

HUMBOLDT SWIM CLUB NEWS

March 2023



COACH'S CORNER

Happy March Water Dog families and swimmers! I would like to welcome all the new swimmers to the team. Last month, the Water Dogs competed in The Grants Pass last chance swim meet. We had over 40 kids from our team competing in this meet. Our swimmers ranged from 1st time meet attendees to graduating high school seniors. There were a ton of wonderful swims, fun times, and fast competition. Great job swimmers!

The Spring Pacific Swimming Age Group Championships March 10th through 12th. We will have three swimmers competing in the meet, **Sophia Spellmeyer, Felix Butterfield, and Amalia Baugh.**

Our family travel spring team meet in Rohnert park will be March 18th and 19th, Sign ups and swim information are available on fastswims.com. April 1st and 2nd the Sebastopol Sea Serpents will be hosting an age group swim meet with two different competition sessions. There will be a morning competition or an afternoon competition. The morning meet will be a developmental session for newer swimmers and the afternoon meet will be for more experienced swimmers. - **Coach Kelly**

Hello Water Dogs!!! We have another month of successful swimming in the books! Everyone who attended the Grants Pass meet last month absolutely crushed it! We have another swim meet this month down in Rohnert Park March 18th & 19th, so sign up ASAP if you plan on attending! Friday, March 24th we will be having another super fun day, so look forward to that! A huge welcome to all of the new swimmers that recently joined our team! You all are going to have so much fun, I promise! Let's splash into March and have a fun time! - **Coach Jacob**

Swimmers of the MONTH

INTRO	Jude Vidargas
BRONZE	Sefa Alofaituli
SILVER	Luca Porter & Lila Porter
GOLD	Ryan Tan
SENIOR	None
SENIOR COMP	Sadie Breen

IMPORTANT DATES

March 16 - HSC Board Meeting
5:30-7:00. Redwood Room

Pacific Swimming Age Group
Championships
March 10-12 2023

Piranhas Swimming Rohnert
Park (No practice 3/18)
March 18-19 2023

Western Zones Senior SCY
Championships- Federal Way,
Washington
March 28-April 1 2023

All Team Photo!
Monday, April 3rd at 4:00 at ACP

Fun Day! Friday, March 24th

The HSC 2023 Scholarship Drive
is Underway! See details below

HAPPY BIRTHDAY

Cedar Farrell	3/6	10
Huck Russell	3/6	13
Raven Defenbaugh	3/8	10
Anya Seiler	3/11	14
Leena Neely-Mangos	3/17	10
Harper Landry	3/20	9
Gavilan Loetterle	3/30	14
Lucas Blair	3/31	18
Rebecca Baugh- Board Member	3/31	

ALL ABOUT THE GROUPS!

Intro Group

Welcome all new Intro swimmers! We are so happy to have you on the team. Intro group is a very enthusiastic and exciting group right now. This month we will spend tons of time working on all 3 of our kicks, breaststroke kick, flutter kick and dolphin kick.



Intro Group Swimmer of the Month: Jude Vidargas

Jude is an incredibly hard worker. He has focus when being instructed and has a great attitude. Congratulations Jude!

Move Up to Bronze: Raven Defenbaugh, Jude Vidargas, Josie Foisland, and Jack Hinderyckx
- Coach Madeline & Coach Kelly

Introducing Coach Chris - Our New Intro Group Coach

Coach Chris Larson has been a coach for 2 years and is a freshman at Cal Poly Humboldt. He started swimming with Ukiah Dolphins when he was eight years old, and really enjoyed swimming with friends and long-distance events. He swam on the Ukiah High School Varsity swim team all four years and was a Team Captain his senior year. His favorite part about coaching is helping swimmers improve and build confidence. He is looking forward to contributing to the HSC team!

Bronze Group

Welcome to all of our new swimmers! This month we will heavily focus on starts, turns, and finishes.

Bronze Swimmer of the Month: Sefa Alofaituli

Sefa is a very enthusiastic swimmer with an awesome personality. He always has a smile on his face, and pushes himself to improve. Way to go, Sefa!

Move Up to Silver: None

Bronze Park Day is 3/10 from 4:00-5:00 PM

- Coach Mary

Silver Group

Silver group has been hard at work. The focus has been flutter kicking on fast intervals, speed into turns, and IM practice. We have been breaking down the important parts of our strokes, working on it, and putting the stroke back together. These swimmers work very hard, and once ready they push themselves to chase the faster interval. I am always so proud of their hard work. All the Silver swimmers who competed at the Grants Pass meet swam very well. Seems their hard work is paying off.

Silver Swimmer of the Month: Luca Porter and Lila Porter

They attended their 1st swim meet last month and they did an incredible job! I am so proud of them!

Move Up to Gold: None

No Silver Appreciation Day

- Coach Kelly

Gold Group

Gold group swimmers had an excellent swim meet in Grants pass last month. They have been training very hard each and every day. These kids come to practice to work hard and improve. At practice, we have been spending a ton of time on starts and race pace scenarios. While building up strength in our dryland workouts, gold group swimmers are able to transfer that to their power in the pool. As a coach you can really see the difference when it comes to racing. For the month of March, we will begin to build more strength and generate more power. This will be needed for the long course season.

Gold Group Swimmer of the Month: Ryan Tan

Ryan just moved to this group last month, which is a huge leap in training from Silver group. Ryan works hard on every set and does not back down from a challenge. Congratulations Ryan, keep up the hard work. - Coach Kelly

Senior Group

January and February's hard work has been paying off! Seniors are looking faster every day, and they continue to collectively work harder than ever in and out of the water. As we enter March we will be introducing a new training tool - a baseline max strength test in the weight room which the athletes can use to gauge their progress. I am looking forward to helping them track their improvements over the season!

