our husky Bode.

Art Director

Mary Wall. My name is Mary Wall and I am a current senior at Marblehead High School, attending Boston University next fall. I love working with kids and have experience as both a religious education teacher and more recently teaching oil-painting classes at Acorn Art. I'm excited to be teaching arts and crafts and hope to make this a creative and fun summer!



Senior Counselors



Griffin Butterfield. Griffin will be returning for his fifth year as a counselor for the camp. Griffin is 19 years old and will be entering his sophomore year at Villanova University this fall. Griffin loves basketball and tennis. Griffin can't wait for camp this summer!

Samantha Raisides. Sam will be going into her senior year at Tabor Academy. She is on the field hockey and crew team but also enjoys skiing and biking in her free time. This will be her second year working at the EYC camp and is very excited to return for another great summer.



Veronica Rizzo. Veronica Rizzo is a rising senior at Swampscott High School. A lover of running, Veronica is a varsity member of the highschool's cross country, indoor, and outdoor track teams. A member of the National Honor Society, a high honor roll student, and an AP-level student, Veronica looks forward to her senior year of high school and her college-searching adventure. Veronica loves working with children, as she mentors young figure skaters during the winter season and enjoys her job as a camp counselor at the EYC. Excited to be a senior counselor this year, Veronica is expecting yet another wonderful summer at camp

Cam O'Connor. Cam graduated from Marblehead High School where he was on the tennis and track team. He also plays the Ukulele, guitar, banjo, and mandolin. He worked as an LIT at Windsor International Camp in New Hampshire and loves kids of all ages. This is Cam's 4th year working at the EYC camp and he is very excited to see everyone!



Junior Counselors

Annie Ronan. My name is Annie Ronan and I have just finished my sophomore year at Marblehead High School. I am a member of the varsity lacrosse, field hockey, and swim team. Both of my siblings work at the EYC and I cannot wait to spend the summer with them. My favorite activities are going to the beach and boating with my friends. I am looking forward to this summer because it is my favorite time of year.



Niamh Healy. My name is Niamh Healy. I'm 16 years old and will be entering junior year this fall at Marblehead High School. I love sports and participate in the high school soccer, track, and lacrosse teams. I also like working with children and being outside. I am very funny and energetic and enjoy the company of others. My favorite season is summer because I love the sunshine and warm weather.

Ryan Sweeney. Ryan will be a senior next year at Saint John's Prep. At The Prep, Ryan plays lacrosse and participates in the outdoor and engineering clubs. This will be Ryan's second year as a counselor and he is looking forward to a great time.





Nicki Bendicksen. My name is Nicki Bendicksen. I am going to be a senior at St. Mary's High School. This will be my third year returning to the Eastern Yacht Club summer camp as a junior counselor. During the winter, I work as a ski instructor at Attitash Mountain, which I have also done for three years. I play both varsity soccer and lacrosse.

Holly Rowe. Holly has finished her freshman year at Marblehead High school and will be attending Kents Hill School in Maine for her sophomore year. She looks forward to spending her summer at the EYC camp for the first time. She has been a babysitter for four years and loves children, science experiments, and arts and crafts. She plays field hockey, and runs indoor, and outdoor track.



Nicholas (Cole) Garaventi. Hello, my name is Nicholas Garaventi, but you can call me Cole. I am a 16 year-old boy and am currently enrolled at Marblehead High School, where I play varsity baseball and run winter track. I would describe myself as a sporty person but a majority of my interest and time goes towards art (specifically photography) and music, after school of course. My contact information is listed below so if you would like to speak to me, or if you have any questions feel free to contact me. I look forward to meeting you.

Brandon Lappin Brandon will be a senior next year at Saint Johns Prep. At Saint Johns he is involved in photography club, investment club, and the best buddies program. When Brandon is not in school he enjoys mountain biking, road biking, fishing and skiing.



Jack Linehan. My name is Jack Linehan, and I am fifteen years old. I attend St. John's Prep High School. I love the outdoors and various sports, such as baseball, soccer, hockey and tennis. In addition, I enjoy reading, writing and math.

Leanne Nisbet. will be entering her senior year at High School in the fall. She plays varsity volleyball will be an upcoming co-captain for the season. She is member of the varsity softball team. In her free time listening to music, drawing and cosmetology. She is forward to being a counselor this season as she enjoys working with children.



Swampscott where she also a she enjoys looking

Lunch Format

Children will eat lunch with their groups in designated eating areas; if the weather is poor, lunch will move indoors. Please pack your child's lunch in a well-marked lunch box.

Snack-time is part of the daily schedule and snacks are provided as part of the program. Snacks will be screened to comply with the allergy requirements for camp.

Children with **food allergies** will be handled with care to ensure safety around snack and lunchtime. Please outline all concerns on the medical forms submitted in with your registration and we will be happy to address allergy concerns with you, your child's counselors, and the director on Opening Day.

