

HUMBOLDT SWIM CLUB NEWS

February 2022



COACH'S CORNER

We have a lot of things happening this month!

The new practice schedule for our swimmers at ACP includes a weekly race-day, we have a new Senior training squad that will train at ACP, new practice schedule for our Senior I athletes getting them over to the Central location for more lifting in their weekly training, our Senior II athletes will start a new weight training cycle during their new Spring training cycle, and our Intro crew will have a few more teammates in a few weeks.

With the recent surge in COVID cases, we canceled our January and postponed our February intrasquad meet. We are hoping to have an intrasquad meet at the end of February, which will serve as the last chance for our swimmers to fulfill their requirements to transition from Intro to Bronze, Bronze to Silver, or Silver to Gold. February will become our first opportunity of the new competition year to transition from one group to the other, with the next coming at the end of May or early June, and the final opportunity in July to start the next season in their new group. Our 8&Under swimmers in Bronze should have their eyes on making it into Silver before turning nine. Our Silver II and Gold swimmers will transition to our new Senior group at ACP if they do not achieve the necessary training and performance goals by the time they start their Freshman year.

Zone 3 Championship:

Our Zone 3 Championship meet was the first meet of the new year and our only meet in January. It was a bit chilly on deck, with a cross wind adding to the cold temperature, but our squad showed up to RACE!! Coach Kelly mentioned a few outstanding swims throughout the weekend, from our 500 Freestyles Friday night through the 200 Free Relays capping off the meet weekend on Sunday afternoon.

Group Transitions and New Rosters:

We will have our first group transitions at the end of the month. There will be a mass transition from our Intro into the Bronze group and a few Bronze swimmers in the hunt for Silver. Remember to check the team website practice calendar for all practice times and locations.

IMPORTANT DATES

February 17th - HSC Board Meeting
5:30-7:00 via [ZOOM \(link here\)](#)

**Grant's Pass Last Chance
Invitational**
February 5-6

Zone All-Star Meet
February 27

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 Seiler
Bronze	Nolan Barnes
Silver	Huck Russell
Gold	Jack Luh
Senior I	Naomi Trepiak
Senior II	Sydney Trieu

HAPPY BIRTHDAY

Sophia Spellmeyer	2/5	9
Nadia Weise	2/7	17
Adelia Olson	2/8	9
Dimitri Cord	2/14	10
Emma Martin	2/16	16
Iosefa Alofaituli	2/20	10
Mia Cahoon	2/22	12
Gage Evenson	2/24	11

ALL ABOUT THE GROUPS!

Intro Group

We had our first month of training with a fresh batch of new teammates in our Intro group, which is always an exciting time for our members. Our coaching staff has been impressed with how well they've done in such a short time, with most of our Intro II group ready to transition over to Bronze II at the end of the month.

Intro Group Swimmer of the Month: Henry Seiler

The Intro swimmer of the month is Henry Seiler. Henry shows an intense level of focus when the coaching staff is giving instruction. He listens well on the wall, making the appropriate adjustments when given feedback, and is on task throughout the entire practice.

- Coach Mike



Bronze Group

Happy February, Bronze Group! The first month of the new year has been a success in terms of growth that I have seen from our swimmers. Their freestyle strokes are getting more clean, and they have shown that they are able to maintain a strong flutter kick for 50 yards. Their dolphin and breaststroke kicks are also showing MAJOR improvement as they are figuring how to utilize their hips more in the undulation aspect of their dolphin kick, as well as kicking through their heels during their breaststroke kick. During this month, we will still be focusing on strengthening their technique in these areas, but I will be challenging them in longer distances for their freestyle stroke (75; 100 yard swims). They are already comfortable with simple intervals, so further enhancing their skill in that as well will get them better prepared for Silver group in the future. I am looking forward to a productive month!

Bronze Swimmer of the Month: Nolan Barnes

Nolan has shown fast progression in his freestyle stroke and dolphin kick. He also consistently asks questions to see how he can improve in areas of his stroke. Congratulations Nolan!

- Coach Jacob

Silver Group

Congratulations to all the Silver swimmers who attended the Zone 3 championship last month. Teddy, Huck, and Nathan, all in the 11/ 12 boys age group, had some great swims! Great competition and attitudes during all 3 days of the meet. You have made me a proud coach.

This month we will be focusing on underwaters, starts, and turns in preparation for the upcoming meet in Grants Pass. Silver group has been ready to race! Our 1st in practice race day was last Wednesday, and we had some great swims! I look forward to more Wednesday competition.

Silver Swimmer of the Month: Huck Russell

Huck had a great meet at Zone 3 and he has found new focus at practice, by slowing down to work on his technique. Great job Huck!

- Coach Kelly

Gold Group

Happy February, Gold group! In the month of January we have really been focusing on breaking down our stroke back to the core fundamentals. With our conditioning already being very strong, it was time to really fix the areas of our stroke technique that needed drastic improvement. Underwaters and breakouts during freestyle have been given a top priority to our training recently, and I am seeing drastic improvements from our swimmers in those areas. Stroke technique in backstroke, butterfly, and breaststroke have also been worked on, with getting our swimmers to pay attention more to their breath timing in butterfly, kick stabilization in backstroke, and hip engagement in breaststroke. As always, legs and lungs conditioning is a daily thing so that the swimmers do not digress in those areas of their training.

