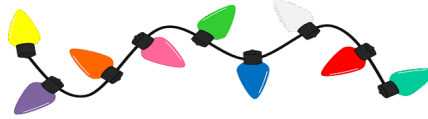


HUMBOLDT SWIM CLUB NEWS

December 2021



COACH'S CORNER

December is the end of 2021, but not the end of our short course season. It'll be a short month of training and competing with a 1-day meet over the hill in Redding or a weekend in Santa Clara with the Senior 2 trials/finals meet. All of our swimmers practicing at the Arcata

Community Pool will have their Winter break December 23rd through January 2nd. The Senior squad will have an abbreviated schedule for Monday, December 20th - Thursday, December 23rd and Monday, December 27th - Thursday, December 30th. All practice schedules will be posted on our team's practice calendar for reference as well as a group specific printout. Our intrasquad meets will return in January, check the team's event page for registration deadline and event dates.

November's Intrasquad meet:

We were back at ACP for our November intrasquad meet to piggy-back our team tryouts. We had (17) kids attend our tryouts and most of them stayed to watch the meet! The events were quick sprints, which kept our new-to-team coaches on their toes, wrangling and herding the kids to their lanes. The relays were the right kind of chaos with mixed ages and groups joining together for a paddle battle to the finish! We had an amazing group of parents behind the blocks helping with times and making sure the kids were where they were supposed to be during the meet.

Mendocino Coast Sea Dragons Thank Swimming:

There were (35) Water Dogs on deck this weekend in Ft. Bragg! A few first timers with their arms covered in Sharpie and for a few, it was their last time swimming at this meet. For our younger swimmers, it was a great way to spend their Fall break weekend with beautiful weather, fun swims, a realy or two, and hopefully at least one stop at Cowlick's Ice Cream shop. They absolutely killed it in their relays, we added a handful of legal Breaststroke, Butterfly, and IMers to our roster, and there were a ton of little Water Dogs running around outside having fun. Our Senior swimmers should have had a slightly different experience in the water. There were probably a few times they thought: hmm, the viscosity of this water seems a bit thicker than normal or where is everyone going?! As well as: why aren't my arms moving, wait why am I vertical, what happened to my legs?!? The Senior I swimmers are in the middle of their training cycle as they prepare to rest for the Zone 3 Championship meet in January and our Senior 2 athletes are about to start their rest cycle heading into the Pac Zone trials/finals meet in a few weeks.

IMPORTANT DATES

November 16th- HSC Board Meeting
5:30-7:00 via ZOOM

Senior Travel Meet

December 10-12

Shasta Y Swim Meet

December 11

ACP Winter Break

December 23 - January 2

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

SWIMMERS of the MONTH

Intro	Sefa Alofaituli
Bronze	Piper Bjorkstedt
Silver	Sophia Spellmeyer
Gold	Levi Browne
Senior I	Kendra Hiigel
Senior II	Lizzy Johnson

HAPPY BIRTHDAY

Dinah Godlin-Sullivan	12/2	15
Amalia Baugh	12/5	13
Nolan Barnes	12/8	12
Coral Ventuleth	12/9	11
Nathan Bareilles	12/13	12
Cassidy Thorpe	12/8	17
Yogi Trieu	12/14	14
Russ Turpin (Board)	12/19	
Rana Wiley	12/21	8
Taalin Brown	12/23	11
John Gerving	12/23	17
Sasha Dennis	12/24	10
Thomas Blair (Board)	12/31	

ALL ABOUT THE GROUPS!

Intro Group

Our Intro groupers have been showing amazing progress over the last few weeks. They've been going through a little "conditioning" circuit, which is about 5-7 minutes of practically non-stop swimming. They usually get 30-45 seconds of rest between each 25 yard swim, partially as a recovery, but it's also time the coaching staff is giving feedback and stroke correction. During that circuit, they get a quick 5-10 second rest, a little feedback if they're way off task, and sent back down to go again.

Intro Group Swimmer of the Month: Sefa Alofaituli

Sefa started to get a bit more comfortable in the water at practices recently, which has helped in a big way with his flutter kick. His growth in practice showed at the Ft. Bragg meet where he competed with over 200 swimmers. Sefa was a bit nervous walking on deck, but he warmed up before his races, got behind the blocks, and raced! He even joined one of our relays, it was awesome to see Sefa compete!

