

HUMBOLDT SWIM CLUB NEWS

June 2021



NEW HSC TEAM RECORDS SET!

LONG COURSE TEAM RECORDS FROM

SANTA CLARA SENIOR 2

GIRLS 15/16: **Sadie Breen** -

200 M Breast (2:54.70)

GIRLS 15/16: **Sadie Breen** -

100 M Breast (1:19.27)

GIRLS 15/16: **Emily Nalley** -

200 M Freestyle (2:14.42)

COACH'S CORNER

Welcome to the program!!! We have 42 new teammates joining the Humboldt Swim Club this month and I am beyond excited to get to work with all of them. The rosters are full and we have a little over 2-months of scheduled practices to get everyone ready for the return of monthly competitions. There is a good chance we will be able to host our own monthly intrasquad meets in the Fall, which are great introductions to competitions and team building opportunities.

The Summer competition schedule is going to start picking up steam as the State relaxes their COVID restrictions allowing more opportunities for Youth Sports to compete. We have a few meets being worked on by the Shasta Y Sharks, Redding Aquaducks, Willits Otters, Ukiah Dolphins, and the Westside Aquaducks. None of them are official yet, but the programs are working on getting their meets sanctioned and approved. We will be using our This Week in the Water weekly emails to keep everyone up-to-date on all of the Summer competitions.

Due to State and County regulations on indoor pool deck capacities, parents are not allowed on deck during practices. The Arcata Community Pool provides a lifeguard to monitor the practices during our workouts. Swimmers are asked to enter the facility with a coach only and they are not allowed to use the facilities to change or shower. The coaching staff will get the group settled before heading back to the front door and check for any participants that might have arrived late. The coaching staff is working hard to maintain social distancing between the groups at ACP and late swimmers walking around the facility disrupts practices as well as creates an opportunity for co-mingling without proper PPE.

IMPORTANT DATES

June 17th- HSC Board Meeting

5:30-7:00 via ZOOM

[Zoom Link Click Here](#)

Southern California Travel Trip

Saturday (6/12) - Sunday (6/20)

Practice Schedules are posted on the team website.

Please be sure to read about practice rules during COVID-19

SWIMMERS of the MONTH

Bronze	Sophia Spellmeyer
Silver I	Lydia Gerdes
Silver II	Kendra Hiigel
Gold	Amalia Baugh
Senior I	Andrew Trieu
Senior II	Emily Nalley

HAPPY BIRTHDAY

Fiona Condon	6/2	11
Jasmine Christian	6/2	10
Flannery Warner	6/5	17
Eoin McGoldrick	6/6	13
Ryan Tan	6/10	11
Naomi Trepia	6/11	14
Teodor Demirev	6/13	11
Cora Carey	6/17	14
Emma Cahoon	6/17	10
Collin Coriell	6/21	7
Linea Vizenor	6/22	16
Nallia Meyer	6/22	12
John Halley	6/23	12
Michael Jones	6/23	11
Nikolai Dennis	6/26	8
Maxim Dennis	6/26	8

ALL ABOUT THE GROUPS!



Intro Group

We have 30 swimmers in our Intro group!!! When combined with our Bronze swimmers, we have more than half of our program in these two groups and that is amazing for the future of the team. I am not awarding a singular swimmer of the month for May because we have so many that would qualify during a “normal” month and May was not normal. We added a little over 30 swimmers from our May 15th tryout and most of them went to our six (6) Intro groups! It has been so much fun hopping in with them during the week, working with their energy as they work on developing a solid body-balance foundation from a kick focused swim. Our Intro swimmers have the entire Summer to work on their body-balance before we move them around in the Fall.

Bronze Group

Happy June, Bronze group! This has been a very exciting month for us because we were able to have two swim meets in Petaluma and Redding. The kids swam amazing and were able to gain really good meet experience! In practice, we have begun to introduce breaststroke kick and dolphin kick to the swimmers all while still practicing the fundamentals of body position, kick, and freestyle. We have also introduced a third Bronze group to the team as a result of having a great turn out at team tryouts! As always, the kids are a joy to have at practice and I look forward to continuing to work with them and seeing how they do at future swim meets!

Bronze Swimmer of the Month: [Sophia Spellmeyer](#)

Congratulations Sophia on swimmer of the month! Sophia is always a hard worker during practice who always maintains a positive attitude.

- Coach Jacob

Silver Group

The month of May has flown by. Two wonderful swim meets, where we had some great swims, and some impressive practices at ACP. This group has grown itself. Silver group has developed a great sense of self responsibility at practice. They use the clock on their own, get their times, read the set on the board and follow through till the end. I am very proud of all of everyone in the group.

Silver I Swimmer of the Month: [Lydia Gerdes](#)

Lydia is a delight to coach. She is self responsible and always knows what is going on in practice. Her hard work and focus will take her far. She swam a 50 fly at the Redding meet, and crushed it!!

Congratulations Lydia!

Silver II Swimmer of the Month: [Kendra Hiigel](#)

Kendra is the newest member of our group, but you would not know it. She is a great leader of the group. She often helps me know what is going on; she has worked incredibly hard at every single practice.

- Coach Kelly

Gold Group

Happy June, Gold group! The Petaluma and Redding swim meets were a wild success for our swimmers who dropped a considerable amount of time in most of their events. We are continuing to work hard at practice with the main focuses being stroke technique, hypoxic work, and race pace swimming. As always, I am delighted by how hard these swimmers work every day at practice. I look forward to seeing how they do at future swim meets!