Gold Group Swimmer of the Month: Jack Luh

Jack has shown great improvement in many areas of his swimming this past month. He also shows on a consistent basis his eagerness to improve and actively pays attention to improving his stroke. Congratulations Jack!

- Coach Jacob

Senior Group

Both of our Senior groups training at The Club are starting a heavier lifting routine at the start of their Spring training and competition cycle. Their new schedule will start Monday, January 31st. We have 14 out of our 22 Senior athletes heading up to Grants Pass for their Last Chance Invitational. The results of this meet will guide their late Spring and early Summer competitions as we begin to have split options between long and short course opportunities.

Senior I Athlete of the Month: Sydney Trieu

Sydney Trieu is our Senior II athlete of the month. She came back from her Cross-Country season with a competitive training mindset. Sydney has stepped up her level of engagement in practices, putting forth the effort in the pool and weight room she'll need for a successful Senior year.

Senior II Athlete of the Month: Naomi Trepiak

Naomi consistently trains at a high level of intensity while showcasing an exemplary work ethic that keeps her focused on the big picture as well as the little things that will lead her to continued success in the pool.

Please refer to our website: www.hscswim.org

FEBRUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Winter Olympic Games Begin	5 Grant's Pass
6 Grant's Pass	7	8	9	10	11	12
13	14 Happy Valentine's Day!	15	16 Silver Appreciation Day	17 HSC Board Meeting Via Zoom	18	19
20	21	22	23	24	25	26
27 Zone All-Star Meet	28					



Diversity, Equity and Inclusion

Board Member, Karin Grantham

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

Woah! 2022 sure came in with bang, didn't it? Hopefully you and your families are all faring well. I've been taking advantage of the warm weather and pruning our apple trees. Talk about a workout for the shoulders! All worth it when the trees bloom, the bees arrive, and then, later, apples are ready to eat.

HSC Stakeholder Survey

Last year, many of you participated in our first ever stakeholder survey. Last week a small workgroup discussed the results of the survey and developed an action plan based on your very thoughtful responses and comments. Out of that meeting we have developed an action plan. This plan includes but is not limited to the following:

1. providing professional development opportunities for all coaches yearly, adding budget line item for professional development, and reporting back to members annually on training accomplishments;
2. offering more fun/social activities for the Intro-Gold groups for team building;
3. continuing to work on clear communications;
4. reminding members of fundraising responsibilities throughout the year
5. soliciting more parent volunteering for things like running intrasquad meets, fundraising, volunteer workgroups, and grant writing;
6. holding swim team tryouts only when there are available openings; and
7. conducting focused fundraising for the club's scholarship fund and reporting general information annually about how the scholarship funds have been used.

As always, the board welcomes your feedback and comments. You can attend any of our monthly board meetings or simply reach out directly to any of us via our contact information in this newsletter.

USA Swimming and Pacific Swimming LSC

Meet Entry Fee Assistance Program (MEFAP)

Pacific Swimming has a 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.

For more information and the form, please click below:

[MEFAP Form](#)

If you have additional questions, please contact Annie Stein

<https://www.pacswim.org/userfiles/cms/documents/1054/outreach-program-1.18.pdf>

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>



January SWIM MEETS

Zone 3 Championships



It's that time of year for the annual 2022 SPONSORSHIP DRIVE

Our board member, Kristi Johnson sends out over 300 letters to all local businesses. Copies of the Sponsorship Request Letter can be found on our website. Remember, if you bring in a sponsor, 50% of their donation counts toward your annual family fundraising obligation! Be sure to ask those businesses to put your swimmer's name on the form to receive credit!

2021 SPONSORSHIP DRIVE

In 2021 we raised a total of **\$18,115.**

THANK YOU TO OUR 2021 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 & Eklund Accounting
JLF Construction, Inc
Linda Sundberg Insurance
McCrea Nissan
McLean Foundation
Mill Yard
Paul Swenson Photography
Pierson Building Supply Center
Redwood Capital Bank
Schmidbauer Building Supply, LLC
Sequoia Gas Co
Sorooptimist International of Arcata
Tucker and Tucker DDS
Neely Automotive
Bruce and Janet Nelson
Vizenor Family

Welcome our newest Board Member Pat Spellmeyer!

Pat has two swimmers on the team, one in Intro and the other in Silver. He brings a wealth of sports related knowledge and we are super excited to have him joining us in 2022!

Results of 2022 Officer Elections

Rebecca Baugh	Co-President
Russ Turpin	Co-President
Ivy Breen	Vice President
Amy Martin	Secretary
Breanna Cahoon	Treasurer

HSC CONTACT INFORMATION

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

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Karin Grantham Board Member - DEI	
Kristin Johnson Board Member - Sponsorship	
Thomas Blair Board Member	
Kit Meyer Board Member	
Pat Spellmeyer 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

