

HUMBOLDT SWIM CLUB NEWS

May 2023



NEW TEAM RECORDS!

NEW SHORT COURSE TEAM RECORDS FROM FAR WESTERNS

Sadie Breen

Girls 17-18 and Open, 400 IM 4:46.72

Girls 17-18, 200 Fly 2:13.35

NEW LONG COURSE TEAM RECORDS FROM PETALUMA

Amalia Baugh

Girls 13-14 1500 Free 20:20.49

Huck Russell

Boys 13-14 800 Free 10:04.18

IMPORTANT DATES

May 18th - HSC Board Meeting
5:30-7:00. Redwood Lounge

SRN Long Course - Santa Rosa
May 12-14, 2023

Blue & Black Intrasquad Meet!
May 20 11:00-1:00 @ ACP

**All Team End of SCY Season
Banquet!**
1:30-3:00 @ Stewart Park

COACH'S CORNER

Happy May Water Dogs! This is my favorite time of year. In April the Water Dogs competed in the Petaluma, AC long course spring classic. This was a great meet with tons of best times, and excellent sportsmanship. The weekend of June 17th and 18th is the Willits Otters meet. This is a great meet for any 1st time competitors.

For those who would like to get some exposure to swimming competition, we will be hosting our 2nd Black and Blue intersquad meet at the Arcata Pool on Saturday May 20th from 11 to 2pm. If you plan on attending, please go to the events page on the team unify site, click on edit commitment and declare yes for your swimmer to compete in the meet. - **Coach Kelly**

Hey water dogs!!! Summer is around the corner, and hopefully with it will come lots of sunshine! This month we will be focusing on continued training for our long course season plan. We had some great times and PRs at our first long course meet in Petaluma! Friday, May 12th - Sunday, May 14th we will be heading to Santa Rosa for a long course swim meet!

For all new swimmers looking to join our water dog family, we will be having tryouts on Saturday, May 13th from 1-2pm at ACP! Let your friends know if they are interested! Come on out and enjoy some fun at the park at our annual team banquet on May 20th. I look forward to seeing all of the fast swimming throughout the course of May!!!

- **Coach Jacob**

HAPPY BIRTHDAY



Coach Kelly	5/7	
Eliana Omev	5/7	14
Ellie Bowers	5/13	8
Maya Losh	5/16	10
Tallulah Grantham	5/19	13
Jackson Zagone	5/20	17
Jack Hinderyckx	5/21	11
Ethan Wolven	5/26	13
Lucia Herndon	5/30	7

Swimmers of the MONTH

INTRO	Tryston Cavanagh
BRONZE	Ted Sager
SILVER	Maasima Lunsford
GOLD	Sky Sanders-Gatton
SENIOR	Cassidy Thorpe
SENIOR COMP	Bryson Meyer

ALL ABOUT THE GROUPS!

Intro Group

It is so wonderful to see all the progress Intro swimmers have made this past month. Everyone in the group has gained a strong kick base, and great stamina. I am so proud of all of your hard work. This month we will continue to build our kick strength with more breaststroke and dolphin kick.

Intro Group Swimmer of the Month: **Tryston Cavanagh**

Tryston wants to get faster, so he works sooooo hard! Keep up the good work.

Move Up to Bronze: **Maggie Charleston, Grant Bumgardner, Brighton Winfield and Stella Brent's,**
- Coach Madeline & Coach Kelly



Bronze Group

Happy Spring, Bronze swimmers! This month we will heavily focus on breaststroke, and swimming longer distances. Please remember to be prepared for practice. Many swimmers have been forgetting goggles/caps/swimsuits on a regular basis. Check your bag every day so you can get the most out of your practices!

Bronze Swimmer of the Month: **Ted Sager**

Ted is full of energy and eager to learn every day. He's very coachable, and has improved so much since he joined our team. Great job, Ted!

Move Up to Silver: **None**
- Coach Mary

Silver Group

Silver swimmers have been working hard preparing for the spring and summer swim season. Sets have been longer, and intervals faster. I have watched all of you improve daily. Showing up with a good attitude and readiness goes a long way. Make sure you have your equipment prepared before the start of practice. This month we will keep training for the long course season, so longer distances, and more breath work. Great job Silver, keep up the hard work.

Silver Swimmer of the Month: **Maasima Lunsford**

Maasima always comes to practice with a good attitude and ready to learn. Congratulations and keep up the good work!

Silver Appreciation Day:
- Coach Kelly

Gold Group

Gold group swimmers are training like champions right now. They push themselves at any chance they get. These kids love to compete, so many of our practices have race pace sets. They have been responding so well that some are even getting best times in practice. This month we will continue to work on our breath work, and racing details. Great job Gold!

Gold Group Swimmer of the Month: **Sky Sanders-Gatton**

Sky Sanders-Gatton. Sky is brand new to the group, but you wouldn't know it. He puts his best effort at every practice. Is a wonderful addition to the group. Great job Sky!

