

HUMBOLDT SWIM CLUB NEWS

December 2022



COACH'S CORNER

I would like to congratulate all of the swimmers who competed in the Mendocino Sea Dragons Fall Classic meet. The coaching staff is proud of each and every one of you. The meet results are available on the Pacific Swimming website, under results, for those of you who would like to look back on your times. Ribbons from the meet are available at Arcata pool at the Humboldt Swim Club wooden kiosk on deck.

- *Coach Kelly*

Merry December Waterdogs!!! We are officially in the holiday season, and the end of our 2022 swimming! I am looking forward to watching how far every swimmer progresses this month! We will be having an Intrasquad swim meet at ACP on Saturday, December 17th! Just a reminder that ACP will be closed for the holidays Thursday, December 22nd - Monday, January 2nd. Until then, let's all work hard in the pool and have some fun!

- *Coach Jacob*

Swimmers of the MONTH

INTRO	Linnea McDonald
BRONZE	Rhys Honrado
SILVER	Lila Porter
GOLD	Nallia Meyer
SENIOR	Linea Vizenor
SENIOR COMP	Naomi Trepiak

**Check Out the Spring 2023
Practice Schedule below**



IMPORTANT DATES

December 15th - HSC Board Meeting
5:30-7:00. Public Comment may join
via zoom [ZOOM \(link here\)](#)

Intrasquad Meet at ACP
December 17th (11-1 PM)
Followed by Holiday Cookie Decorating
(1-2 PM)

TCA Zone 3 Championships
January 21-22 2023

**Grant's Pass Last Chance
Invitational**
February 3-4 2023

**No practice for age group swimmers
December 22 - January 2 due to the
winter closure at ACP**

HAPPY BIRTHDAY

Dina Goslin-Sullivan	12/2	16
Amalia Baugh	12/5	14
Derek Cahoon- Official	12/7	
Nolan Barnes	12/8	13
Cassidy Thorpe	12/8	18
Coral Ventaluth	12/8	12
Josie Froisland	12/11	10
Nathan Bareilles	12/13	13
Keenan Riggs Turpin	12/13	18
Yogi Trieu	12/14	15
Russ Turpin- Board	12/19	
Rana Wiley	12/21	9
Taalín Brown	12/23	12
Sasha Dennis	12/24	11
Thomas Blaire- Board	12/31	

ALL ABOUT THE GROUPS!

Intro Group

Congratulations Intro swimmers who competed in the Mendocino swim meet!

This month Coach Madeline will continue to work on longer swimming and kicking distances. Intro will also spend more time on starts, turns, and finishes.

Intro Group Swimmer of the Month: Linnea McDonald

Linnea is always asking questions about how she can improve her strokes. She is a team player and is helpful to all of her teammates. Congratulations Linnea!

Park Day for Intro and Bronze groups will be Friday, December 16th 4-5 PM. Bring your outdoor running clothes and swimming gear just in case of rain.

- Coach Madeline & Coach Cleo

Bronze Group

Another great month, Bronze swimmers! You all worked so hard, and it's really showing. Everyone is progressing! In December we will continue to refine breaststroke & butterfly, and starts & turns.

Bronze Swimmer of the Month: Rhys Honrado

Rhys is laid back and eager at the same time. He comes to practice ready to learn. Great job, Rhys!

Park Day for Intro and Bronze groups will be Friday, December 16th 4-5 PM. Bring your outdoor running clothes and swimming gear just in case of rain.

- Coach Mary

Silver Group

Great job at the meet Silver swimmers!! I am so proud of you. So many best times, and goals achieved. It is incredible to watch your hard work pay off. This month we will focus on details of racing. Starts, turns, breakouts, and finishes.

Silver Swimmer of the Month: Lila Porter

Lila is one of Silver's hardest workers. She pushes herself with harder intervals at every practice. Lila is a great teammate, and team player. Congratulations Lila!

No Silver Appreciation Day this month!

- Coach Kelly

Gold Group

Gold swimmers had a wonderful meet in Mendocino. It was really amazing to watch you all race. All of your hard work, and maximum effort while racing has really paid off. Congratulations to all of you who competed. We will continue to focus on racing details while at practice, and our yardage will kick up a notch in December.

Gold Group Swimmer of the Month: Nallia Meyer

When Nallia is at practice, she is kind, a great teammate, and a hard worker. Congratulations Nallia!!

No Gold Appreciation Day this month!

- Coach Kelly

Senior Group

Happy December Senior group!

As we move into the next training cycle, we are looking ahead to Zone 3 Championships in late January. The senior athletes have been rising to the challenge of steadily increasing yardage and workload these last few weeks, as well as dropping time during our monthly in-practice test sets. I am once again impressed with their collective attitude and work ethic.

Senior 1 Swimmer of the Month: Linea Vizenor

Linea is a powerhouse athlete in and out of the water, her potential is unlimited! She has been putting in effort in big ways - pushing the pace in the pool, as well as slowing down and paying attention to the details of dryland lifts. I appreciate her determination, attitude, and the energy she brings to her teammates every day. Way to go Linea!!

