

HUMBOLDT SWIM CLUB NEWS

MAY 2021



NEW HSC TEAM RECORDS SET!

SHORT COURSE TEAM RECORDS
FROM SPEEDO SECTIONALS

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

200yd Breast (2:30.30)

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

200yd IM (2:15.12)

COACH'S CORNER

It is awesome to be back on deck at ACP! The practice schedule has been in a state of near-constant flux, but with us returning to ACP and the COVID numbers mellowing out, we should be able to keep them static from now through Summer.

We have two meets on the calendar for any of our participants to sign-up. The first will be Saturday May 8th in Petaluma. I highly recommend attending the meet, especially if it'll be your first. At the moment, the facility will be allowing spectators on site with requests to set up canopies/tents while adhering to social distancing protocols. There will be a marked off area for athletes, administrators, timers, officials, and coaching staff. We will have a smaller number of participants and spectators, which drastically reduces the amount of sensory distractions and allows the coaching staff to work with the new-to-events participants. It will also be the first competition in almost 15-months for our participants that have stayed enrolled, evening the "playing field" of recent experience with our returning or new-to-event participants.

The next meet will be with the Shasta Y Sharks in Redding on Sunday, May 23rd. Information for that meet will be forwarded as it develops.

We plan on a full return to competition in the Fall, which makes these meets the perfect opportunity to gain experience at low-attendance events where grace will be given to all participants understanding we're getting back in the swing of things.

IMPORTANT DATES

MAY 20th- HSC Board Meeting

5:30-7:00 via ZOOM

[zoom link click here](#)

Petaluma Swim Meet

Saturday 5/8

Shasta Y Redding Swim Meet

Sunday 5/23

Santa Clara Swim Meet (Qualifying)

Friday (5/21)-Sunday (5/23)

Practice Schedules are posted on the
team website.

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

SWIMMERS of the MONTH

Intro/Bronze

Silver I

Silver II

Gold

Senior I

Senior II

Oren Baugh

Huck Russell

Jack Luh

Madeline Cress

Bryson Meyer

Emma Martin

HAPPY BIRTHDAY

Ruth Godlin-Sullivan	5/5	16
Jackson Zagone	5/20	15
Saanvi Virnave	5/20	14
Kent Tan	5/9	13
Jack Luh	5/12	13
Tallulah Grantham	5/19	11
Ethan Wolven	5/26	11

ALL ABOUT THE GROUPS!

Intro/Bronze Group

Happy May, Intro and Bronze groups! There have been some changes in the past week such as swimming at a new location, swimming at different times, and the Intro and Bronze group being separated. However, the kids have handled this transition very well! We are starting to expand our skills and learn new concepts. The swimmers are being introduced to flip turns and dives, and they are making amazing progress in both. We are continuing to fine tune the fundamentals as well, such as kicking and head/body position on both their back and stomach. It is very exciting to see how much the swimmers have improved over this past month, and they make every day very enjoyable with their positive energy and amazing listening skills. I look forward to seeing their improvement through May!



Intro/Bronze Swimmer of the Month: **Oren Baugh**

Oren has made amazing improvements in not just his swimming abilities, but his listening skills as well. He has become a very coachable swimmer, and his hard work rubs off on the rest of the swimmers creating a positive environment. Great job Oren!

- Coach Jacob

Silver Group

Silver has had a great start to spring. Both Silver 1 and Silver 2 are wonderful groups to coach, strong leadership, ownership of group and teamwork shows throughout practice. This month stroke work has been introduced. We will be working our way to more 50's of strokes in Silver 1, and 100's for Silver 2. We have been training our lungs, working on breath control, which improvement has shown when we do our freestyle sprints. This month we will be adding in more dives, turn focus, and finishes.

Silver I Swimmer of the Month: **Huck Russell**

Huck is focused on working hard. At every practice he brings his competitive A game. not just competitive against others, but against himself. Great job Huck!

Silver II Swimmer of the Month: **Jack Luh.**

Jack is a positive presence at practice. He works hard and smiles the whole time. Jack never gives up on a set and game for every challenge. Congratulations Jack!

