



HUMBOLDT SWIM CLUB NEWS

**FEBRUARY
2021**



FROM COACH NICHOLS -

January saw a return to in-person practices for all of our participants. The coaching staff has enjoyed seeing all of the kids back in action and looks forward to seeing them more in February. All of the groups have been given additional scheduled practice time during the week, which will be posted on our team website, newsletter, Google Classroom, and weekly emails. While we continue to offer dryland only practices, each group will be offered 2-hours of in-person workouts as well as three virtual workouts posted in their Google Classroom. The Intro, Bronze, and Senior Saturday practices will be a bit of a wildcard as we rotate around a little tour of Northern Humboldt. The rough plan is to have the Intro, Bronze, and Senior participants have a slight overlap in their scheduled practice to give me an opportunity to work with all three groups. The time and location will be sent out in our weekly Sunday evening team email.

Team website calendar:

<https://www.teamunify.com/team/pchsc/page/calendar#/practices/month>

The group descriptions and expectations have been added to our team's website. They can be found at:

<https://www.teamunify.com/team/pchsc/page/how-to-join/group-descriptions>

The seven (7) different groups offer a tiered progression for our participants to follow as they grow throughout our program.

SUMMER 2021 HSC OPEN WATER SWIMMING EVENT

Seeking parents and community members to join a planning committee for a summer open water championship to be hosted by Humboldt Swim Club at Big Lagoon. Looking for general volunteers and committee leads. Responsibilities could include event director, budget lead, registration lead, volunteer lead and swimmer (youth) representatives. If you are interested please contact Kit Meyer 707-845-5862 or kit@kitmeyer.net

USA SWIMMING SAFE SPORT POLICY

All *USA Swimming* member clubs are required to implement the Minor Athlete Abuse Prevention Policy (MAAPP). *USA Swimming* requires that the MAAPP be reviewed and agreed upon by all *USA Swimming* members on an annual basis. The full MAAPP policy can be found on our team website at hscswim.org under SafeSport, along with several other SafeSport related documents. In order to confirm receipt and acknowledge that your family has read, understood, and will abide by the *USA Swimming* MAAPP policy, all active members must commit to the Informational Event on our team website, with the event name "USA Swimming - Required SafeSport Information". The full policy is attached to the team event. Click on the event, select Attend (or Edit Commitment if already logged in), select the member name from the list and under declaration select "Yes, please sign up [swimmer name] up for this event". All active members must acknowledge receipt of these documents by February 29, 2021 in order to continue participating with Humboldt Swim Club, a *USA Swimming* member club, for the 2021 year.

HSC IS ON FACEBOOK & TWITTER

<https://www.facebook.com/pages/Humboldt-Swim-Club/169294843122737?fref=ts>

AND TWITTER @HumSwimClub - connect & share!

IMPORTANT DATES

Feb 18 HSC BOARD MEETING 5:30 - 7PM
via ZOOM

<https://humboldtstate.zoom.us/j/89325571470?pwd=OHk0bUZaT3hNY0tOSUoxQjRZQ0duUT09>

Workouts are posted on the
the team website.

Practice schedule is on the
back page.



HAPPY BIRTHDAY!

Feb 5 Sophia Spellmeyer - 8

Feb 16 Emma Martin - 15

Feb 17 Cameron Gaines - 10

Feb 22 Mia Cahoon - 11



INTRO GROUP & BRONZE GROUP

Happy February, Intro and Bronze Groups! I hope that everyone is continuing to stay safe and healthy amidst these unusual circumstances. The focus of our dryland workouts at Stuart Park while we wait for ACP to reopen is primarily to give the swimmers a chance to get outside and have fun. We have been incorporating games such as soccer and “capture the flag” so that the swimmers can run around and see their friends. On other days, we have been learning the proper technique of a lot of fundamental movements such as tricep pushups, squats, planks, and lunges. It is important that technique is highly emphasized when performing these movements so that injuries can be prevented, and also so that the swimmers can build their strength up as they progress with a strong foundation already in place. All announcements and updates will continue to be made in Google Classroom. Thank you for your continued dedication toward swimming and I look forward to when we can get safely back in the pool!