Daily Agenda and Guidelines

1. **JA hours:** 8:45AM – 1:00PM Monday, Wednesday and Friday.
2. **JA drop-off and Pick-up:**
 - Please arrive promptly; first period begins at 9:00AM. Pick up is 1:00PM sharp.
 - Counselors will welcome each child and parent and get to know everyone’s name.
 - Make sure to **check in and check out** with the Senior Counselor each day; counselors use mandatory attendance sheets for proper record of attendance and child safety.
 - We appreciate your effort to report absences from JA. Please let the Senior Counselor know if your child will be missing a day of camp. You can reach the Camp Director, **Zach Gobeil**, by calling the front desk of the Club (781) 631-1400.
3. **Attire:** Children are required to wear whites. White collared shirts and shorts are mandatory for boys; girls have the option of white tennis dresses, shorts, skirts and non-collared shirts. Please send your child in sneakers for tennis and sailing.
4. **What to Bring:** Pack all well-labeled items in a backpack. We recommend you apply sunscreen to your child *before* arriving. Items to pack daily in your child’s backpack:

Swimsuit	Life jacket*	Tennis racquet
Towel	Hat/visor	Lunch

 - Life jackets are mandatory for children on the waterfront and sailing—children will need a comfortable, proper-fitting life jacket *every day* during camp!
5. **Rain** -- JA will continue in the event of rain until the normal end of day at 1:00PM. All camp groups will meet in the Sailing Center and organize into small groups. JA will run on an indoor rainy day schedule of activities, movies and games—sometimes children will have swimming so pack suits and towels even with a chance of rain. Parents have the option to pick their children up early.
6. **JA Behavior** -- Children are expected to behave as they would at school or at home. Age appropriate behavior differs from child to child, age to age. Counselors are asked not to expect all children in their group to ‘act’ a certain way. We want children to be themselves but keep in mind proper boundaries. Children are expected to show respect to all counselors, their fellow participants and the Club’s facilities.

If a child becomes disruptive during an activity and behaves in a manner that is detrimental and distracting to others, to the lesson or to the activity, we ask our counselors to use the following guidelines:

- Take the child out of the activity quietly and calmly.
- Discuss with the child proper behavior for the group and activity and ask the child to sit and observe for a ‘few minutes’.
- Talk with the child about what is being demonstrated in the activity.
- Try to find out if something is bothering him/her.
- Help the child return to the activity.

Swimming

EYC swimming program will provide your children an opportunity to begin or improve his/her current skills in the pool. A comfortable bathing suit and towel are all that are needed; goggles are optional. Sunscreen should be applied to your child before arriving.

The EYC pool staff provides lessons to all groups according to age and ability levels. Our goal is to introduce children new to the water in a safe and comfortable way. For children with accomplished skills, the pool staff will focus on stroke development, pool safety and fun games.

Swimming lessons are taught to one JA group at a time. Counselors are responsible for assisting children with a quick change of clothes in the pool locker rooms. The pool staff will meet children by the pool and be in charge of the lesson with assistance from the JA counselors both in and out of the water. Two counselors will be in the pool along with the swim instructors to maximize safety. Our focus is learning by developing a love of the water. We emphasize a low-key approach by giving each child time to progress at his/her own pace. Our curriculum is outlined below. For younger groups these tasks may be performed with or without a flotation device.

Prams Children are introduced to basic water techniques. This group will have the opportunity to develop their comfort level in the water by practicing kicking exercises, paddle stroke games and basic water safety games.

Safety/Rules of the pool	Streamline method of swimming
Rhythmic breathing	Arm stroke and kick
Swim on side	Kick on back
Jump in and swim back to the wall	

Sloops Children will continue development of proper stroke fundamentals and basic pool safety through a variety of water games.

Safety/Rules of the Pool	Streamline method of swimming
Beginner rotary breathing	Arm stroke and kick
Swim on side	Kick on back
Jump in and swim back to the wall	

Schooners Children may swim the length of the pool at this age. Key skills in this group include rotary breathing, treading water with continued work on stroke development. Water polo and synchronized swimming games are included!

Safety/Rules of the pool	Streamline method of swimming
Begin coordination for rotary breathing	Arm stroke and kick
Jump in, tread water and float on back without flotation device, return to wall	

Swim on front and roll over to back
Work on swimming length of pool

Clippers Children may swim the length of the pool and have some ability for rotary breathing. This group will continue work on proper use of swim strokes--back and front.

Safety/Rules of the pool	Streamline method of swimming
Begin rotary breathing	Arm stroke and kick
Elementary backstroke	Kick on back

Jump in, streamline from wall on front and return on back for the length of the pool
Emphasize change of position from front to back.

Tennis

Standard EYC tennis apparel rules apply to all participants. Sneakers and all-white tennis attire are required; any additional color on shorts, shirts, skirts and dresses must be limited to 10% or less. If there is inclement weather, children should bring a jacket or sweatshirt; this item does not have to be white.

In addition to whites, children need their own, clearly labeled tennis racquet. Remember it can also get hot on the courts in the summer, so apply sunscreen and pack a hat.

The EYC tennis program is designed to provide basic fundamentals to all children. Guided by our Tennis Staff, children will learn the rules of tennis, attire, equipment, grip and stance as well as basics of stroke development and game play.

