

HUMBOLDT SWIM CLUB NEWS

June 2023



NEW TEAM RECORDS!

Teddy Demirev

Boys 11-12 50m Free 31.17

Boys 11-12 200m Free 2:13.11

Boys 11-12 200m Back 2:53.93

Felix Butterfield

Boys 9-10 50m Back 42.21

COACH'S CORNER

Congratulations to all of the Water Dogs who participated in the Black and Blue Intrasquad meet. What a wonderful event full of great swims, enthusiastic cheering, and fun competition. It was wonderful to see you all at the awards banquet that followed. A huge thank you to all who made it happen.

I would like to welcome all of the new swimmers to the team from the May tryouts. We are so happy to have you! A huge thank you to Meghan Franco who has been coaching with us for the last 3 years. She is off to get her Masters degree! Congratulations Meghan!

I would like to welcome Maile Russell as our new Jr. Coach. She is a senior comp group swimmer who has been with the club for many years, and is heading into her Junior year at Arcata High School. She will be assisting with the Intro and Bronze group. - **Coach Kelly**

Happy June Water Dogs!!! Huge round of applause to all of the swimmers that competed in our Intrasquad meet last month, and congratulations to Team Blue for winning another meet! We have some big events on the horizon this month, such as the Willits Otters swim meet June 17&18th, and the Redding swim meet the following weekend of June 23rd-25th. You can sign up for the Willits meet on FastSwims.com, and the Redding meet at swimconnection.com. Hoping to see a lot of you at these upcoming events! Let's splash into summer and have some fun! - **Coach Jacob**

IMPORTANT DATES

June 8th - HSC Board Meeting
5:30-7:00. Redwood Lounge

Summer Team Apparel Order

Due by June 8th

Willits Otters

June 17-18, 2023

RAD Trials Finals- Redding

June 23-25, 2023

HAPPY BIRTHDAY

Jasmin Christian	6/2	12
Trystan Cavanagh	6/5	8
Eoin McGoldrick	6/6	15
Ryan Tan	6/10	13
Naomi Trepiak	6/11	16
Teodor Demirev	6/13	13
Nallia Meyer	6/22	14
Linea Vizenor	6/22	18
Roslyn Bumgardner	6/26	7
Isabella Zalik	6/28	14
Maxim Dennis	6/28	10
Nikolai Dennis	6/28	10
Mai Bareilles	6/28	10

Swimmers of the MONTH

INTRO	Zamira Haas
BRONZE	Jude Vidargas
SILVER	Gavilan Loetterle
GOLD	Teddy Demirev
SENIOR	Linea Vizenor
SENIOR COMP	Rogue Russell

ALL ABOUT THE GROUPS!

Intro Group

Intro has been working on their side breathing for freestyle and body balance for backstroke. This coming month we will be focusing on breaststroke and backstroke kick base.

Intro Group Swimmer of the Month: **Zamira Haas**

Zamira has a great attitude, and is a joy to have at practice. She is a hard worker who has been improving every day. Congratulations Zamira!

Move Up to Bronze: none

- Coach Madeline & Coach Kelly



Bronze Group

Great job at the Black & Blue Intrasquad Meet! Bronze group had a great turnout for the meet and banquet. I hope even more swimmers can attend our next one. This month we're going to focus on some swimming basics like streamlines and underwater dolphin kicks.

Bronze Swimmer of the Month: **Jude Vidargas**

Jude comes to every practice with a great attitude. He's not afraid to ask questions, and always does his best. You're awesome, Jude!

Move Up to Silver: None

- Coach Mary

Silver Group

Silver has been working on all four strokes. We are focusing on the most efficient way to swim, and how to go fast while conserving energy. I am looking forward to coaching you all through the summer months. Change to Summer Schedule for June & July: Silver will now swim and do dryland Wednesdays from 4pm to 6pm.

No Friday Practices.

Silver Swimmer of the Month: **Gavilan Loetterle**

Swimmer of the month is Gavilan Loetterle. Gavilan has been pushing through the tough stuff at practice and improving everyday! She is a joy to coach and I'm so excited to see her excel.

Silver Appreciation Day:

- Coach Kelly

Gold Group

Gold has been working on longer distances to mimic our long course season. We will continue to push and challenge at practices in preparation for the trials finals meet in Redding later this month.

Change to Summer Schedule for June & July: Gold will now swim and do dryland Fridays from 4pm to 6pm.

No Wednesday Practices.

Gold Group Swimmer of the Month: **Teddy Demirev**

Swimmer of the month is Teddy Demirev. Teddy has been pushing himself at practices and chasing down his teammates. He has made huge leaps with the fitness of his strokes. Great job Teddy!

