

# EASTERN YACHT CLUB

Junior Activities Program

Parent Guidebook

Summer 2011

## Message from the EYC Junior Activities Committee

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Dear Parents,

Summer is finally here! We are looking forward to having your camper join us for the EYC Camp from July 6 to August 12. 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, July 6<sup>th</sup>** - registration tables will be set up on the porch and the extra time will allow you to escort your camper down the back stairs to meet their counselors and friends!

Regular morning drop off is **8:45 AM**. 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 sign their campers in and out. 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. We are thrilled that longtime counselor Chris Butterfield will be coming back for his 6<sup>th</sup> season, his second season as Camp Director. Lillie Weinstein will join us as our new Creative Arts Director where she will lead all arts, crafts and specials. Lillie has an impressive background and will bring renewed energy to this role; please join us in welcoming her in her new role! 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 July 6<sup>th</sup>!**

Sincerely,  
The Junior Activities Committee

Lisa Wales, Co-Chair  
Daye Case, Co-Chair

Kate Dailey	Courtney Kelly
Evemarie Davis	Sarah Lubeck
Kerry D'Orio	Val Rice
Rebecca Ehrhardt	Jenna Wales
Elizabeth Gill	Kerry Zurn
Christy Honos	

# Introduction

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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. Children are 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 lead by three junior counselors and one senior counselor who are overseen by the Director.

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

The 2011 Junior Activities Program runs Monday, Wednesday and Friday mornings for six weeks—rain or shine beginning Wednesday, July 6 through Friday, August 12. Campers should arrive at 8:45AM and be picked up promptly after lunch at 1:00PM.

## 2011 Counselor Staff

Chris Butterfield, Camp Director  
Lillie Weinstein, Creative Arts Director

### PRAMS

Tony Cuzner (Senior Counselor)  
McKenna Barrett (Junior Counselor)  
Rachel Conrad (Junior Counselor)  
Maggie Corbett (Junior Counselor)

### SLOOPS

Suzie Wyman (Senior Counselor)  
Zac Cuzner (Junior Counselor)  
Levi Easterbrooks (Junior Counselor)  
Paige McGonagle (Junior Counselor)

### SCHOONERS

Allie Mentuck (Senior Counselor)  
Eliza Fitzgerald (Junior Counselor)  
Clayton Gamble (Junior Counselor)  
Matt Perlow (Junior Counselor)

### CLIPPERS

Hayes Richardson (Senior Counselor)  
Mia Goetz (Junior Counselor)  
Jack Weinstein (Junior Counselor)  
Devon Wright (Junior Counselor)

## Counselor Backgrounds

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### Camp Director



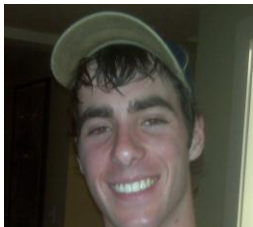
**Chris Butterfield.** Chris is going into his junior year at Georgetown University and is excited to return to the Eastern Camp for his sixth year, his second as Director. He loves playing tennis, lawn games and singing "I Am a Pizza" at music with Ms. Dara. He cannot wait for camp to get started so he can start digging in on those freeze-pops!

### Creative Arts Director



**Lillie Weinstein.** Lillie just finished her freshman year of college at Loyola University in New Orleans. She has worked previously for two years as a counselor at the Eastern Camp and she will return this year as our Creative Arts Director. While in high school, Lillie was a member of the National Art Honor Society and she continues to be active in art at college. She is very excited to be back for her third year and share her love of art with the campers.

### Senior Counselors



**Tony (Dean) Cuzner.** Senior Counselor for the Prams. Tony is Vice President of his class at Marblehead High School, and he also serves as a Core and Peer Mentor. Tony enjoys playing several sports, including hockey, golf, tennis and baseball. In fact, Tony's hockey team won the state championship this year!

**Allie Mentuck.** Senior Counselor for the Schooners. Allie is a returning senior counselor. She will be starting her freshman year of college in the fall at High Point University in North Carolina. This is Allie's fifth year working at the Eastern camp. She is very excited to be back!





**Hayes Richardson.** Senior Counselor for the Clippers. Hayes is a graduate of Marblehead High School and has just completed his freshman year at Indiana University. He is back for a third year at camp and can't wait to have another great summer!

**Suzie Wyman.** Senior Counselor for the Sloops. Suzie lives in Marblehead and just finished her sophomore year at Boston University. She loves to sing, dance and do all kinds of outdoor activities. Right now one of her favorite hobbies is riding her bike around Boston when the weather's nice.



