

HUMBOLDT SWIM CLUB NEWS

January 2023



COACH'S CORNER

Happy 2023 WaterDogs! We are looking forward to a fantastic start to the new year. We will start out the year with our annual Zone 3 championship meet, which takes place on January 21st and 22nd. It will be held at the new pool at the college of Marin in Novato, CA. This meet is open for sign-ups until January 11th on www.fastswims.com. The meet sheet will have the time standards listed for each event. The meet sheet is available on fastswims. Pacific swimming website also has the time standards available on the Zone 3 page.

If you have any questions, please reach out.

- **Coach Kelly**

Happy 2023 Water Dogs!!! With a full year of swimming wrapped up, I am so excited to see all of the continued improvements heading into the new year! I hope that everyone had a great holiday break and is now ready to get after our goals and have some fun! I will see you all on the pool deck!

- **Coach Jacob**

We would like to thank Coach Cleo for her time with the WaterDogs. She is moving to Sacramento, and we wish her all the best.

Thanks to all that attended our first Black and Blue intrasquad meet! It was a blast. It was so wonderful watching you all compete. The Blue team came out the winners this time around, but don't you worry, we will be hosting another Black and Blue meet soon.

Swimmers of the MONTH

INTRO	Georgia Wilson
BRONZE	Ellie Bowers
SILVER	Nico Caurso
GOLD	Nathan Bareilles
SENIOR	Cassidy Thorpe
SENIOR COMP	Kendra Hiigel

NEW TEAM RECORD FROM PAC Swim Winter Championships!

Nathan Bareilles

11-12 100 breast 1:09.73

IMPORTANT DATES

January 19th - HSC Board Meeting
5:30-7:00. Public Comment may join
via zoom [ZOOM \(link here\)](#)

TCA Zone 3 Championships

January 21-22 2023

Grant's Pass Last Chance Invitational

February 3-4 2023

Senior Open P&F Milpitas

February 18-19 2023

Practice resumes at ACP Tuesday,
January 3rd 2023

HAPPY BIRTHDAY

Luke Prieditis	1/12	14
Kyona Brown	1/15	7
Henry Seiler	1/18	12
Lela Caruso	1/20	11
Jacob Ireland- Coach	1/26	23



ALL ABOUT THE GROUPS!

Intro Group

Welcome to 2023 Intro swimmers and families! When we get back to the pool in the new year, kick will be the focus. Last month we worked diligently on our streamline underwaters, and distance swimming. The whole group has really improved. We have an excellent group of swimmers in the Intro group. Great job and congratulations to those who competed in the intrasquad meet.

Intro Group Swimmer of the Month: Georgia Wilson

Georgia is a hard worker with great leadership. Way to go Georgia!

No Park Day for Intro and Bronze groups this month!

Move Up to Bronze: Linnea McDonald, Cedar Farell, Keikiokalani Buchanan- Great job all three of you!

- Coach Madeline & Coach Kelly

Bronze Group

Great job at the first Black & Blue Meet Intrasquad meet! To those who couldn't make it, I hope you can participate next time. Everyone's turns and starts have made big improvements. We will continue to focus on them this month.

Bronze Swimmer of the Month: Ellie Bowers

Ellie is such a dedicated swimmer. She works hard to improve her strokes, and that hard work pays off! Way to go, Ellie!

No Park Day for Intro and Bronze groups this month!

- Coach Mary

Silver Group

Happy new year Silver swimmers and families. What a wonderful group this is. Everyone has had great effort, and teamwork at practice and meets. I have noticed as of lately that everyone works together making for a powerful group of swimmers. When we get back we will do a quick week's review of all four strokes, then move back to our longer distance swimming phase.

Congratulations to all that competed in our intrasquad meet in December. Everyone swam great! Looking forward to getting to see all that qualify, sign up for the Zone 3 championships in January.

Silver Swimmer of the Month: Nico Caurso

Nico is one of the hardest workers in the group. He has an incredible focus when it comes to learning how to swim faster more efficiently. It's fun getting to be a part of the process. Nico had a great performance at the intrasquad meet. Congratulations Nico!

Silver Appreciation Day is Monday, January 23rd

- Coach Kelly

Gold Group

Welcome to 2023 Gold swimmers and families. This group is dedicated to the sport. They love competing and egging each other on to race, do more pull ups, or just splash bigger. They are great fun to work with. We have increased our dryland training by adding weights to our movements. Our water training now has faster intervals, and consistently longer distances. I'm proud of you all for stepping up your game! Don't forget to sign up for the Zone 3 championship meet in January.

Gold Group Swimmer of the Month: Nathan Bareilles

Nathan worked his tail off to be ready for competition at the 14 and under Winter Championship meet. He set his goals and achieved them! He also broke a long standing team record in the 100 Breaststroke.

Nathan works hard at every practice and is encouraging to his teammates. Great job Nathan!

Gold Appreciation Day is Wednesday, January 25th.

- Coach Kelly

Senior Group

Happy New Year Senior group!

January will be an exciting month of training leading up to zone 3 championships. Senior group athletes have been building up their strength and power training in the weight room as well as pushing the speed in the pool. I'm looking forward to seeing what they are capable of this year!

