

HUMBOLDT SWIM CLUB NEWS

July 2023



COACH'S CORNER

What a great start we have had to the summer swim season! Many of our age group swimmers competed at the Willits Otters swim meet June 17th and 18th. There were amazing swims from every single swimmer, and some fabulous and fun relays. We had a few swimmers where this was their very first swim meet, and what a great job they did! Me and Coach Mary were so proud of all of you! What a fun meet.

Our next meet will be the **Pacific Swimming Summer Age Group championships on July 7th -9th**. This is a qualifying meet and we have 6 qualifying swimmers, **Felix Butterfield, Luca Porter, Sophia Spellmeyer, Huck Russell, Nathan Barielles, and Amalia Baugh**.

Congratulations, and good luck!

- **Coach Kelly**

Happy July, Water Dogs!!! This is our last month of the season, and I have to say that it has been quite the year for Humboldt Swim Club! Congratulations to all of the swimmers who competed at Willits and Redding this past month, you all rocked it! The Ukiah swim meet is July 22nd-23rd, so make sure that you hurry and sign up at www.fastswims.com if you are interested in competing!

Western Zones and Far Westerns will happen at the end of this month, let's give a shout out to our Senior Qualifiers **Sadie Breen and Amalia Baugh**. Wish them luck!

- **Coach Jacob**

Swimmers of the MONTH

INTRO	Kiera McNiel
BRONZE	Ellery Craydon
SILVER	Henry Workman
GOLD	Ryan Tan
SENIOR	Nadia Weise
SENIOR COMP	Amalia Baugh

IMPORTANT DATES

July 20th - HSC Board Meeting

PAC Swim Age Group Championships *Qualifying
July 7-9, 2023

Ukiah Dolphins
July 22-23, 2023

Western Zones, Clovis *Qualifying
July 25-29, 2023

Team Break
July 27 - August 12
Swimming Resumes
Monday August 14th

HAPPY BIRTHDAY

Coach Madeline	7/1	
Karin Grantham- Board Member	7/4	
Oskar White	7/7	12
Luca Porter	7/11	11
Obadiah Shank	7/11	12
Skylar Sanders-Gatton	7/15	14
Lyla Porter	7/19	13
Cameryn Holmes	7/22	10
Munai Marielou	7/23	9
Scarlett Fierro	7/24	9
Olivia Spellmeyer	7/25	8
Beau Lemieux	7/26	14
Felix Butterfield	7/27	11
Dominic Caruso	7/27	14
Nona Minerva - Board Member	7/29	

ALL ABOUT THE GROUPS!

Intro Group

Intro group has been hard at work. They have been working on their endurance, dives, and strong kicking. We had great swims for some of our intro swimmers at the willits meet! This month we will be working on more breaststroke kick and dolphin kick.

Intro Group Swimmer of the Month: **Kiera McNiel**

Kiera has been really working hard at practice. She has been a great leader to the group, and has improved all of her strokes. She had a great meet at Willits. Great job Kiera!

- Coach Madeline & Coach Kelly



Bronze Group

Happy summer! I hope you're all having a great summer break so far. Bronze group swimmers had an excellent swim meet in Willits last month. I hope you guys had as much fun as I did! And great job to those that went to the Redding meet as well! This month we will continue to focus on streamlines, starts, and turns.

Bronze Swimmer of the Month: **Ellery Craydon**

Ellery comes to every practice with a great attitude and willingness to learn. She also did a great job at the Willits meet! Way to go Ellery!

- Coach Mary

Silver Group

Great job to all of you who competed in the Willits, and Redding swim meet last month. I am a proud coach! We have been focusing on our swim meet basics this past month, and we continue to do so in July. This group is in great shape, and their endurance is unstoppable.

Silver Swimmer of the Month: **Henry Workman**

Henry has been showing up to tons of practices ready to rock. He pushes himself with harder intervals, and longer distances. He is not afraid to put himself in a tough race. He is a kind, yet competitive team mate. Great work Henry!