## Junior Counselors



**McKenna Barrett.** Junior Counselor for the Prams. McKenna will be a sophomore at Marblehead High School next year. She plays field hockey, basketball, softball and tennis. McKenna has a lot of experience with kids. This will be her first year working at the EYC Camp and she can't wait!

**Rachel Conrad.** Junior Counselor for the Prams. Rachel is a recent graduate of Marblehead High School and will be attending High Point University this coming fall. She is involved with cheerleading and hockey. This is Rachel's second year at the EYC and she is excited for another great summer.



**Maggie Corbett.** Junior Counselor for the Prams. Maggie has been living in Marblehead since she was two years old. She is currently a junior at Marblehead High School. Maggie skies for the Marblehead High School ski team during the winter as well as the Mount Washington Valley Team in New Hampshire on the weekends. She also plays lacrosse and enjoys swimming, arts and crafts.



**Zac Cuzner.** Junior Counselor for the Sloops. Zac is an honor student at Marblehead High School going into his Junior Year. He is a Peer Mentor at the High School and played Varsity Football and Varsity Lacrosse his sophomore year. Zac is excited to be a counselor again this summer.

**Levi Easterbrook.** Junior Counselor for the Sloops. Levi is a 17-year-old who is currently a junior at the Marblehead High School. He enjoys taking trips to the city, skiing in the winter, and boating during the summer.



**Eliza Fitzgerald.** Junior Counselor for the Schooners. Eliza is 15 years old and will be a sophomore at Marblehead High School for the 2011-2012 school year. She plays field hockey in the fall, basketball in the winter, and tennis in the spring. Eliza is a member of the Corinthian Yacht Club, and has lived in Marblehead her whole life. She loves to babysit, and hang out with kids. She also loves to boat and be around the water.

**Clayton Gamble.** Junior Counselor for the Schooners. Clayton will be a sophomore at Gould Academy in Bethel, Maine this fall. He was born in Santa Barbara, CA, but has lived in Marblehead, MA since he was three. Clayton's interests include alpine skiing, lacrosse, tennis, sailing, fishing and traveling. In school, his favorite subjects are French, English and History.



**Mia Goetz** Junior Counselor for the Clippers. Mia is 17 years old. She loves working with kids, sailing, and the beach! This is Mia's first year working as a counselor at the EYC camp and hopes there will be many more years to come!

**Paige McGonagle.** Junior Counselor for the Sloops. Paige will be a freshman next year at Miami University in Ohio. She plays field hockey, skis and enjoys working with kids. This will be her fifth summer working at the Eastern Camp and she is excited to be back.



**Matt Perlow.** Junior Counselor for the Schooners. Matt was a captain of the MHS football team and enjoys playing basketball and lacrosse. He loves working with kids and was a part of a big brother program and also coached a youth basketball team. Matt enjoys watching movies and playing the guitar. Matt will be turning 18 in July and will be attending Bowdoin College in the fall. He is looking forward to a great summer!

**Jack Weinstein.** Junior Counselor for the Clippers. Jack just finished junior year at Marblehead High School. He loves to snowboard, play tennis, golf, and surf. Jack can't wait to meet all the kids at camp!



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**Devon Wright.** Junior Counselor for the Clippers. Devon will be a senior next year at Marblehead High School. Devon loves to competitively dance and swim. During the summer she enjoys boating, shopping, and visiting Boston. As the president of best buddies and an active babysitter, she has a wealth of experience working with children. This is Devon's first year as an EYC camp counselor and she can't wait for summer to come!

## Lunch Format

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Children will eat lunch with their groups at 12:30 PM in designated eating areas; if the weather is poor, lunch will move indoors.

A convenient and affordable "JA lunch" will be available again this summer through the Galley Grille. Chits will be available near the art room at drop off; leave chits there and they will be delivered to the Grille staff mid morning. Otherwise, pack your child's lunch in a well-marked lunch box.

Snack-time is a part of the daily schedule and snacks are provided as part of the Program.

Children with **food allergies** will be handled with care to ensure safety around snack and lunchtime. Please outline all concerns and issues which we can discuss with you, your child's counselors, and the Director on Opening Day.

## Daily Agenda and Guidelines

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- 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 Director Chris Butterfield 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, 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**  
**Towel**

**Life jacket\***  
**Hat/visor**

**Tennis racquet**  
**Lunch (or fill out chit)**

\* Life jackets are ***mandatory*** for children on the waterfront and sailing—children will need a comfortable, proper-fitting life jacket *every day* during camp!!

## Daily Agenda and Guidelines (continued)

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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 Galley Grille 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

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The 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. Instructional diving will take place again this year for the Sloops, Schooners and Clippers.

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. Safety will be maximized by having two counselors in the pool with the swim instructors. For the Clippers, Schooners, and the Sloops with the proper swimming ability, diving will be offered once per week during swim time.