Intro Athlete Swimmer of the Month: Kaiah Cahoon

Bronze Athlete Swimmer of the Month: Aiden Deyhim

- Coach Jacob

SILVER GROUP 1

Happy winter Silver 1. Welcome to the Silver Group. It has been a blast getting to know you all, and working with you. Great job communicating with me and letting me know what home exercises you have been doing. Remember if you have any questions about any of the dryland exercises, don't hesitate to reach out. Bring water bottles to practice and you will earn a water bottle sticker. Long standing Silver Group tradition.

Athlete of the Month is Nathan Bareilles. Nathan does his home workouts every week, never misses a group dryland practice, and always asks questions. His self responsibility has earned him Athlete of the Month. - Coach Kelly

SILVER GROUP 2

It has been wonderful getting to see all of you! I have been really enjoying our dryland time together. Thank you all for coming to practice prepared and ready to work, and of course, have fun. Keep up on the home dryland routines, you will notice the difference when we get back to the pool. Keep challenging yourselves!

Athlete of the Month is Jolie Gibbs. Jolie comes excited to workout, and is a great leader. This has earned her Athlete of the Month. - Coach Kelly

GOLD GROUP

Great job to all of you who have been putting the work in. It has been a ton of fun getting to work with all of you. The extra workout you do, the further you run, the harder you try: this is what will pay off as we get back to the pool. Keep challenging yourselves!

Athlete of the Month is Madeline Cress. Her extra effort to get her home workouts done has earned her Athlete of the Month. - Coach Kelly

SENIOR GROUP

While we offer dryland only practices, there will be no differentiation between Senior I & II. They will be addressed as the Senior program and/or Senior athletes. Humboldt County guidelines set a maximum capacity of 16 participants per roster, including coaching staff. We will have three (3) groups of six (6) athletes during our in-person workouts during February. Coach Ellie will be leading one of the groups, Thursday 5:00 to 6:00 p.m. at ACP: Linea, Emma, Flannery, Keenan, Emily, and Lizzy. I will be coaching two of the groups Thursday 4:00 to 5:00 p.m. at Redwood Park: Cassidy, Andrew, Rogue, Sadie, Lucas, Bryson, Tyler, Kaley, Ai-Lan, Sydney, Ruth, and Madi. The coaching staff will send out the week's dryland equipment along with the Saturday location/time in the weekly email.

Athlete of the Month is Ai-Lan McGoldrick. Training has been wonky to say the least the last few months, but Ai-Lan has not skipped a beat. Her level of training has not taken a dip since we started training in the Fall, it has been at a high



DIVERSITY AND INCLUSION

As seen here in the past few months, *USA Swimming* has developed numerous cultural resource inclusion guides. This one is specific for Asian American swimmer and coach inclusion.

<https://www.usaswimming.org/docs/default-source/diversity-inclusion/resource-guides/resource-guide-2016-asian-americanweb.pdf?sfvrsn=6>

Then look this article for a critique of the *USA Swimming* guidance. The article describes how the guide is useful, but how more is needed such as language inclusion. It also contains references for a deeper dive into the issue.

<https://www.google.com/amp/s/asianamericanpopularculturew17.wordpress.com/2017/02/24/auto-ethnographic-experience-as-an-asian-american-swimmer/amp/>

2021 HUMBOLDT SWIM CLUB SPONSORSHIP DRIVE

Our annual Sponsorship Drive is underway!!

Community sponsors who make tax-deductible donations are a vital source of income for our team. We ask that each family find at least one sponsor over the next few months. Be sure to have them send their donation form with your swimmers name as a note so we can credit your account. 50% of the funds obtained through the sponsorships you bring in will count toward your family fundraising commitment!

