

HUMBOLDT SWIM CLUB NEWS

November 2021

November



Creepy Crawl Lap-a-Thon
We raised \$25,894.28
And swam 145,920 yards

COACH'S CORNER

We are transitioning from one busy month to another as we look forward to attending at least one away meet and one Intrasquad meet in November. There are a few in our Senior II squad preparing for their first trials/finals meet of the short-course season, which will be a coach-chaperoned team-travel event. Then we have the Mendocino Coast Sea Dragons meet for everyone in our program to attend, the weekend leading into Thanksgiving break. November is the beginning of the end of our short-course season, with roughly three weeks of training in December and only invitationals to attend for competition, it's our heaviest month of training before our Gold and Senior squads prepare for their championship meets.

October's Intrasquad meet:

To say it was exciting is an understatement!! I absolutely loved seeing all of our veteran athletes helping corral and direct our little ones throughout the meet. We had another flawless record, with every swimmer making their event. Thank you everyone for helping make these happen and giving us an opportunity to strengthen our team bond.

Santa Rosa Neptunes Fall Classic:

It might not have seemed like it if you were casually looking at the results through Meet Mobile, but our 31 swimmers that competed at the Fall Classic finished 3rd combined! Our boys finished 3rd, just behind the Westside Aquaducks. It was a battle of our 13 against their 28, with the final scores being 551 to their 595. A pretty close score considering they doubled the number of participants. The girls were in a similar position, they finished 4th overall and just behind the Westside Aquaducks. The battle this time was our 18 against their 43. We finished with 427.5 points to their 573. Thank you to the families that joined us for the meet weekend!

IMPORTANT DATES

November 18th- HSC Board Meeting
5:30-7:00 via ZOOM

Senior Travel Meet
November 5-7

Fort Bragg Swim Meet
November 20-21

Practice Schedules are posted on the
team website.

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

SWIMMERS of the MONTH

Bronze	Weseley Ask
Silver I	Donovan Nguyen
Silver II	Luke Prieditis
Gold	Yogi Trieu
Senior I	Tyler Alarcon
Senior II	

HAPPY BIRTHDAY

Madison Trieu	11/2	15
Coach Ellie Earle-Rouse	11/4	
Oren Baugh	11/26	8



ALL ABOUT THE GROUPS!



Intro Group

Happy November Intro group! It has been a terrific month of progression for these swimmers. Every week I see their strokes getting stronger, and their confidence in the pool increase. I love the energy and eagerness that they all bring to every practice. I look forward to seeing more improvements this upcoming month!

Intro Group Swimmer of the Month: Wesley Ask

Congratulations Wesley on swimmer of the month! Wesley has terrific attendance and is a very coachable kid. He shows discipline and eagerness to improve his technique in every aspect, and I always know that I can count on him to lead by example.

- Coach Jacob

Bronze Group

Happy November, Bronze group! Congratulations on all who attended the Santa Rosa swim meet, I saw some amazing swims out of a lot of our swimmers! We are moving right along with our practice curriculum, with a lot of the foundational work becoming solid. There has been a high focus on all four strokes throughout the practice week in order to get all of the swimmers well rounded as they advance in their swimming careers. I look forward to this upcoming month!

Bronze Swimmer of the Month: Donovan Nguyen

Congratulations Donovan on being Bronze group's swimmer of the month! Donovan attended his first ever swim meet this past month at Santa Rosa, which is always a nerve racking experience! Despite the nervousness, Donovan showed great eagerness and enthusiasm to get out there and compete. He is always a pleasure to have at practice with positive energy and a great personality.

- Coach Jacob

Silver Group

Hi Silver swimmers and families! What a wonderful month of October we had. I was very impressed with all of you who swam in the intersquad meet, and the Santa Rosa swim meet. Not only were your times impressive, but your stroke technique was on point! As practices, and intervals get faster you have all stepped up. In November we will be pushing our limits as distances increase and sprints get faster. Overall, I am very happy with where this group is headed. Remember to sign up for Ft. Bragg swim meet November 20th and 21st.

Silver Swimmer of the Month: Luke Prieditis.

Luke never backs down. He pushes his lane to keep the pace, and challenges himself with tougher intervals. Great job Luke, and keep it up. Your hard work is beginning to pay off.

- Coach Kelly

Gold Group

Happy November, Gold Group! What a meet we had a couple weeks ago! A lot of our swimmers dropped significant time in their events, and came close to some JO cuts! The results were very pleasing, and they were a direct result of how hard our swimmers work in practice. As high effort, quality training continues heading into the winter portion of our season, I am so excited to see how they do at the upcoming Fort Bragg meet!

Gold Group Swimmer of the Month: Yogi Trieu

Congratulations Yogi on being Gold group's swimmer of the month! Yogi had an outstanding swim meet in Santa Rosa, and dropped crazy time in all of his events! I can always count on him to be a great leader at practice.

- Coach Jacob

Senior Group

The Senior squad put together a few weeks of heavy lifting in and out of the pool. Since they maintained their solid kick habit through the break, they were able to get right into a little bit of Freestyle conditioning and Stroke work. This extra time will give them more opportunities to develop their 200 Stroke and fine-tune their Mid-Distance Free pace before focusing on their primary events. If they're not attending the November trials/finals meet, Mendocino will be their last chance to earn a Senior 2 cut for the December trials/finals meet. We have a few knocking on the door, waiting to burst through.