## Swimming (continued)

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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

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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.

Prams and Sloops will be divided into two groups according to ability. One group of ten children will participate in tennis while the other group of ten will participate in beach activities. Two counselors from the group will remain on the courts with the tennis staff, while the other two counselors manage the Beach Combers.

<b>Prams</b>	<ul style="list-style-type: none"><li>-Basics of tennis</li><li>-Equipment</li><li>-Racquet holds</li><li>-Watching the ball</li><li>-Hand/eye coordination</li></ul>	<ul style="list-style-type: none"><li>-Ground stroke fundamentals</li><li>-Volley fundamentals</li><li>-Concentration/patience/self-esteem</li></ul>
<b>Sloops</b>	<ul style="list-style-type: none"><li>-Basics of tennis</li><li>-Equipment</li><li>-Racquet holds</li><li>-Watching the ball</li><li>-Hand/eye coordination</li></ul>	<ul style="list-style-type: none"><li>-Ground stroke</li><li>-Volley fundamentals</li><li>-Court basics</li></ul>
<b>Schooners</b>	<ul style="list-style-type: none"><li>-Basics of tennis</li><li>-Racquet holds</li><li>-General code of conduct</li><li>-Basic rules</li></ul>	<ul style="list-style-type: none"><li>-Game skills</li><li>-Game play</li><li>-Stroke skills</li><li>-Forehand, backhand &amp; overhead serve</li></ul>
<b>Clippers</b>	<ul style="list-style-type: none"><li>-Basics of tennis</li><li>-Racquet holds</li><li>-Code of conduct</li><li>-Rules</li><li>-Game skills</li></ul>	<ul style="list-style-type: none"><li>-Movement</li><li>-Rally</li><li>-Drop/hit forehand</li><li>-Serve/return of serve</li><li>-Score keeping</li></ul>

## Sailing

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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 sailing and beach combing. The sailors will split in half again so there will be five campers per sailboat.

The Senior Counselor will rotate the 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 the campers on the beach. Counselors enforce the rules of waterfront safety; absolutely no rough housing, running or fooling around on the dock or 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

## **Beach Combing**

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Beach Combing has now become a part of the JA program. Our aim is to provide children with an interactive experience that gives them a better understanding of the plant, animal and natural resources found on our New England beaches. Counselors follow a daily/weekly project schedule that includes exploration activities. Objects collected on the beach will also be used during the Arts & Crafts time.

## **Arts & Crafts**

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Creative Arts Director Lillie Weinstein runs the Arts & Crafts program. Lillie has worked diligently prior to the start of the Junior Activities Program 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”**

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

We are fortunate to offer a variety of “special events” throughout the summer, which include yoga for youngsters, music with Ms. Dara, Pirate Day, Fishing Day, and Gutter Boat Races. Your camper will definitely not want to miss these fun events!

## Daily Junior Activities Schedule

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<b>CLIPPER</b>	<b>SCHOONERS</b>	<b>SLOOPS</b>	<b>PRAMS</b>
<b>8:45 Arrival</b>	<b>8:45 Arrival</b>	<b>8:45 Arrival</b>	<b>8:45 Arrival</b>
<b>9:00-9:40  Swimming</b>	<b>9:00-9:40  Creative Arts Wed. - ½ Sailing</b>	<b>9:00-9:40  Tennis/ Lawn Games</b>	<b>9:00-9:40  Mon. - BC/Sailing Wed. – Yoga Fri. – BC/Sailing</b>
<b>9:45-10:25  Creative Arts Wed. - ½ Sailing</b>	<b>9:45-10:25  Swimming</b>	<b>9:45-10:25  Mon. – BC/Sailing Wed. – Ms. Dara Fri. – BC/Sailing</b>	<b>9:45-10:25  Tennis/ Lawn Games</b>
<b>10:30-10:40 Snack</b>	<b>10:25-10:35 Snack</b>	<b>10:25-10:35 Snack</b>	<b>10:25-10:35 Snack</b>
<b>10:45-11:25  Tennis</b>	<b>10:40-11:30  Beachcombing/ Sailing</b>	<b>10:40-11:15  Swimming</b>	<b>10:35-11:15  Mon. – Creative Arts Wed. – Ms. Dara Fri. – Creative Arts</b>
<b>11:35-12:25  Beachcombing/ Sailing</b>	<b>11:40-12:20  Tennis</b>	<b>11:30-12:15  Creative Arts</b>	<b>11:20-12:00  Swimming</b>
<b>12:30-1:00  Lunch</b>	<b>12:30-1:00  Lunch</b>	<b>12:20-1:00  Lunch</b>	<b>12:15-1:00  Lunch</b>

\*BC is Beachcombing