

HUMBOLDT SWIM CLUB NEWS

March 2022



COACH'S CORNER

The Humboldt Swim Club board has agreed to new terms with the Arcata Community Pool board in order to provide a streamlined practice schedule through August. They worked diligently over the last few months putting together dozens of different practice schedules based on feedback from the stakeholder survey, finding different patterns to best fit the needs of the swimmers and families, and maximizing pool time. Another major change from February came in the form of new teammates! We were able to bring on all 16 Team Prep members, offering them a long-term training schedule as our newest Intro group members.

Grants Pass Last Chance Invitational:

There were 28 Humboldt Swim Club Water Dogs competing at the meet with an incredible parent support staff. The meet host was not corralling the mighty-mights due to COVID restrictions this year, but our six 8&Unders made it through their events almost flawlessly with help from Breanna Cahoon. She was constantly checking in on them to make sure they warmed up & made it to their blocks on time. We had a handful of parents on deck in all-whites as trainee officials and meet officials. This continues to strengthen our program and create an opportunity to eventually host our own meets. With all of the parents helping keep the swimmers on task, my job as the coach was simple: coach.

Group Transitions and New Rosters:

With the end of our Fall/Winter season happening at the Grants Pass Last Chance Invitational, the coaching staff has been reviewing the rosters and group requirements. The time standards set for our Bronze to Silver transition were a bit tougher to achieve, especially considering we were not able to offer as many opportunities as planned. Coach Kelly has kept a watchful eye on the emerging Bronze swimmers and made the decision to bring in a group of 9&olders showing appropriate wall behavior, a willingness to take instruction and demonstrate adjustments to their stroke, as well as a legal Individual Medley. Our 8&under crew will continue to focus on developing their stroke portfolio in order to be ready for a transition when they turn 9 or demonstrate an ability beyond the scope of the 8&under curriculum.

IMPORTANT DATES

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

Shasta Y Sharks SCY Meet
March 26 (8:00-2:00)

Sebastopol Sea Serpents
April 2 (11:30-4:00)

Practice Schedules are posted on the team website and will not be changing through August 2022

SWIMMERS of the MONTH

Intro	Wesely Ask
Bronze	Lyla Porter
Silver	Lydia Gedes
Gold	Madysen Nelson
Senior I	None
Senior II	None

HAPPY BIRTHDAY

Stella Lewis	3/2	15
Kristie Johnson-Board Member	3/4	
Huck Russell	3/6	12
Sydney Trieu	3/24	18
Johana Olson	3/26	11
Ollie Goldstein	3/28	10
Lucas Blair	3/31	17
Rebecca Baugh- Board Member	3/31	

ALL ABOUT THE GROUPS!

Intro Group

I absolutely love working with our Intro swimmers! Everyday is a new discovery as they continue to develop and strengthen their in-water body-balance. The smallest improvements make the process more comfortable and easier for them. Swimming makes the simple task of breathing a fight for their life in the pool until they master the ability to stabilize their body, support the rotation required to side breathe with a consistent kick, and without dropping their supporting arm, take a quick breath, all to do over and over and struggle a bit more and over again. Something they're not aware of yet and won't have to worry about for a few years is as they get older and breathing becomes easier...the coaches take away their breathing!



Intro Group Swimmer of the Month: Wesley Ask

Our Intro I swimmer of the month is Wesley Ask. The kid comes to do work! Wesley hops in the pool and immediately starts moving through the water. It might be a combination of keeping himself warm and being an 8-year old that understands he'll improve if he listens to the coach instead of bouncing off the bottom blowing bubbles....which is tough because blowing bubbles and being off task is fun for anyone regardless of age. I appreciate having swimmers like Wesley in practice and look forward to his continued growth as a swimmer now that he's moving over to our Bronze group!!

