

HUMBOLDT SWIM CLUB NEWS

August 2021



NEW HSC TEAM RECORDS SET!

LONG COURSE TEAM RECORDS FROM
CCS Long Course Summer JOs

GIRLS 15/16, Open **Sadie Breen**

200 Breaststroke (2:53.59)

GIRLS 15/16 **Sadie Breen**

400 IM (5:29.22)

COACH'S CORNER

Thank you all for making the 2020/2021 season such an amazing success for all of our swimmers! We had our last series of competitions wrap up our Summer training and two weeks of assessments for all of our Intro through Gold swimmers to finalize our upcoming Fall rosters. July has been an exciting month of training and competing.

Our last practice of the Summer will be Thursday, August 5th for all members. We will resume practices on Monday, August 23rd. The Fall rosters and practice schedule for our Intro through Gold groups will be forwarded as soon as we have confirmation from ACP management. Our Senior training schedule will be sent out by Sunday, August 8th.



IMPORTANT DATES

August 19th- HSC Board Meeting
5:30-7:00 via ZOOM

[Click Here for Zoom Link](#)

HSC Team Break August 7th-21st

Fall Schedule begins August 23rd
Fall Intrasquad Meet Series August 28th

Practice Schedules are posted on the team website.
Please be sure to read about practice rules during COVID-19

SWIMMERS of the MONTH

Intro	Henry Landis
Bronze	Ethan Wolvin
Silver I	Fiona Condon
Silver II	Mason Blaire
Gold	Jackson Zagone
Senior I	Ai-Lan McGoldrick
Senior II	Lucas Blair

HAPPY BIRTHDAY

Vivian Mull	August 2	10
Emily Nalley	August 5	17
Levi Karl-Standish	August 13	12
Henry Landis	August 16	8
Henry Workman	August 17	8
Elizabeth Johnson	August 18	17
Sadie Breen	August 21	16
Sebastian Mueller	August 21	10
Caden Coriell	August 24	11
William Gaines	August 24	12
Kaley Johnson	August 25	17
Tyler Alarcon	August 25	17
Ava Deyhim	August 27	11

ALL ABOUT THE GROUPS!

Intro Group

Happy August Intro group! The past month has been very productive for our swimmers as they continue to advance their skills and improve their fundamentals. Body position and kicking have been the main focus this past month, and the swimmers have advanced to swimming in the lanes in order to get comfortable with kicking for a full twenty five yards. Looking forward to seeing you on deck after the team break!



Intro Swimmer of the Month: Henry Landis

Congratulations Henry for being August swimmer of the month. Henry is a hard worker who shows up eager and ready to work every practice. Great job Henry!

- Coach Jacob

Bronze Group

Happy August Bronze group! As we near the end of the season, it is very impressive to see how much these swimmers have improved over the past several months. While there is still a lot of emphasis being placed on kicking, we have also been fine tuning all four strokes so that the swimmers moving up to the silver group next month are well rounded. Dolphin kicking and flip turns are also constantly being worked on as well. Looking forward to seeing you after the team break!

Bronze swimmer of the Month: Ethan Wolven

Bronze Swimmer of the Month: Ethan Wolven

Congrats Ethan on being August swimmer of the month! Ethan is an amazing listener that always follows instructions and never complains.

- Coach Jacob

Silver Group

As the swimming year winds down Silver swimmers should be incredibly proud of themselves. You have all worked hard through the strange times, summer activities, and different coaches. I am proud of you all! I look forward to working with those swimmers that stay in silver and those who move to silver.

For those swimmers moving to a different group, it has been a pleasure to coach you and hang each day. Way to go shining Silver water dogs. You rule!

Silver I Swimmer of the Month: Fiona Condon

Silver II Swimmer of the Month: Mason Blair

- Coach Kelly

Gold Group

Happy August Gold group! Practice has been going very well this past month. There has been a lot of emphasis placed on stroke technique as the swimmers' conditioning is already very strong. The goal is to fine tune the kinks so that we can go into the new season with cleaned up strokes.

Congratulations Amalia and Naomi on an amazing Junior Olympics this past weekend!

Gold Group Swimmer of the Month: Jackson Zagone

Congratulations Jackson on being August swimmer of the month! Jackson just started swimming with the gold group, but he is an extremely hard worker. Great job Jackson!

- Coach Jacob

Senior Group

It has been a turbulent stretch of training and competing for our Senior athletes. Starting with the Fall of 2019 and the PSPS, transitioning into a short stint of practices before the "it'll only be 2-weeks" COVID shutdown in March. I am impressed with the willingness to pick up at a moment's notice the Senior athletes showed throughout the seasons passed and their mental toughness to stay diligent with the carrot of competitions always just a bit out of reach. I appreciate their commitment to the team and their teammates as we look forward to their first unrestricted training and competition cycle starting August 23rd.