- Coach Kelly

Gold Group

Gold group had some wonderful, and powerful swims at the Willits and Redding swim meets last month. These swimmers work very hard and are very competitive. They are a joy to coach and watch grow with the sport. June and July we focus on race strategies and technical work that will make everyone faster. We have spent a ton of time on dives and the beginning of races. This month will add more focus into finishing races. Great work Gold group!

Gold Group Swimmer of the Month: **Ryan Tan**

Ryan shows up to every practice and works hard. He has shown that he is a competitor and has been proving that in all of his past meets. He changeleges himself and doesn't back down. Congratulations Ryan!

- Coach Kelly

Senior Group & Senior Comp

Happy July, senior group members! This is the last month of the season, and the last month that we will be seeing our seniors. My heart hurts to see all of these amazing people leave our program. I am absolutely honored to have been your coach this season, and I want to say thank you for giving countless hours of hard work and passion to Humboldt Swim Club. The Ukiah swim meet is July 22nd-23rd, and if you are available it would be great to attend as a final farewell to the season. We also have Western Zones at the end of the month, and a handful of swimmers will be competing there as well.

Senior 1 Swimmer of the Month: Nadia Weise

Congratulations on Nadia being the July swimmer of the month! Nadia has been as consistent as it gets at practice this past month. She is always working hard and is a cherished member of our group. We are all going to be very sad to see Nadia leave, and we appreciate everything she has given to Humboldt Swim Club!

Senior Comp Swimmer of the Month: Amalia Baugh

Congratulations on Amalia being the July swimmer of the month! Amalia has been working very hard on improving her stroke technique. At this past month's Redding swim meet, all four strokes looked significantly improved for her, and it showed best in her 200 IM finals swim. I am very pleased with the strides she has made, and I look forward to seeing how she continues to improve in the future!

- Coach Jacob

Please refer to our website: www.hscswim.org

July 2023

*the weekly schedule remains the same all month, unless an email notification is sent

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please see Senior and Senior comp complete schedule on Team Unify	1 Silver 4-5 Gold 5-6 (dryland 4-5)	2 Intro 4-5 Bronze 5-6 Silver 4-5 Gold 5:30-7:30 ** am practice (Silver, Gold, Senior)	3 Bronze 4-5 Silver 5-6 (dryland 4-5)	1 Intro 4-5 Bronze 5-6 Silver 4-6 Gold 5:30-7:30 ** am practice (Silver, Gold, Senior)	2 Intro 4-5 Bronze 4-5 Gold 5-6 (dryland 4-5)	1 Intro 1-2 Bronze 1-2 Silver 11-1 Gold 11-1
2	3	4 Happy Fourth of July- No practice	5	6	7 Summer Age Group Championships	8 Summer Age Group Championships No Practice
9 Summer Age Group Championships	10	11	12	13	14	15 Ukiah Dolphins
16 Ukiah Dolphins	17	18	19	20 HSC Board Meeting	21	22
23/30	24/31	25 Western Zones & Far Westerns	26 Western Zones & Far Westerns	27 Western Zones & Far Westerns	28 Western Zones & Far Westerns	29 Western Zones & Far Westerns

Thank You Amy Martin & Welcome our NEWEST Board Members

Thank you to Amy Martin who served on our Board of Directors for many years as Secretary, we are incredibly appreciative of your years of service and thank you for all that you have done to support our swim community.

We wish you the best in your future endeavors!

We are very excited to welcome **Amanda Bowers and Nona Minerva** to our Board of Directors. We look forward to working with both of you!

You may find contact information for our Board of Directors on the last page of the newsletter as well as on TeamUnify (Russell Turpin, Rebecca Baugh, Ivy Breen, Winslow Condon, Kit Meyer, Karin Grantham, Jamie Hill-Workman, Amanda Bowers, & Nona Minerva)

NEW TEAM RECORDS!

Felix Butterfield

Boys 9-10 50m Back 41.69

Boys 9-10 50m Free 33.60

BECOME A MEET OFFICIAL!