We are taking a break from naming a swimmer of the month this month, as our core group of athletes who come every practice are so consistent, diligent, and motivated that it is near impossible for me to single anyone out. I am proud of all of you!

Senior 1 Swimmer of the Month: None

- Coach Ellie

Senior Comp

Happy March, senior comp!!! I am extremely proud of the way everyone competed at the Milpitas senior open swim meet last month. We saw a lot of best times this season as well as overall best times! **Keenan Riggs-Turpin, Sadie Breen, Naomi Trepiaik, and Amalia Baugh** all qualified for finals, which was not an easy thing to do given how fast this meet was! We are nearing the end of our short course season, with a couple of swimmers still training for championship swim meets. The focus of practices right now is revamping the intensity now that our taper is over. You all continue to impress me with your work ethic and focus everyday, so let's continue to maintain that throughout March!

Senior Comp Swimmer of the Month: Sadie Breen

Congratulations Sadie on being March's swimmer of the month! Sadie blew all expectations out of the water at Milpitas. She finaled in 5 events, including all of her events on Sunday. She went best times in her 200 & 100 butterflies, and to top it off she set two new team records in the 200 breaststroke and the 400 IM. Sadie still has one more championship meet to attend, which will be Far Westerns at the end of the month. Thank you for being an inspiration to all of your teammates and leading by example everyday!

- Coach Jacob

2023 Sponsorship Drive

The sponsorship drive is happening now!! It will take place from 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. You can find more information on Team Unify.

Donate



Donate via QR Code Non-Profit EIN: 94-2331987

Email hscswimtreasurer@gmail.com if you need a receipt!

New HSC Team Records!

NEW TEAM RECORDS - GRANTS PASS & ALL STARS

Huck Russell

Boys 11-12 200 Free 2:06.97

Boys 11-12 100 Fly 1:05.41

NEW TEAM RECORDS FROM MILPITAS

Sadie Breen

Girls 17-18 400 IM 4:49.82

Girls 17-18 200 Breast 2:32.85

Please refer to our website: www.hscswim.org

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please see Senior and Senior comp complete schedule on Team Unify	Silver 4-5 Gold 5-6 (dryland 4-5)	Intro 4-5 Bronze 5-6 Silver 4-5 Gold 5:30-7:30 ** am practice (Silver, Gold, Senior)	1 Bronze 4-5 Gold 5-6 (dryland 4-5)	2 Intro 4-5 Bronze 5-6 Silver 4-6 Gold 5:30-7:30 ** am practice (Silver, Gold, Senior)	3 Intro 4-5 Bronze 4-5 Silver 5-6 (dryland 4-5)	4 Intro 1-2 Bronze 1-2 Silver 11-1 Gold 11-1
5	6	7	8	9	10 Bronze Park Day 4:00-5:00	11
12	13	14	15	16 HSC Board Meeting 5:30-7:00 Redwood Room	17	18 Piranhas Swimming Meet// No practice for Age-Group swimmers
19 Piranhas Swimming Meet	20	21	22	23	24 Friday Fun Day!	25
26	27	28 Western Zones	29 Western Zones	30 Western Zones	31 Western Zones	1 Western Zones/ Sebastopol Sea Serpents

Safe Sport Photography Policy

Humboldt Swim Club may wish to use photos and videos from team events in newsletters, on our social media boards, on our team website and for training purposes. Please visit the Event page on our team website to consent or decline authorization for the use of your swimmer's photos and videos. Any swimmer who has not committed or declined by **March 30, 2023** will be considered as having consented.

Remember that our all team photo is **Monday, April 3rd at ACP.**

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>

Senior P/F Open Meet Milpitas



Grant's Pass Last Chance Invitational C/B/A Meet & Zone All-Stars



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 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

Humboldt Swim Club is waiting to hear back on its grant application to Humboldt Sponsors to help provide scholarships to qualifying families for 2023. In the meantime you can find information about how to apply to our scholarship and scholarship requirements at: <https://www.teamunify.com/team/pchsc/page/member-info/scholarship-application>

Pacific Swimming Diversity, Equity, Inclusion and Disability Committee has drafted a new mission statement, "*Pacific Swimming's Disability, Diversity, Equity & Inclusion Committee aims to increase access to swimming in all facets through empowering athletes, promoting role models, and supporting relationships and mentorship for all who are engaged in swimming. We strive to create a welcoming environment to bring in new and diverse participants and retain them for life long enjoyment of the sport*".

USA Swimming has hired a new director of DEI, Leland Brown III.

Pacific Swimming does have some 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.

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>

As always Pacific Swimming has a variety of diversity, equity, inclusion, and ability resources available at <https://www.pacswim.org/programs>

2023 SPONSORSHIP DRIVE

The 2023 sponsorship drive is currently underway! Our 2023 goal is **\$21,000**

Ruby (\$5,000 +)

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

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

Gold (\$500-\$999)

East Bay Community Foundation
Susan & Robert Nathane Jr Charitable Fund
Schmidbauer Family Foundation

Silver (\$250-\$499)

Coast Central Credit Union
Harper Motors

Swim Supporter up to \$99

Thank you to our 2022 sponsors!!



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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Breanna Cahoon Treasurer 707- 502-4940
hscswimtreasurer@gmail.com

Amy Martin Secretary

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