- Coach Kelly

Gold Group

Happy May, Gold group! There have been some minor changes to the practice schedule which I am super excited about because it gives us more time in the pool. We are still training our legs and lungs every day, and the yardage has continued to increase. The swimmers are transitioning into heavy stroke work, which includes stroke drills and frequent IM (individual medley) swim sets. The goal is to get the swimmers comfortable pushing themselves through fatigue so that when they compete at their next swim meet they are mentally ready for that. As always, continuing to improve our technique and cardiovascular fitness is happening daily. Also, we have added one dryland workout per week in order to help the swimmers build overall strength, athleticism, and explosiveness. Exercises such as burpees, push ups, alternating jumping lunges, squat jumps, and Russian twists with medicine balls are all being implemented which will translate to more explosive, faster swimming in the pool, especially off their walls.

I am super proud of how far they have come since February, and their continued hard work and discipline has created a thriving culture for success. I look forward to seeing how they do at their first swim meet.

Gold Group Swimmer of the Month: Madeline Cress

Madeline is someone who continues to work very hard and push herself every practice. Her attention to her splits during practice as well as communicating her goals with me is very impressive. Taking ownership of their training is something that I am teaching swimmers how to do, and Madeline is one of the leaders in that regard. Great job Madeline!

- Coach Jacob



Senior Group

The Senior program has transitioned into and through most of their cardio-conditioning cycle, which means they should be feeling sore, exhausted, at times irritable, and moving like zombies from time to time...like normal teenagers, but with a reason other than them just being teenagers. They have 2-3 more weeks before transitioning into their stroke focused drills and conditioning.

Senior I Athlete of the Month: Bryson Meyer.

Bryson joined the Senior program at the end of 2020 and has quietly been taking care of business. He communicates well when he has questions about a set or component of training, brings the appropriate level of intensity required in Senior training, meets the goals of sets when sprints or technique are expected, and his work ethic helps tow the line of expectations in their training program.

Senior II Athlete of the Month: Emma Martin.

Emma continues to log practice after practice of high-level intensity now that we've been increasing our workload at The Club. Each time the group gets comfortable with a series of workout routines a new level of stress is added. Emma doesn't flinch as she gets to work on pushing herself out of her comfort zone. Her training pace has continued to improve as we add more weight to the workouts and prepare for the upcoming competition schedule.

- Coach Mike

Please refer to our website hscswim.org

MAY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8 Petaluma Meet
9 Mother's Day	10	11	12	13	14	15
16	17	18	19	20 HSC Board Meeting	21 Santa Clara Meet	22 Santa Clara Meet
23 Redding Meet/ Santa Clara	24	25	26	27	28	29

2021 SPONSORSHIP DRIVE

Thank you Water Dog families for a fantastic Sponsorship Drive! We have one month left, so please check back with those companies and organizations you have sent inquiries to. It's not too late to make a few last minute "asks" as well.

The sponsor letter and form are located at <https://www.teamunify.com/team/pchsc/page/sponsors>

Since January, we have raised a total of **\$17,015.**

Let's end the month strong!

THANK YOU TO OUR SPONSORS!

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 Soroptimist International of Arcata
 Tucker and Tucker DDS
 Neely Automotive
 Bruce and Janet Nelson

PAC SWIM ATHLETE REP NOTES

Zone 1 reported that many counties in their zone will be going back to in person school. Zone 2 reported that they have been having meets every weekend in March. Zone 3 reported they have been having more dual meets and are going to start having long course meets. Zone 4 reported that they just started having meets again.

There is a new nationwide Diversity Equity and Inclusion (DEI) program to network and connect teams in each LSC to develop DEI programs. A new summer series is replacing Junior Olympics, Far Westerns and Senior meets. The new series will run from mid-June to August. The National DEI camp and summit is open for registration on the pacswim.org website.- **Sadie Breen**

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 President	707- 499-9244
rebeccaebaugh@gmail.com	
Ivy Breen Vice-President	707- 832-2364
ivybreen@gmail.com	
Breanna Cahoon Treasurer	707- 502-4940
treasurer@hscswim.org	
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