Senior I Athlete of the Month: **Tyler Alarcon.**

Tyler has been taking the appropriate steps to put himself in a position to have a stellar November meet. His performance in practices this month was the reason he had a great meet in Santa Rosa. He didn't drop in every event, but drops during a training meet aren't the focus, it was his growth in each of the strokes. Tyler is relaxing his upper-body, allowing him to get the stretch he needs for a longer Breaststroke, a better rotation in Freestyle and Backstroke, and he is starting to flow through Butterfly.

Senior II Athlete of the Month: We don't have a single Senior II swimmer of the month, they're all in the hunt for the honor. It's a battle at the moment for the King of the hill position, with each of them pushing harder in the weight room and challenging themselves in the water. October was a major step forward in their majority in the weight-room as they have figured out where they need to start and how much they need to push, pull, squat, lift, etc. They look like they belong there now, instead of looking like lost children in a mega-mall trying to figure out who they should ask for help.



Please refer to our website: www.hscswim.org

NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 HSC Board Budget Meeting	4	5 Senior Travel Meet	6 Senior Travel Meet
7 Senior Travel Meet	8	9	10	11	12	13
14	15	16	17	18 HSC Board Meeting Via Zoom	19	20 Ft. Bragg Swim Meet
21 Ft. Bragg Swim Meet	22	23	24	25 Happy Thanksgiving No Practice	26	27
28	29	30				

Creepy Crawl Lap-a-Thon

We raised \$25,894.28

And swam 145,920 yards

The 2021 Creepy Crawl was a fantastic success with multiple swimmers and families bringing in donation money to support Humboldt Swim Club! We are so proud of each and every swimmer who swam hard for HSC.



The top fundraiser was **Pia Marrow!** Pia is brand new to HSC and brought in **\$1,235.00**. Way to go Pia!

The top family fundraiser was the **Cahoon Family** who brought in **\$1,240.00!**

All of the groups did fantastic! The yard totals per group are:

Intro	4 swimmers = 2,400 yards
Bronze I	7 swimmers = 5,020 yards
Bronze II	11 swimmers = 12,500 yds
Bronze III	5 swimmers = 6,400 yards
Silver I	9 swimmers = 14,300 yds
Silver II	12 swimmers = 33,700 yds
Gold	5 swimmers = 14,300 yds
Senior	11 swimmers = 57,300 yds

Diversity, Equity and Inclusion (DEI)

Board Member, Karin Grantham

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

Fall is definitely here. The vine maple outside my kitchen window is changing color, our golden delicious apples are ripening, the hens are molting, and the last of the tomatoes have been harvested.

HSC Stakeholder Survey

The board has been developing a member stakeholder survey to gather some baseline information about the swim club and the service that we provide to you as our swim families. We hope that this will highlight some of the things that we do well, so we can continue those efforts, as well as any areas we could work to improve upon. The aggregated results from the survey will be used internally by the Humboldt Swim Club (HSC) Board of Directors and Head Coach to guide future planning. The HSC board is composed entirely of parent/community member volunteers, who donate their time and efforts to fulfill the mission and vision of HSC by managing finances, event coordination, fundraising, newsletters and more.

We ask that you keep a few things in mind as you fill out the survey. First, COVID-19 has posed unprecedented challenges to the club in the past two years in pool availability, scheduling, and finances. Please take into consideration the factors out of the club's control and the need for the club to adapt and pivot quickly due to the ever-changing conditions. Second, this survey is not intended to be a substitute for providing any comments, questions or concerns you may have throughout the year. Please continue to reach out to us if you have issues that come up.

[HSC Stakeholder's Survey](#)

Pacific Swimming LSC

Pacific Swimming our LSC is introducing new legislation intended to "more effectively increase diversity, implement equity, and promote inclusion at the LSC level" If you want to review the proposed legislation you can review it at [Pac Swim Legislation](#)

October SWIM MEETS

Santa Rosa & Creepy Crawl



2021 SPONSORSHIP DRIVE

Thank you Water Dog families for a fantastic Sponsorship Drive!

Since January, we have raised a total of
\$18,115.

THANK YOU TO OUR 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
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 Finney Consulting Services
 Harper Motors
 Howard Hunt DDS
 Humboldt Association of Realtors
 Humboldt Audiology
 Hunter, Hunter, & Hunt LLP
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 McLean Foundation
 Mill Yard
 Paul Swenson Photography
 Pierson Building Supply Center
 Redwood Capital Bank
 Schmidbauer Building Supply, LLC
 Sequoia Gas Co
 Soroptimist International of Arcata
 Tucker and Tucker DDS
 Neely Automotive
 Bruce and Janet Nelson

Moving Up!

Silver II to Gold:

Levi Browne & Eoin MCGoldrick

Silver I to Silver II

Caden Coriell

Intro I to Bronze I

Rana Wiley

Keely Evenson

Intro II to Bronze III

John Haley



HSC CONTACT INFORMATION

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www.hscswim.org

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Amy Martin Secretary	
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