Gold Appreciation Day:

- Coach Kelly

Senior Group & Senior Comp

Happy June, senior group members! By this point in the season, the majority of our swimmers have attended at least one long course meet. They should have a pretty good idea of where their starting point is for this long course season. We will continue through June with overall conditioning, and getting into some speed training. The Redding meet is around the corner, and with it being a prelims/finals structure, it should serve as an excellent rehearsal meet for the Senior 2 P&F meet in July. Redding will help us figure out what still needs to be worked on heading into championship meet season. Looking forward to seeing you all on the pool deck!

Senior 1 Swimmer of the Month: **Linea Vizenor**

Congratulations Linea on being Senior I's swimmer of the month! Coming fresh out of track season, Linea has been crushing it in the water. She went best times in all of her events at the Santa Rosa meet last month. She also has been an incredibly hard worker at practice pushing herself with challenging intervals. Way to go Linea!

Senior Comp Swimmer of the Month: **Rogue Russell**

Congratulations Rogue on being Senior Comp's swimmer of the month! Rogue has been on a tear lately. She shattered her best time in the mile last month at Santa Rosa, breaking 20 minutes for the first time. Her other distance freestyle events were excellent at that meet. At practice, she has risen up to being one of the leaders of the group, pushing herself on challenging intervals during practice. Way to go Rogue!

- **Coach Jacob**

Summer Team Apparel

Our summer team apparel order is here and ready to go! Sweatshirts, t-shirts and personalized swim caps are all available. Please place your order through the following Google Form. **Orders are due by June 8th at 5pm** No late orders will be accepted.

<https://docs.google.com/forms/d/e/1FAIpQLSfLHHUoUFVczkye006YX1LSZrW2AAW0v1O9AOACEe9W132SkQ/viewform>



Please refer to our website: www.hscswim.org

May 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)	3 Intro 1-2 Bronze 1-2 Silver 11-1 Gold 11-1
4	5	6	7	8 HSC Board Meeting 5:30-7:00 Redwood Lounge	9	10
11	12	13	14	15	16	17 Willits Swim Meet No practice except for Senior Group
18 Willits Swim Meet No practice except for Senior Group	19	20	21	22	23 RAD Trials Finals Swim Meet	24 RAD Trials Finals Swim Meet
25 RAD Trials Finals Swim Meet	26	27	28	29	30	1

Team Photos are Here

If you didn't get your photos during the Team Banquet and didn't email to set up a time to grab them, they will be at the team kiosk.



WWW.PAULPHOTO.COM
PAUL@PAULPHOTO.COM

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>

HSC Team Banquet & Awards Ceremony

Intro	Most Improved: Georgia Wilson /Top Dog: Trystan Cavanghn / Coaches Award: Kiera McNeil
Bronze	Most Improved: Kayona Brown /Top Dog: Sefa Alofaituli / Coaches Award: Hailey Preston
Silver	Most Improved: Oskar White /Top Dog: Sophia Spellmeyer / Coaches Award: Luca Porter
Gold	Most Improved: Ryan Tan /Top Dog: Huck Russell / Coaches Award: Nathan Barielles
Senior	Most Improved: Kendra Hiigel /Top Dog: Keenan Riggs-Turpin / Coaches Award: Sadie Breen



Congratulations to Our Graduating Seniors & Promoting Eighth Graders

Seniors pictured: Nadia Wiise, Linea Vizenor, Keenan Riggs-Turpin, Cassidy Thorpe, Rogue Russell, Sadie Breen

We congratulate ALL of our senior athletes who are moving on. Thank you for your years with Humboldt Swim Club- we will miss you!

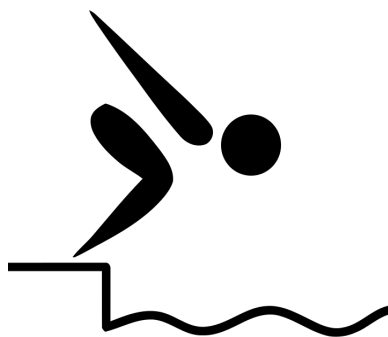


Fall 2022 Meet Schedule & Beyond

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!

THANK YOU BREANNA CAHOON and WELCOME WINSLOW CONDON

Breanna Cahoon is stepping down from her role as the Humboldt Swim Club Treasurer. We have so appreciated her years of service to the team. Her organization, attention to detail and dedication to the team are unparalleled. We have been so fortunate to have had her as a member of our board for all of these years. Thank you so much Breanna! We wish you the best! Winslow Condon has stepped into the Treasurer position and with Breanna's support, has hit the ground running. We look forward to working with Winslow! Please direct all Treasurer related questions to treasurer@hscswim.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

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

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Silver (\$250-\$499)

Coast Central Credit Union

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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

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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/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 & SafeSport

Kit Meyer Board Member - Team Apparel & Giveaways

Jamie Hill- Workman Board Member - Media & Sponsorship

WEB SITES:

Swim Connection:

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

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

Pacific Swimming: www.pacswim.org

USA Swimming: www.usaswimming.org