Gold Group Swimmer of the Month: [Amalia Baugh](#)

Congratulations Amalia on swimmer of the month! Amalia did extremely well at the two swim meets we had this month, dropping a lot of time in all her races. Well done Amalia!

- Coach Jacob

Senior Group

The Senior program is back to racing! They have had a few meets in the few weeks of May and most of our student-athletes are taking advantage of every chance they can get to compete. Swimming is a mentally tough sport, it requires countless hours of work to shave off tenths or hundredths of a second from a best time and there are dozens of variables that could easily interfere with a new PR. I am hoping this is the Summer our Senior squad gets a full rest meet to see their dedication to the sport pay off on the scoreboard. Our Senior student-athletes were primarily all Freshmen or 8th graders at their last championship meet back in July of 2019.

Senior I Athlete of the Month: **Andrew Trieu**

A common theme I am beginning to recognize in our Senior I athletes is their willingness to ask questions and put in the work. Andrew is constantly looking for feedback and ways to improve his craft, while doing the necessary work to put the feedback to good use. He does not shy away from the challenging sets and has recently added a weight belt to his routine.

Senior II Athlete of the Month: **Emily Nalley**

The Senior II programming is different from any other programming within the team. It is geared towards making the student-athletes fail at the beginning and middle of the season to force them out of their comfort zone. Emily has been able to push herself in practice to failure and still perform at meets, which usually doesn't happen. Her potential has yet to be determined as she continues to find then surpass her comfort zone.

- **Coach Mike**



Please refer to our website: www.hscswim.org

JUNE 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Silver Appreciation 3:30-4:40 HSC Board Budget Meeting Via Zoom	3 Silver Appreciation 3:30-5:30	4	5
6	7 HSC Board Budget Meeting Via Zoom	8	9	10	11	12 So Cal Travel Trip
13 So Cal Travel Trip	14 Travel Trip	15 Travel Trip	16 Travel Trip	17 Travel Trip/ HSC Board Meeting Via Zoom	18 Travel Trip	19 Travel Trip
20 Travel Trip/ Father's Day	21	22	23 Big Lagoon Swims start	24	25	26
27	28	29	30			

Welcome Our New and Returning Swimmers!

New to Intro	New to Bronze or Silver
Ender Guthrie Rana Willey Dimitri Cord Collin Coriell Henry Workman Iosefa Alofaituli Henry Landis Emiri Mueller Jack Ford Kinleigh Knudtson North Sanders-Gatton Skylar Sanders-Gatton Gage Evenson Keely Evenson Jon Ford Jasmine Christian Dante Landry Michael Jones Solomon Damm Lyla Porter Luca Porter Cruz Young Sarah Meyer Anika Terry Wesley Ask Beau LeMieux Looney	Bronze Hazzard Guthrie Ryan Tan Kent Tan John Haley Phoebe Rodgers Vivian Mull Stella Lewis Sebastian Mueller Laleina Mueller Silver Kendra Hiigel Jack Biondo

Congratulations to our swimmers who swam in their very first swim meet in May!

Oren Baugh
 Rana Willey
 Henry Workman
 Levi Karl-Standish
 Aiden Deyhim
 Ava Deyhim
 Coral Ventuleth



Diversity, Equity and Inclusion (DEI)

Board Member, Karin Grantham

Greetings and welcome! I know there are a lot of new members reading the newsletter this month. I want to share with you just some of the DEI resources that are available to you.

USA Swimming has developed a suite of resource manuals for DEI, disability, and mental health that is available at their website [USA Swimming Diversity, Equity & Inclusion Resources](#) and [Disability](#), and [Mental Health Resources](#).

Pacific Swimming (aka PacSwim) is our Local Swimming Committee (LSC) under USA Swimming (**HSC is in Zone 3**). PacSwim also has DEI resources. such as Meet Entry Fee Assistance Program, Diversity Grants, and Scholarships for qualifying athletes. This includes training opportunities for athletes, board members, and coaches. Here at HSC, Sadie Breen is one of the athlete representatives of PacSwim's DEI committee. [Diversity Programs](#).

Currently, PacSwim is looking to revise its legislation to, "... add the Diversity, Equity, and Inclusion (DEI) chair as a designated member of the LSC Board of Directors. This will enable the DEI position to be more effective in assisting LSCs to develop, implement and incorporate the plans and procedures to achieve its diversity, equity, and inclusion goals."

HSC offers limited scholarships to qualifying athletes. Log in with your password to the HSC website and look under the heading of "Membership". You will find the [application](#) there. This is not currently a robust fund. So if anyone is interested in donating directly to the scholarship fund, please reach out to the treasurer, **Breanna Cahoon**.

DEI is a relatively new board member role here at HSC that may also include grants and other roles that are still evolving. I greatly welcome any ideas that will help to increase DEI within this club. Please feel free to reach out to me directly at flipturn.kg@gmail.com on my cell phone (707) 845-1478.

MAY SWIM MEETS

Petaluma Redding & Santa Clara



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
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 Humboldt Audiology
 Hunter, Hunter, & Hunt LLP
 Jackson & Ecklund 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
 Soroptimist International of Arcata
 Tucker and Tucker DDS
 Neely Automotive
 Bruce and Janet Nelson

Moving on to High School

Congratulations to all of our 8th Grade Athletes that will be promoted this month!

Mason Blair
 Cora Carey
 Jolie Gibbs
 Dinah Godlin-Sullivan
 Kendra Hiigel
 Bryson Meyer
 Madyson Nelson
 Maile Russell
 Naomi Trepiak
 Madison Trieu
 Saanvi Virnave



HSC CONTACT INFORMATION

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Amy Martin Secretary	
Neal Guthrie Board Member	
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