Senior I Athlete of the Month: **Ai-Lan McGoldrick**

Being a multiple sport athlete is not easy, especially considering the academic workload Ai-Lan carries during the school year, which is replaced with a physical and mental workload during the Summer as an Assistant Jr. Guard Instructor. Ai-Lan is the swimmer of the month for her willingness to continue pushing herself out of her comfort zone as she asks for more from the swim team. She wants to carry a heavier burden during a time most high school kids are looking to take a break. Instead of looking for ways out, she is looking for more ways to challenge herself.

Senior II Athlete of the Month: **Lucas Blair**

The Senior II athlete of the month is Lucas Blair. Similar to Ai-Lan, Lucas has started to accept his need to challenge himself physically in the pool. He's coming to practices after a full day of working on the beach with the Jr. Lifeguard program and an afternoon of running for the Arcata HS Cross-Country team. Lucas made the decision to take advantage of the challenging opportunities with a full schedule of work and push himself in training.

- Coach Mike

Please refer to our website: www.hscswim.org

AUGUST 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No practice	3	4	5	6	7 No practice
8 Team Break	9 Team Break	10 Team Break	11 Team Break	12 Team Break	13 Team Break	14 Team Break
15 Team Break	16 Team Break	17 Team Break	18 Team Break	19 HSC Board Meeting via Zoom	20 Team Break	21 Team Break
22	23 First day of practice - Fall Season!	24	25	26	27	28 Intrasquad Meet
29	30	31				

CCS Long Course Junior Olympics Recap

It was tough to tell the athletes we were going to the CCS JOs for a fun low stakes meet, knowing it was going to be triple digit heat by the time most of them are used to waking up on a Summer day on the coast, but that's exactly what they did.

All of the swimmers that attended earned at least one second swim, which is experience they'll need as we head into our Fall competition schedule. The Senior swimmers attended the meet without much rest or adjustment to their training. It was also the longest meet weekend for all of the attendees with everyone having multiple event days and no more than one day off during the 4-day meet. They swam the most they've ever had to swim at a meet with multiple warm-ups and warm-downs as well as the yardage done in competition. The focus of the meet was to gain experience in a long meet weekend, with multiple opportunities to earn second swims, respond to the environment well without it negatively affecting performance, be competitive with those around them, and let their minds go blank in order to race without worry of times. They all did an amazing job of adhering to the focus points and in some cases found themselves with best times.

One of the impressive swims came from Naomi stepping up on short notice to lead off the 18&U 800 Freestyle Relay. Another was Amalia's 400m Freestyle where she swam a timid time in Prelims, then went out and raced in Finals dropping roughly 9-seconds, winning the Consolation heat of Finals. Bryson's 400m Free was very similar to Amalia's. A solid showing in Prelims, but then an aggressive race in the Consolation heat of Finals.

The rest of our Senior crew found success through the meet, from fundamental stroke growth to consistent fast racing and a few best times. It is safe to say, they were not afraid to swim fast at the 2021 CCS Junior Olympics.

Diversity, Equity and Inclusion (DEI)

Board Member, Karin Grantham

Welcome to August, everyone. I hope summer adventures have been many and that you are looking forward to school later in the month. My family enjoyed a short backpacking trip, a cherished visit from grandparents, and we are now eating and processing the bounty of our garden.

What a start to the Olympics! While my family always loves to see our favorite American athletes compete, we also are thrilled to see new and emerging athletes and countries. If you missed Tunisia's Ahmed Hafnaoui win gold in the Men's 400M Free, I recommend checking it out. What a historic swim! He's only 18 years old, so we'll definitely be seeing more of this young man on the world stage.

During July, I worked with fellow board members on developing the first draft of our team's first-ever Stakeholder Survey, which I still anticipate will be ready for September. The themes of the survey will be coaches and coaching, swim practices and meets, board and team, and diversity, equity and inclusion.

Did you know that USA swimming is now providing swimming essentials Spanish? Check out

<https://www.usaswimming.org/news/2017/11/28/swim-essentials-in-spanish>

I am excited to report that following last month's newsletter and call for help, I had another parent reach out to me expressing interest in working on this issue with me. On behalf of the board, your input and comments are always welcome.

Please feel free to reach out to me directly at flipturn.kg@gmail.com on my cell phone (707) 845-1478.



JULY SWIM MEETS

CCS Long Course Summer Junior Olympics & Ukiah Swim Meet



THANK YOU TO OUR SPONSORS!

Thank you Water Dog families for a fantastic Sponsorship Drive!

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WEB SITES:

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

2020-2021 Team Banquet Awards

	Top Dog-MVP	Most Improved	Coach's Award
Intro	Henry Workman	Kaiah Cahoon	Henry Landis
Bronze	Sophia Spellmeyer	Mia Cahoon	Coral Ventaluth
Silver	Jack Luh	Will Gaines	Mason Blair
Gold	Amalia Baugh	Naomi Trepiaik	Maile Russell
Senior	Emily Nalley	Cassidy Thorpe	Sadie Breen

HSC CONTACT INFORMATION

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HSC website: www.teamunify.com/pchsc or www.hscswim.org

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Kristin Johnson Board Member	
Thomas Blair Board Member- Safe Sport	
Karin Grantham Board Member - DEI	
Kit Meyer Board Member	
Russell Turpin Board Member	