Fundraising Reminder: The 2021 Humboldt Swim Club Family Fundraising Obligation is \$400/family. We ask that each family fundraise a minimum of \$400 per year. We are hoping to have multiple team fundraisers throughout the year, stay tuned! Accounts are billed on the 1st of January the following year (2022) for any remaining portion of the \$400 that was not raised.

Please find attached our [2021 Sponsorship Letter](#) as well as the [2021 Donation Form](#) that you can use to send out and/or give to local businesses, friends and family. These documents are also available on our website under Sponsors. New this year, we have created a Paypal account and there is a [Paypal Donate](#) Hyperlink in the document as well as [Donate Button](#) on our website for sponsors and donors to send money on-line without having to give credit card information.

Feel free to reach out to Kristin Johnson at johnson@norcalbdc.org or Breanna if you have any questions regarding sponsorship and donations.

hscswimtreasurer@gmail.com or treasurer@hscswim.org



FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 	3	4	5	6
7	8	9	10	11	12	13
14 Happy Valentines Day! 	15 	16	17	18 HSC BOARD MEETING 5:30-7PM by ZOOM (see page 1)	19	20
21	22	23	24	25	26	27
28	PLEASE REFER TO OUR WEBSITE hscswim.org FOR THE WORKOUTS FOR ALL GROUPS.					

PRACTICE SCHEDULE

INTRO: Tuesday, Wednesday & Thursday: 3:30-4:00pm or 4:00-4:30pm @ Stuart Park & Saturday TBD

BRONZE: Tuesday, Wednesday & Thursday: 3:30-4:00pm or 4:00-4:30pm @ Stuart Park & Saturday TBD

SILVER I: Monday & Thursday: 4:00-4:30pm & Saturday: 11:00 -11:45am @ ACP

SILVER II: Monday & Thursday: 3:30-4:00pm & Saturday: 12:00-12:45pm

GOLD: Monday: 4:30-5:30pm & Thursday & Friday: 4:30-5:00pm @ ACP

SENIOR: See Google Classroom for which coach your athlete is assigned to for Thursday practice. Coach Nichols: Thursday: 4:00-5:00pm @ Redwood Park or Coach Ellie Thursday: 5:00-6:00pm @ ACP & Saturday TBD

HSC CONTACT INFORMATION

Team address: P.O. Box 101, Bayside, CA 95524
HSC website: www.teamunify.com/pchsc or www.hscswim.org

Mike Nichols	Head Coach	707-267-SWIM	headcoach@hscswim.org
Kelly Nathane	Asst. Coach	707-407-6191	kellymundo@gmail.com
Norm Schwenn	Asst. Coach	608-669-7798	schwenn.norm@gmail.com
Ellie Earle-Rouse	Asst. Coach		ere136@humboldt.edu
Jacob Ireland	Asst. Coach		jacobjamesireland@gmail.com
Rebecca Baugh	President	499-9244	rebeccaebaugh@gmail.com
Ivy Breen	Vice-President	832-2364	ivybreen@gmail.com
Breanna Cahoon	Treasurer	707-502-4940	treasurer@hscswim.org
Amy Martin	Secretary	839-3755	alg2@humboldt.edu
Neal Guthrie	Board Member	712-229-1888	citizenstudios@gmail.com
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Jan Ross	Board Member	822-2009	jandyross@gmail.com
Russell Turpin	Board Member	499-2905	turpinr22@gmail.com

WEB SITES: HSC Team Unify www.teamunify.com/pchsc
Swim Connection: www.swimconnection.com
(meet entries) <http://ome.swimconnection.com>
Pacific Swimming: www.pacswim.org
USA Swimming: www.usaswimming.org

2021 SPONSORSHIP

PLATINUM LEVEL SPONSOR

The Susan & Robert Nathane, Jr. Charitable Fund

THE 2021 SPONSORSHIP DRIVE IS UNDERWAY!

**Please check out all the
information
and links to the
Sponsorship Letter
and
Sponsorship Form
on page 3
of this newsletter!**