- Coach Ellie

Senior Comp

Happy December, senior comp! First off, I just want to congratulate the swimmers on completing their first training cycle! You all worked extremely hard, and the payoff at swim meets was huge. The goal is to take what worked and what did not in our first training cycle, and make our second one even more successful. We are kicking things off with heavy aerobic training this month to reestablish our endurance base. Saturday, December 17th I would like to do a white elephant gift exchange with both senior groups at ACP after practice. The week of Monday, December 26th - Friday December 30th practice will be held for both groups at The Club. Monday - Thursday will be 7-8:15pm, and Friday will be 6:30-8:00pm. There will also be dryland practice Monday and Wednesday 5:15 pm - 6:45 pm, and Friday 4:45pm - 6:15pm. During that week of practice, Coach Ellie will be on deck. I look forward to an excellent month everyone!!!

Senior Comp Swimmer of the Month: Naomi Trepia

Congratulations Naomi on being December's swimmer of the month! Naomi is a consistent hard worker at practice and it showed at the Fort Bragg swim meet. She went best times in four of her events, and I am very proud of what she has been able to accomplish as of late. I look forward to seeing how she does moving forward!

- **Coach Jacob**

2023 Dues

Maintaining a high quality swim team that is accessible and affordable continues to be a priority for Humboldt Swim Club. The HSC Board of Directors has finalized the 2023 budget, and there will be no increase in dues for 2023. HSC is a non-profit and we are reliant on balancing membership dues, corporate sponsorships, and family fundraising to cover all of the annual operating expenses for the team, such as coaching staff, pool rentals, coach travel for swim meets, and other administrative costs required to keep the club running.

2022 and 2023 Fundraising Obligation

There will be no increase in the fundraising obligation for each family for 2023. The fundraising obligation per family will continue to be \$400 per family. Families who have not raised \$400 in fundraising for 2022 will be charged the balance in January 2023. Members who joined late in the year have been prorated and all Creepy Crawl & Sponsorship Drive fundraising amounts have been added to accounts.

The two largest fundraisers for 2023 will be the [Sponsorship Drive](#) and the [Creepy Crawl Lap-a-Thon](#). The sponsorship drive will take place [January through May](#). For every family that secures a team sponsor, 50% of sponsorship funds raised goes toward your family fundraising requirement for the year. The Creepy Crawl Lap-a-Thon will take place in [October](#). 100% of donations brought in for the Creepy Crawl will count towards the family annual obligation. We are always looking for parent volunteers to coordinate additional fundraisers. Please reach out to any board member if you'd like to lead any additional fundraisers for 2023.

Registration Reminder for USA Swim 2023

USA Swim and HSC Team Registration is REQUIRED!!

[USA Swim registration](#) MUST be completed **by December 19th** in order for your renewal membership to be processed by the expiration date of Dec 31st 2022.

[HSC Annual Team Registration](#) & admin fee is due by the end of the year.

Reminder emails have been sent out. Please complete both of these registrations ASAP!

Contact the treasurer at hscswimtreasurer@gmail.com with questions.

Please refer to our website: www.hscswim.org

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please see Senior and Senior comp complete schedule on Team Unify	Silver 4-5 Gold 5-6 (dryland 4-5)	Intro 4-5 Bronze 4-5 Silver 5-6 Gold 4-6 ** am practice (Silver, Gold, Senior)	Bronze 4-5 Gold 5-6 (dryland 4-5)	1 Intro 4-5 Bronze 4-5 Silver 5-6 ** am practice (Silver, Gold, Senior)	2 Intro 4-5 Bronze 4-5 Silver 5-6 (dryland 4-5) Junior Olympics/ Santa Clara	3 Intro 1-2 Bronze 1-2 Silver 11-1 Gold 11-1 Junior Olympics/ Santa Clara
4 Junior Olympics/ Santa Clara	5	6	7	8	9	10
11	12	13	14	15 HSC Board Meeting 5:30-7:00 Public Comment on Zoom	16 Intro & Bronze Park Day 4-5	17 HSC Intrasquad Meet @ ACP 11-1 Holiday Cookie Decorating 1-2
18	19	20	21	22 ACP Closed No practice	23 ACP Closed No practice	24 ACP Closed No practice
25	26 ACP Closed No practice	27 ACP Closed No practice	28 ACP Closed No practice	29 ACP Closed No practice	30 ACP Closed No practice	1 ACP Closed No practice

Spring 2023 Practice Schedule @ ACP

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver 4-5 Gold 5-6 Senior Comp 5:30-7:30	Intro 4-5 Silver 4-5 Bronze 5-6 Gold 5:30-7:30	Bronze 4-5 Gold 5-6 Senior Comp 5:30-7:30	Intro 4-5 Silver 4-5 Bronze 5-6 Gold 5:30-7:30	Intro 4-5 Bronze 4-5 Silver (dryland) 4-5 (water) 5-6 Senior Comp 5:30-7:30	Senior Comp 11-1 Gold 11-1 Silver 11-1 Bronze 1-2 Intro 1-2