Senior 1 Swimmer of the Month: Cassidy Thorpe

Cassidy has continued to be a reliable and consistent teammate and athlete. She works incredibly hard throughout every practice, and consistently demonstrates impressive discipline. Congratulations Cassidy!

- **Coach Ellie**

Senior Comp

Happy January, senior comp! I am very proud of the work the swimmers have put in these past 4 months, and I can't wait to keep that momentum going into the new year! We have some important dates coming up as we enter back into competition season:

- Saturday & Sunday January 21st & 22nd Zone 3 Championships Novato, CA. This meet is open so sign up ASAP!
- Saturday & Sunday February 4th & 5th Last Chance Invitational Grants Pass, OR
- Saturday & Sunday February 18th & 19th Senior Open P&F Milpitas, CA

The Senior Open meet in February is a prelims/finals structured meet, and is also our first senior meet of the season! It will serve as the end of the short course season swim meet for all swimmers who do not qualify for Western Zones, so it is an important meet to attend!

The senior comp group will be transitioning into more specific areas of training depending on the swimmer after seven weeks of heavy endurance training. Let's get after it and get to work!

Senior Comp Swimmer of the Month: Kendra Hiigel

Congratulations Kendra on being January's swimmer of the month!

Kendra destroys every training set that is thrown at her, and has emerged as a strong leader in the group who sets the tone and intensity at every practice. Her attitude and focus is perfect for the hard working environment that I want at practice. I am so excited to see how she performs at upcoming meets.

- **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.

2023 Fundraising Obligation

The fundraising obligation per family will continue to be \$400 per year. Families who have not raised \$400 in fundraising for 2023 will be charged the balance in January 2024. 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.

Recapping the 2022 Championship Meets

The coaching staff would like to recap our 2022 championship meets.

Congratulations to...

Sadie Breen and **Lizzy Johnson** who competed in multiple events at the **Senior short course Western Zones Championship** in Utah.

Maile Russell who competed at **Far Westerns long course Championship** Concord, CA. Maile placed 18th in the 100 meter Breaststroke and 19th in the 200 meter Breaststroke.

Amalia Baugh, **Nathan Barielles**, and **Yogi Trieu** who competed in the 14 and under **Winter Championship, formally known as Junior Olympics**, in Santa Clara, CA. Highlights included tough swimmers braving the cold and wet weather, Amalia placing 10th in the 500 Freestyle, Nathan placing 5th in 50 Breaststroke and 6th in 100 Breaststroke, and Yogi placing 9th in 100 Freestyle.

These championship meets are highly competitive and the coaches are incredibly proud of these swimmers. Great job to you all!

Please refer to our website: www.hscswim.org

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Please see Senior and Senior comp complete schedule on Team Unify	2 Silver 4-5 Gold 5-6 (dryland 4-5)	3 Intro 4-5 Bronze 5-6 Silver 4-5 Gold 5:30-7:30 ** am practice (Silver, Gold, Senior)	4 Bronze 4-5 Gold 5-6 (dryland 4-5)	5 Intro 4-5 Bronze 5-6 Silver 4-6 Gold 5:30-7:30 ** am practice (Silver, Gold, Senior)	6 Intro 4-5 Bronze 4-5 Silver 5-6 (dryland 4-5)	7 Intro 1-2 Bronze 1-2 Silver 11-1 Gold 11-1
8	9	10	11	12	13	14
15	16	17	18	19 HSC Board Meeting 5:30-7:00 Public Comment on Zoom	20	21 Zone 3 Championships Santa Rosa
22 Zone 3 Championships Santa Rosa	23 Silver Appreciation Day!	24	25 Gold Appreciation Day!	26	27	28
29	30	31	1	2	3	4 Grant's Pass Swim Meet

Blue & Black Intr Squad and Holiday Cookie Decorating party



Pacific Swimming Winter Championships “Junior Olympics”



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

Happy New Year Humboldt Swim Club!

Humboldt Swim Club is reapplying for a grant to provide some scholarships to families for 2023. Last year our grant from Humboldt Sponsors helped to support 5 families throughout the year. **All new and current Scholarship applicants must apply/reapply by January 18, 2023.** Potential scholarships will be awarded after the HSC January 19 board meeting. Qualifying scholarships will go into effect **no earlier than February 1, 2023.** Information with the 2023 application should be available shortly at: [Humboldt Swim Club - Scholarship Application](#)

USA Swimming has recently created parallel time standards for swimmers with disabilities. The standards were updated for Zones, Sectionals, and LSC and are available here:

Zone: [Time Standards](#)
Sectionals: [Sectionals Time Standards](#)
LSC: [LSC Time Standards](#)

Pacific Swimming does have some assistance available to help offset costs through its Meet Entry Fee Assistance Program (MEFAP):
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/outline-reach-program-1.18.pdf>

As always Pacific Swimming our LSC has a variety of diversity, equity, inclusion, and ability resources available at

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

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 -
Willey 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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Karin Grantham Board Member - DEI

Thomas Blair Board Member - Safesport

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