Along with the EYC tennis staff, counselors from each group will remain on the courts and assist in simple tennis instruction.

Prams	-Basics of tennis	-Ground stroke fundamentals
	-Equipment	-Volley fundamentals
	-Racquet holds	-Concentration/patience/self-esteem
	-Watching the ball	
	-Hand/eye coordination	

Sloops	-Basics of tennis	-Ground stroke
	-Equipment	-Volley fundamentals
	-Racquet holds	-Court basics
	-Watching the ball	
	-Hand/eye coordination	

Schooners	-Basics of tennis	-Game skills
	-Racquet holds	-Game play
	-General code of conduct	-Stroke skills

	-Basic rules	-Forehand, backhand & overhead serve
Clippers	-Basics of tennis -Racquet holds -Code of conduct -Rules -Game skills	-Movement -Rally -Drop/hit forehand -Serve/return of serve -Score keeping

Sailing

All JA groups will sail. We are fortunate to have the use of two club Sonars and a great staff of Junior Sail instructors to manage sailing and waterfront activities with counselor assistance.

Each JA group is split in half making two groups of ten; which alternate days between sailing and beach combing. The sailors will split in half again so that there are five campers per sailboat.

The Senior Counselor will rotate groups on an alternating basis so that each has equal time in the boats. Two counselors will stay on the dock to assist with sailing, while the other two counselors manage campers on the beach. Counselors enforce the rules of waterfront safety; absolutely no rough housing, running or fooling around on the dock/boats.

Lifejackets are mandatory and should be labeled on the front with your child's name to help the sailing instructors. We recommend applying sunscreen before arriving for the day and packing hat or visor for your child.

Our intention is to introduce children to sailing and activities on the waterfront. Instructors direct the classes to each child's experience and confidence level. Children will receive instruction in the following areas:

- 1) Wind -- Visual indicators of speed and direction
- 2) Introduction to boating
 - Safety on pier, docks and on the water
 - Boarding and getting out
 - Paddling and rowing
 - Understanding of boat terms; bow, stern, oar locks, etc...
- 3) Knot tying
 - Develop skills identifying and tying basic knots: square, bowline, figure eight
 - Tie up boats to dock using cleats and/or line loops on dock
- 4) Introduction to Sonar sailing

- Safety requirements
- Basic parts of the boat and sail
- Help rig and de-rig
- Demonstrate boat handling skills with tiller, mainsheet and jib sheets
- Explain and demonstrate basic sailing: steer straight line, tack, jib, get out of irons
- Introduction to points of sail and discussion of sail trim
- Tide and current

Arts & Crafts

Art Director Mary Wall runs the Arts & Crafts Program. Mary has worked diligently to organize a summer full of imaginative activities. Each JA group will have time to explore, design and complete weekly craft projects. Counselors are responsible for getting children started and helping as needed.

Note: We may ask for donated materials such as old t-shirts, bottles, egg cartons, etc. Also, it is important to note that using water-based paints and markers can be messy—especially when the campers are in whites! If this is a concern, please send along an old shirt in your camper’s backpack for use during Arts & Crafts. Counselors will do their best to have your child wear their art shirt and keep those whites white!

Lawn Games & “Specials”

In between tennis, swimming, sailing and arts & crafts, children participate in constructive, age-appropriate lawn games using playground balls and obstacle course cones.

We are fortunate to offer a variety of “special events” throughout the summer, which include music, Joppa Flats Tide Pool tanks, Pirate/Mermaid Day, Fishing Day, along with many others. Your camper will definitely not want to miss these fun events!

Daily Junior Activities Schedule

CLIPPERS	SCHOONERS	SLOOPS	PRAMS
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8:45 Arrival	8:45 Arrival	8:45 Arrival	8:45 Arrival
9:00-9:45 Swimming	9:00-9:40 Creative Arts Wed. - ½ Sailing	9:00-9:40 Tennis	9:00-9:40 Mon. - BC/Sailing Wed. special activity Fri. – BC/Sailing
9:45-10:25 Creative Arts Wed. - ½ Sailing	9:45-10:25 Swimming	9:45-10:25 Mon. – BC/Sailing Wed. special activity Fri. – BC/Sailing	9:45-10:25 Tennis
10:25-10:35 Snack	10:25-10:35 Snack	10:25-10:35 Snack	10:25-10:35 Snack
10:35-11:15 Tennis	10:35-11:15 Beachcombing/ Sailing	10:35-11:15 Creative Arts	10:35-11:15 Swimming 11:15-11:25 Get dressed
11:20-12:00 Beachcombing/ Sailing	11:20-12:00 Tennis	11:20-12:00 Swimming 12:00-12:10 Get dressed	11:30-12:10 Creative Arts
12:05-12:20 Lunch 12:20-1:00 All-Camp Activities & Lawn Games	12:05-12:20 Lunch 12:20-1:00 All-Camp Activities & Lawn Games	12:15-12:30 Lunch 12:30-1:00 All-Camp Activities & Lawn Games	12:15-12:30 Lunch 12:30-1:00 All-Camp Activities & Lawn Games

*BC is Beach Combing