Mendocino Sea Dragons Swim Meet in Ft. Bragg



Fall 2022 Meet Schedule & Beyond

September 30 - October 2	Neptune Swimming Fall Classic (Santa Rosa)
November 19-20	Mendocino Coast Sea Dragons (Ft. Bragg)
December 2-4	Winter Junior Olympics (Santa Clara) * Qualifying
January 21-22	TCA Zone 3 Championships *Qualifying
February 4-5	Last Chance Invitational (Grant's Pass)
February 18 - 19	MAC Senior Open (Milpitas) (Senior)
March 18 - 19	Piranhas Swimming (Rohnert Park)
March 29 - April 1	Western Zone Senior SCY Championship (Federal Way WA) *Qualifying
April 1-2	Sebastopol Sea Serpents Invitational (Intro & Bronze)
April 22 - 23	AC Swim Club LCM (Petaluma)
May 7	Senior 2 Post NCS Walk-On Meet (Senior)
May 13	Shasta Y-1 Day Meet (Redding)
June 17 - 18	Willits Otters (Intro & Bronze)
June 16 - 18	RAD Trials Finals (Redding)
July 14 - 16	Senior Meet TBA
July 22 - 24	Ukiah Dolphins
July 25 - 29	Western Zone LCM Senior Championships *Qualifying
July 27 - August 12	All Team Break!

Diversity, Equity and Inclusion (DEI)-

Karin Grantham Board Member,
flipturn.kg@yahoo.com or
(707) 845-1478

Thank you to everyone who took time out of your busy schedules to respond to the Humboldt Swim Club 2021-2022 Season Stakeholder Survey. The primary take-aways from this year's survey is that parents and swimmers would still like to see improved communications coming from the board and from coaches. Our members would like to know more in advance about what is coming up for each specific meet. They would also like to know more about volunteering opportunities. Parents and swimmers asked about bringing back intrasquad meets and about more substantive ways in which to help make swimming more affordable for families, especially as swimmers move up into the Senior levels.

Last year the board offered scholarships throughout the year to eligible families to help offset membership fees. That scholarship will expire at the end of this month, but we do hope to apply again for the coming year. We will report out on the 2021-2022 scholarship next month.

Pacific Swimming does have some assistance available to help offset costs through its Meet Entry Fee Assistance Program (MEFAP): *Pacific Swimming has introduced a new Meet Entry Fee Assistance Program (MEFAP) to help swimmers cover the costs of entering swim meets. The swimmer would pay for the splash fee associated with each meet and Pacific Swimming will cover the individual swims' entry fees. To be eligible, swimmers must be an Outreach registered athlete OR have a family-proven hardship, verified by a coach. Swimmers may register for each meet through their coach/club.*

2022 SPONSORSHIP DRIVE

The sponsorship drive has come to an end and we raised **\$15,199**.

Thank you to our 2022 sponsors!!

Ruby (\$5,000 +)

Thank you to our anonymous Ruby Sponsor!

Diamond (\$2,500-\$4,999)

Humboldt Sponsors

Platinum (\$1,000-\$2,499)

East Bay Community Foundation

Susan & Robert Nathane Jr Charitable Fund

Schmidbauer Family Foundation

Gold (\$500-\$999)

Salt Fish House Campground Restaurant -

Wiley Family

Pacific Carpets - Clint Walker

Vizenor Family

Nylex.net, Inc.

Coast Central

Silver (\$250-\$499)

Humboldt Audiology

David L Moonie

Harper Motors

Alves Inc.

Redwood Capital Bank

Mercer Fraser

Humboldt Masonic Lodge No 79

Atlas Engineering

Johnson Family

Lithia Chrysler Jeep Dodge Ram of Eureka

Valley Pacific Petroleum Services, Inc.

Bruce & Janet Nelson

Pierson Building Center

Premier Oil Change

Bronze (\$100-\$249)

Jackson & Eklund

Vern's Furniture

Linda Sundberg Ins Agency

JLF Construction Inc

Almquist Lumber Co.

Alex Stillman

The Mill Yard

Neely Automotive

Arcata Cabinet & Design Company

Kramer Investment Corp.

Humboldt Association of Realtors, Inc.

Brad Finney for Finney Consulting Services

Hunter, Hunter & Hunt, LLP

Dr. Hagge DDS

Adams Commercial General Contracting

Soroptimist International of Arcata

Swim Supporter up to \$99

Eureka Optometric Center – Uwe & Zuzana Gellner,

O.D

Humboldt Mortgage Company

Still Need a Team Suit?

Team Suits & Equipment can be ordered at the following:

<https://elsmoreswim.com/teams/california/clubs/humboldt-swim-club.html>

Team Suits should be worn to meets only. Please email if you have questions about sizing.

HSC CONTACT INFORMATION

Team address: P.O. Box 101, Bayside, CA 95524

HSC website:

www.teamunify.com/pchsc or

www.hscswim.org

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Kit Meyer Board Member

Pat Spellmeyer Board Member

Jamie Hill- Workman Board Member

WEB SITES:

Swim Connection:

<https://ome.swimconnection.com/meets>

Fast Swims: <https://fastswims.com/>

Pacific Swimming: www.pacswim.org

USA Swimming: www.usaswimming.org