- Coach Mike



Bronze Group

Happy December, bronze group! It was so exciting to hear that we had a lot of legal butterfly and breaststroke swims at this past swim meet in Fort Bragg. It really reflected all of the hard work that our swimmers have been putting into their stroke technique. The long axis strokes are starting to look very advanced and comfortable; they are kicking much more consistently, and becoming more independent during practice with being able to handle longer swims and interval training. Looking forward to December, and I hope that everyone has a happy holiday season!

Bronze Group swimmer of the month: Piper Bjorkstedt

Bronze Swimmer of the Month: Piper Bjorkstedt

- Coach Jacob

Silver Group

It has been an exciting last month full of competition. Between the intersquad meets, racing in practice, and the Ft. Bragg swim meet we have had some incredible races! Times were dropped, new events were swam, DQs were non-existent, and hard work paid off. As we head into the holiday season, we will continue to train all 4 strokes with attention to detail. Meets to look forward to are the one day meet on December 11th in Redding, and the Zone 3 championship January 15th and 16th in Novato.

Silver appreciation day is December 1st. Hope to see you all there!

Silver Swimmer of the Month: Sophia Spellmeyer

While she is the youngest in our silver group, you would not know it. She has become an excellent student of the sport. She pushes herself at practice, and is not afraid to hold back. She had a great performance in Ft. Bragg; swimming all 4 strokes, and a 100 IM all legally. Congratulations Sophia!

- Coach Kelly

Gold Group

Happy December, gold group! We had a very good month in November as far as getting some good training in. Our group moved down an interval base from 1:30 to 1:25 per 100 freestyle, which I was very pleased with as I am sure everyone else was as well. Looking forward to seeing how they do at the swim meet this month!

Gold Group Swimmer of the Month: Levi Browne

- Coach Jacob



Senior Group

It is a long road for the Senior I athletes who started training in late August and will continue to stack on yardage and weights until January. They have a few more weeks of increasing intensity before they get to pull back in preparation for their championship meet in Novato. The Senior 2 squad will get a quick reprieve from the heavy lifting and high intensity sets as they get to rest for the December trials/finals meet. It's been exciting to watch them finally start to put up weight in the weight room and then throw down in the pool immediately after. There is a lot of build up to the December meet as it is the first full uninterrupted cycle of training leading into a championship meet since 2019!

Senior I Athlete of the Month: Kendra Hiigel

Kendra has been putting in work at practice, both in the weight room and pool. She's been dealing with a few irritating injuries throughout the last few weeks, but never lets them interfere with the overall training goal. Kendra is an exemplary student-athlete who buys into the high-intensity low-yardage concept and finds ways to work around the little speed bumps here and there.

Senior II Athlete of the Month: Lizzy Johnson

Lizzy Johnson is our Senior II athlete of the month. Commitment to an extracurricular activity is tough, especially one as mentally taxing as swimming. Plus all of the constantly increasing mental and physical fatigue intentionally applied by the coach to all of the academic needs, work schedule, college applications, social commitments, etc. it's not rainbows and lollipops, but Lizzy does her job as a proper student-athlete. She comes to practice and treats it as a job, she knows the work needing to be done is for her benefit.

Please refer to our website: www.hscswim.org

December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Silver Appreciation/ Hanukkah	2 Hanukkah	3 Hanukkah	4 Hanukkah
5 Hanukkah	6 Hanukkah	7	8	9	10 Senior Travel Meet	11 Shasta Y Swim Meet/ Senior Travel Meet
12 Senior Travel Meet	13	14	15	16 HSC Board Meeting Via Zoom	17	18
19	20	21 Winter Solstice	22	23 ACP Closed	24 ACP Closed	25 ACP Closed Christmas
26 ACP Closed Kwanzaa	27 ACP Closed	28 ACP Closed	29 ACP Closed	30 ACP Closed	31 ACP Closed	

2022 Meet Schedule Winter/Spring

We have our 2022 meet schedule locked in and our events page will have all of the information needed to successfully sign-up for a meet. The coaching staff is available to work with you and your swimmers in order to pick the right events for any of the meets on our schedule. We typically focus on events that have been covered in our curriculum, but we also want to have our swimmers experience racing out of their comfort zone too so there will be times they might swim an event they haven't quite mastered the basics. Disqualifications are all part of learning how to race. DQs happen all the time and at all levels of competitions.

The deadline to submit entries for the 1-day Shasta Y Sharks meet is **Wednesday, December 8th**. Have your swimmer check-in with their coach if they're interested in swimming. All swimmers are recommended to attend the meet, even if you've just joined the team.