Did you know that becoming a meet official has some benefits? The time you put in offsets your annual volunteer hours needed for HSC!

Online training is available as well as job shadowing at meets.

If you are interested in becoming an official for the first time you can reach out to Karin Grantham directly or learn more at

<https://www.pacswim.org/members/zones/officials>

Willits Otters Swim Meet



Redding Swim Meet



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 12-14	Santa Rosa Long Course Meet
June 17 - 18	Willits Otters (Intro & Bronze)
June 23-25	RAD Trials Finals (Redding)
July 14 - 16	Senior Open P & F Swim Meet- Hayward CA (hosted by Crow Canyon Sharks)
July 22 - 24	Ukiah Dolphins
July 25 - 29	Western Zone LCM Senior Championships *Qualifying
July 27- August 12	All Team Break!

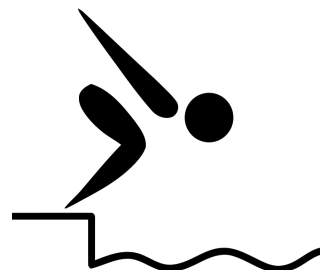
Diversity, Equity & Inclusion (DEI)

Karin Grantham, Board Member

flipturn.kg@yahoo.com or
(707) 845-1478

Welcome to all of you new HSC team members and families. For swimmers seeking to know how USA Swimming is addressing issues of Diversity, Equity, Inclusion and Accessibility within the sport of swimming you can find abundant resources at [USA Swimming DEI and Accessibility Resources](#)

Pacific Swimming, our Local Swim Chapter (aka LSC) also has a variety of diversity, equity, inclusion, and ability resources available. This is also where you may find assistance available to help offset costs through its Meet Entry Fee Assistance Program (MEFAP): 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. The Pacific Swimming Website link is here [Pacific Swimming.Org](#)



2023 SPONSORSHIP DRIVE

The 2023 Sponsorship Drive raised a grand total of **\$23,700.00!**

A HUGE THANK YOU to ALL OF OUR SPONSORS!

Ruby (\$5,000 +)

Mary Schmidbauer - Schmidbauer Lumber

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

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

Schmidbauer

Providence Medical Group Emergency

Medicine- Eric Gerdes

Barnum Timber

Humboldt Area Foundation- Rob & Jan Ross

Gold (\$500-\$999)

East Bay Community Foundation

Susan & Robert Nathane Jr Charitable Fund

Schmidbauer Family Foundation

Pacific Carpets- Clint Walker

Nylex.net, Inc

McLean Foundation

North Coast Appliance

Campground and Salt Fish House Restaurants

DCW Contracting

Bruce & Janet Nelson

LBA Contract Cutting

Silver (\$250-\$499)

Coast Central Credit Union

Harper Motors

Eureka Chrysler Jeep Ram

Humboldt Fasteners & Tools Inc

Redwood Capital Bank

David L Moonie & Co, LLP

Growing Smiles Dentistry

A to Z Eye Care

PG & E

Corcoran Icon Properties

Kramer Investments

Pro Cycle Service, LLC

Swim Supporter up to \$99

Alves Inc.

Elloway & Wonenberg, DDC

Atlas Engineering

Valley Pacific Petroleum

JLF Construction

Advanced Security System

The Mill Yard

Adams Commercial General Contracting, Inc

Finney Consulting Services

Neely Automotive

Alexandra Stillman

Soroptimist International of Arcata

Premier Oil Change

Humboldt Association of Realtors

Pierson's Building Center

Bear River Casino

Century Orthodontics

Still Need a Team Suit?

Team Suits & Equipment can be ordered at the following:

<https://elsmoreswim.com/collections/humboldt-swim-club>

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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Winslow Condon 707- 499-7130
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Amanda Bowers- Board Member

Karin Grantham Board Member - DEI & SafeSport

Kit Meyer Board Member - Team Apparel & Giveaways

Jamie Hill- Workman Board Member - Media & Sponsorship

Nona Minerva- 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