- Coach Mike

Bronze Group

Happy March, Bronze group! This past month has been a successful one with the quality work that our swimmers have been putting in. Their eagerness to improve and positive energy makes for a great growth environment at practice. Grants Pass Last Chance Invitational at the beginning of the month was a success as far as gaining more experience when it comes to swim meets for our swimmers. I look forward to seeing them continue to progress through the month of March!

Bronze Swimmer of the Month: Lyla Porter

Congratulations Lyla on being swimmer of the month! Lyla is an extremely coachable swimmer and does a terrific job of applying the information she is given to her technique. She continues to improve and work hard every day.

- Coach Jacob

Silver Group

Happy March Silver swimmers and families. First of all I'd like to welcome all the new swimmers who have joined the group. I look forward to working with you. This month we will jump back to the basics of each stroke. We will spend the 1st week of March making sure we have good technique habits for all four strokes, dives, and turns.

Silver appreciation day will be Thursday March 31st from 4-6pm. Please bring change of clothes, we will be going outside.

Silver Swimmer of the Month: Lydia Gedes

Swimmer of the month Lydia Gedes. Lydia is not one to back down from a challenge. She pushes herself at every practice. There is no interval she is afraid of, and no distance she won't swim. Congratulations Lydia! Keep up the good work.

- Coach Kelly

Gold Group

Happy March, Gold group! The improvement I have been seeing from this group throughout February has been impressive. Everyone's underwaters are looking stronger, as well as their overall freestyle stroke looking a lot cleaner. I look forward to seeing how they do at the one-day meet on March 26th. I am very confident that the things we have been working on will pay off greatly come competition time!

Gold Group Swimmer of the Month: Madyson Nelson

Congratulations Madyson on swimmer of the month! Madyson had an impressive meet performance at Grants Pass, and she has shown great discipline and work ethic throughout practice this month. I look forward to seeing how she continues to progress!

- Coach Jacob

Senior Group

Our Senior program will be broken into three training groups until the June Redding trials/finals meet as we bring in all of our highschool swimmers. The long-term plan is to have two Senior groups, with Senior II's focus being at least 6 athletes training for a trials/finals meet at the Pac Swimming Senior 2 level at minimum. It will have an attendance requirement along with appropriate time standards such as the Pac Swimming Senior 2 200 Freestyle cut, but all of that is for a newsletter in a few months. Our Senior Intro squad will have a few months of practices focusing on their introduction to The Club. Overall, the Senior group will start being held to higher standards than the rest of the program. Their Saturday morning practice starts at 6:00 a.m., arriving after 6:00a.m. will have them waiting outside until there is a break in the set or dismissal from practice. They are members of The Club, they will have access when the facility opens at 8:00 a.m.

We have a group of Senior athletes putting in a different level of work than their teammates. This is not intended to devalue or take away from the group as a whole, it's intended to let the athletes buying into what Senior training is about know their effort, intensity, and overall work ethic is being noticed by the coaching staff. Senior training is not physically or mentally easy, there are no breaks from training for three to six months for those that buy in all the way and even then there are no guarantees they'll find success. I appreciate the patience of our Senior athletes. It has not been easy for them when you look back over the last three years at the roadblocks they've faced as an emerging group of competitive age-groupers into a sport that requires an extremely high level of mental toughness to find long-term sustainable success.

Senior I Athlete of the Month: none

Senior II Athlete of the Month: none

Please refer to our website: www.hscswim.org

All practice times listed in the 1st week continue the same throughout the month.

MARCH 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please see Senior Intro and Senior I complete schedule on the next page.	Intro 4-5 Bronze 4-5 Silver 5-6 Gold 5-6	1 Senior Intro & Senior 1 I 6:00-7:30am Silver 4-6 Gold 4-6	2 Intro 4-5 Bronze 4-5 Silver 5-6 Gold 5-6	3 Senior Intro & Senior 1 6:00-7:30am Silver 4-6 Gold 4-6	4 Bronze 4-6 Senior intro, Senior I & Gold 4-6	5 Intro 1-2 Bronze 12-1 or 1-2 Silver 11-12 Gold 11-12
6	7	8	9	10	11	12
13	14	15	16	17 HSC Board Meeting Via Zoom/ Parent meeting prior	18	19
20	21	22	23	24	25	26 Shasta Y Meet 8-00-2:00
27	28	29	30	31 Silver Appreciation Day 4-6		Sebastopol Sea Serpents 11-4

Diversity, Equity and Inclusion

Board Member, Karin Grantham

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

Happy March everyone. I'm watching our blueberries bud out this week and just hoping that March storms - if they come this year- will not obliterate the blossoms. We sure do love that blueberry pie in June, but I digress.