Gold Appreciation Day:
- Coach Kelly



Senior Group & Senior Comp

Due to both senior groups being combined for the month of April, I am going to discuss them together. For May, senior I is back on its normal practice schedule at The Club with Coach Ellie. However, every Friday will be a combined practice at ACP from 5:30-7:30pm. We have been spending the past month trying to correct bad habits technique wise, as well as improve our underwaters and kicking. With swim meets coming up on the horizon, our focus will begin to shift to more race pace practices. I look forward to seeing how everyone progresses this month!

Senior 1 Swimmer of the Month: Cassidy Thorpe

Congratulations Cassidy on being May's senior I swimmer of the month! Cassidy has always been a model for hard work and consistency, and there was no deviation from that in April. She is always attentive to what we are trying to achieve during any given practice. Her first long course meet of the season in Petaluma was encouraging and reflected everything does on a daily basis. Way to go Cassidy!

Senior Comp Swimmer of the Month: Bryson Meyer

Congratulations Bryson on being senior comp's swimmer of the month! Bryson has made significant strides this season in his abilities, and few things illustrated that more than his performance at the Petaluma meet. He smashed all of his best times, and established himself as a very strong long course swimmer. I am excited to see how he performs at future meets this summer. Way to go Bryson!

- 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!

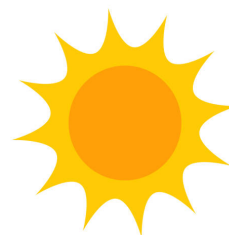
Blue & Black Intrasquad Meet / Team Banquet

Sign up on TeamUnify for our Intrasquad Meet which will be held on Saturday, **May 20th from 11:00-1:00**, followed by our Annual Team Banquet held at **Stewart Park from 1:30-3:00**.

The Banquet will be potluck style with some fun and games in the sun (weather permitting). Every swimmer will be recognized with a certificate.

Families please provide the following:

- Salads (green, pasta, fruit) - Intro Group
- Finger Foods/Sides- Bronze Group
- Finger Foods/Sides- Silver Group
- Main Dish- Gold Group
- Desserts-Senior Group



Please refer to our website: www.hscswim.org

May 2023

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 Gold 5-6 (dryland 4-5)	4 Intro 4-5 Bronze 5-6 Silver 4-6 Gold 5:30-7:30 ** am practice (Silver, Gold, Senior)	5 Intro 4-5 Bronze 4-5 Silver 5-6 (dryland 4-5)	6 Intro 1-2 Bronze 1-2 Silver 11-1 Gold 11-1
7	8	9	10	11	12 SRN Long Course Santa Rosa	13 SRN Long Course Santa Rosa/ Tryouts @ ACP
14 SRN Long Course Santa Rosa	15	16	17	18 HSC Board Meeting 5:30-7:00 Redwood Lounge	19	20 Intrasquad Meet 11-1 ACP Team Banquet 1:30-3:00 Stewart Park
21	22	23	24	25	26	27
28	29	30	31			

Team Photos are Here

Team Photo orders will be passed out at the all team banquet. Please contact Paul Swenson Photography for additional prints.



WWW.PAULPHOTO.COM
PAUL@PAULPHOTO.COM

BECOME A MEET OFFICIAL!

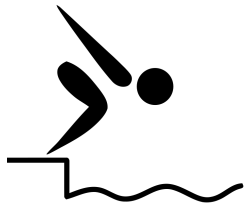
Did you know that becoming a meet official has some benefits? The time you put in offsets your annual volunteer hours needed for HSC!

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/offici als>

Sebastopol Sea Serpents SCY & AC Swim Club LCM Meets!



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 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

Are you interested in becoming a meet official? I have had four parents approach me. There are training opportunities coming up this June and October. Just let me know. There is information here [Officials | Pacific Swimming Association](#)

We have received a **\$1,500 grant** from Humboldt Sponsors to help provide **scholarships** to qualifying families for 2023. If you are interested in a scholarship to help offset costs, please see our application and information here [Humboldt Swim Club - Scholarship Application](#)

Humboldt Swim Club participates in Safesport <https://uscenterforsafesport.org> as required by USA Swimming All of our coaches, board members and swimmers 18 or older are required to take annual training. We are also trying to be certified as a Safesport team. If just a few more parents or swimmers 13-17 would take the voluntary training, we will meet our mark. Here's how. Log into your USAswimming account, click on the Education heading, look in the course catalog then for "Safe Sport Courses". The three most common courses are: Parents Guide to Misconduct in Sport, Safesport for High School Athletes, and Safesport for Youth Athletes (13-17).

Pacific Swimming has 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

[Meet Entry Fee Assistance Program](#)

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 +)

Mary Schmidbauer - Schmidbauer Lumber

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

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

Schmidbauer

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

Silver (\$250-\$499)

Coast Central Credit Union
Harper Motors
Humboldt Fasteners & Tools Inc
Redwood Capital Bank
David L Moonie & Co, LLP
Growing Smiles Dentistry
Eureka Chrysler Jeep Ram

Swim Supporter up to \$99

Alves Inc.
Elloway & Wonenberg, DDC
Atlas Engineering
Valley Pacific Petroleum
JLF Construction
Advanced Security System
The Mill Yard
Adams Commercial General Contracting, Inc
Finney Consulting Services
Neely Automotive

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
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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