2022 Winter/Spring Meet Schedule

- January 14-16, **Zone 3 Championships***, SCY, Novato, CA
- February 5-6, **Grants Pass YMCA Last Chance Invitational**, SCY, Grants Pass, OR
- March 26, **Shasta Y Sharks 1-Day Invite**, SCY, Redding, CA
- April 22-24, **Westside Aquaducks**, LCM, Petaluma, CA

*Qualifying times. See meet sheet for qualifying times when posted.

SCY - SHORT COURSE YARDS (25 YD POOL)

LCM - LONG COURSE METERS (50 METER POOL)

Contact Coach Nichols with any questions

Diversity, Equity and Inclusion (DEI)

Board Member, Karin Grantham

Diversity, Equity and Inclusion (DEI)- Karin Grantham, Board Member, karinh2o@yahoo.com or (707) 845-1478

It was so fun to see so many swimmers and parents at ACP for the November Intrasquad meet and to see familiar and new faces in the crowd. We hope to continue running a light snack bar at these events in the future and could use a few **parent volunteers** to provide snacks for sale and to oversee it. Look for new job sign-ups coming soon.

HSC Stakeholder Survey

Thank you, thank you to those families and swimmers that filled out our member survey last month. I'm excited to report that we've had 58 responses! This was the first time the club has ever done a survey like this so we had no idea what to expect. Although the board intends to use the results internally, we will be sharing with you the significant themes of the responses we received after we have had an opportunity to review the results. Please continue to feel free to reach out to any of us with your questions, comments or concerns.

HSC Support

Did you know that we offer scholarships that help to offset member costs? There is information available at the team website about how your family might qualify. See

https://www.teamunify.com/pchsc/UserFiles/Image/QuickUpload/hsc-scholarship-application_048917.pdf

USA Swimming and Pacific Swimming LSC

Pacific Swimming (PacSwim) our Local Swimming Committee (LSC) has an entire section of their website devoted to Diversity, Equity and Inclusion. If you want to learn more about what resources are available to support your family's specific needs or interests, I encourage you to look through all of the resources they provide. Here is a great starting point.

<https://www.pacswim.org/programs/diversity-programs>

We will be working with PacSwim and their new DEI representatives to learn more about what resources they have to support us and our swimmers.

USA Swimming also offers cultural inclusivity resource guides. Look here to explore more

<https://www.usaswimming.org/news/2019/09/16/cultural-inclusion-resource-guides>

November SWIM MEETS

Intrasquad & Fort Bragg



2021 SPONSORSHIP DRIVE

Thank you Water Dog families for a fantastic Sponsorship Drive!

Since January, we have raised a total of
\$18,115.

THANK YOU TO OUR SPONSORS!

A to Z Eyecare
 Accelerant Web and Design
 Adam's Commercial Contracting
 Alexandra Stillman
 Alves, Inc
 ATLAS Engineering
 Barnum Timber Co.
 Bear River Casino
 Campground/Salt Fish House
 Coast Central Credit Union
 David L Moonie & Co
 Elloway & Wonenberg, D.D.S
 Finney Consulting Services
 Harper Motors
 Howard Hunt DDS
 Humboldt Association of Realtors
 Humboldt Audiology
 Hunter, Hunter, & Hunt LLP
 Jackson & Ecklund Accounting
 JLF Construction, Inc
 Linda Sundberg Insurance
 McCrea Nissan
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 Paul Swenson Photography
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 Soroptimist International of Arcata
 Tucker and Tucker DDS
 Neely Automotive
 Bruce and Janet Nelson

Coach Spotlight



When I was 11 I joined a swim team and I absolutely loved it. My love for swimming and water sports continued through high school where I joined the water polo team and played for all 4 years of high school. I started lifeguarding and teaching swim lessons late into my senior year and I really enjoyed working with kids. I intended to swim and play water polo in college but I decided to go to Humboldt State University which sadly doesn't offer these sports. I wanted to find a job that fit closely with what I'm good at, so when I got the opportunity to work as a swim coach for the Humboldt swim club I was ecstatic. - Cleo

HSC CONTACT INFORMATION

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www.hscswim.org

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Amy Martin Secretary	
Kristin Johnson Board Member	
Thomas Blair Board Member	
Karin Grantham Board Member	
Kit Meyer Board Member	
Russell Turpin Board Member	

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