Scholarships

This past month our treasurer applied for a \$3,000 grant to help us grow a real scholarship fund for the swim club. In the past few years our scholarship efforts have primarily been discounted membership fees in our general budget. So, this grant would be a big boost for us. Stay tuned for updates.

In 2021, the team provided assistance to one family and in 2020 the club provided assistance to two families to help offset membership dues.

Scholarships are awarded to temporarily offset the cost of the HSC membership dues, not to exceed 50 percent of the regular dues of which the family is responsible. **Scholarships will only be awarded for a period of six months, but may be resubmitted after 6 months.**

The HSC Board awards funds based upon financial need, demonstration of commitment to swimming, teamwork, fundraising and parent volunteerism with the Humboldt Swim Club. Scholarship funds are dependent on community donations, grants and special fundraising activities. The Scholarship fund can also take in private donations that are earmarked for an individual swimmer without regards to the eligibility rules or application process described in this document.

As a reminder you can apply for discounted membership based on need. There is no deadline to apply, support is offered on a first come first serve basis. Here is a link to the information on how to qualify:

https://www.teamunify.com/pchsc/UserFiles/Image/QuickUpload/hsc-scholarship-application-rev-12-2021_073309.pdf

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 swimmers' 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>

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Senior Intro & Senior I Schedule

Senior Intro

Tuesday	6:00 - 7:30 a.m. @ ACP 6:30-7:30 dryland @ the club 7:30-8:30 p.m. @ the club
Wednesday	6:30-7:30 p.m. dryland @ the club
Thursday	6:00-7:30 a.m. @ ACP
Friday	4:00-6:00 p.m. @ ACP
Saturday	6:00-8:00 a.m. @ the club 8:00-9:30 a.m. dryland @ the club

Senior I

Monday	6:30-7:30 p.m. dryland @ the club 7:30-8:30 p.m. @ the club
Tuesday	6:00-7:30 a.m. @ ACP
Thursday	6:00 - 7:30 a.m. @ ACP 6:30 - 7:30pm dryland @ the club 7:30 - 8:30 pm @ the club
Friday	4:00 - 6:00 p.m. @ ACP
Saturday	6:00- 8:00 a.m. @ the club 8:00-9:30 a.m. dryland. @ the club



February SWIM MEETS

Grant's Pass & Senior Open Water!



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

**We are always looking for
volunteers! Email/text any of the
board members below for ideas
on how you can help!**



HSC CONTACT INFORMATION

Team address: P.O. Box 101, Bayside, CA 95524
HSC website: www.teamunify.com/pchsc or
www.hscswim.org

Mike Nichols Head Coach	707- 267-SWIM
headcoach@hscswim.org	
Kelly Nathane Asst. Coach	707- 407-6191
kellymundo@gmail.com	
Jacob Ireland Asst. Coach	707- 362-1397
jacobjamesireland@gmail.com	
Rebecca Baugh Co- President	707- 499-9244
rebeccaebaugh@gmail.com	
Russell Turpin Co-President	707-499-2905
turpin22@gmail.com	
Ivy Breen Vice-President	707- 832-2364
ivybreen@gmail.com	
Breanna Cahoon Treasurer	707- 502-4940
hscswimtreasurer@gmail.com	
Amy Martin Secretary	
Karin Grantham Board Member - DEI	
Kristin Johnson Board Member - Sponsorship	
Thomas Blair Board Member - Safesport	
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