

HUMBOLDT SWIM CLUB NEWS

November 2022



COACH'S CORNER

We would like to welcome our new and returning swimmers to the team. We are so happy to have you!

As we head into November, coaches will begin to challenge the swimmers more rigorously. This will allow an opportunity to see results from the hard work the swimmers have been putting in at practice.

We would like to congratulate all of the Waterdogs who attended the early October Santa Rosa swim meet! It was an impressive outing for the 1st meet of the season.

Records were broken and best times were achieved. It was an outstanding team effort. I look forward to watching what you swimmers can accomplish this swim season.

The Mendocino Sea Dragons meet is open for signups on [Fastswims.com](https://fastswims.com), until November 9th. If you have not signed up yet but are interested, please feel free to reach out to me with any questions you may have.

- Coach Kelly

Happy November water dogs!!! A huge thank you to everyone who came and supported the Creepy Crawl fundraiser, you all rock! The holiday season is creeping up on us, and with that we have some events on the horizon!

The Fort Bragg swim meet is November 19th & 20th.

This is an excellent meet for the younger swimmers and/or swimmers who are new to the competition scene to get out there and have some fun! Of course, we all know the other event is Thanksgiving, and I for one am pumped for that!!! Any holiday that gives you an excuse to give thanks AND stuff your face I am all for; I know you hungry swimmers can relate!! I look forward to a successful month in the pool. Go water dogs!!!

- Coach Jacob

Swimmers of the MONTH

INTRO	Kayona Brown
BRONZE	Munai Marieluo
SILVER	Felix Butterfield
GOLD	Teddy Demirev
SENIOR	Nadia Weise
SENIOR COMP	Amalia Baugh

Thank You to All of Our Creepy Crawl Sponsors!

We raised \$23,048.70!

IMPORTANT DATES

November 17th - HSC Board Meeting
5:30-7:00. Public Comment may join
via zoom [ZOOM \(link here\)](#)

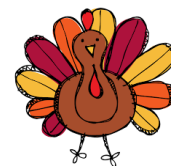
Mendocino Sea Dragons
November 19-20 2022

Winter Junior Olympics
Santa Clara
December 2-4 2022

No practice November 24 due to
Thanksgiving

HAPPY BIRTHDAY

Madison Trieu	11/2	16
Coach Ellie	11/4	
Ronan Condon	11/14	8
Zoe Cappuccio	11/17	14
Beth Spellmeyer- Official	11/17	
Cassidy Lloyd	11/30	10
Jamie Workman - Board	11/26	
Oren Baugh	11/26	9
Cassidy Lloyd	11/30	10
Hailey Preston	11/30	11



ALL ABOUT THE GROUPS!



Intro Group

Welcome new intro swimmers! Intro group has been working hard on distance kicking. This provides a strong aerobic based kick that transfers to all 4 major strokes. These young swimmers are also practicing using the pace clock. This November will be a back kick and backstroke month.

Intro Group Swimmer of the Month: Kayona Brown

Kayona has become a leader of the group. She leads the lane and when asked she performs skill demonstrations for the newer swimmers. Keep up the good work! Congratulations Keyona!!

No park day this month!

- Coach Madeline & Coach Cleo

Bronze Group

Great job at the Creepy Crawl, Bronze swimmers! This month we will continue to refine Breaststroke & Butterfly, and also focus on starts and turns. Faster starts and turns lead to faster swimming!

Bronze Swimmer of the Month: Munai Marieluo

Munai is a fantastic swimmer, and so easy to coach! Thank you for always being sharp, and a good listener. Great job, Munai!

Moving Up to Silver Group: Anya Seiler, Eve Quinn, Liam Hinderyckx, Nico Caruso

- Coach Mary

Silver Group

It has been an exciting month for Silver swimmers. Silver group has been doing aerobic training, and building up stamina in order to swim longer distances while maintaining speed. They are being challenged to do sets at race pace. We have spent a ton of time on turns, and focusing on details in their breakouts off the wall. This month we will add more IM work, and longer stroke distances.

Silver Swimmer of the Month: Felix Butterfiled

Felix is a determined swimmer with a great work ethic. He has goals set in mind and comes to practice ready to work. Felix has a good attitude that rubs off on the group. Congratulations Felix!

No Silver Appreciation Day this month!

- Coach Kelly

Gold Group

Gold group is in incredible shape right now. They have been pushing themselves to new limits, and not giving up. While working hard, this group is asked to maintain proper technique and stroke detail. We do a lot of kick sets, just as intro does. They are a very competitive group. This month will have more racing while holding technique, and continued work on turns, starts, and breakouts.

Gold Group Swimmer of the Month: Teddy Demirev

Teddy is consistent in attendance, asks questions, and works his tail off. He is constantly making strides to improve his times. Great job Teddy! I look forward to watching you race.

No Gold Appreciation Day this month!

- Coach Kelly

Senior Group

Happy November Senior group! I am so impressed with everyone's practice performances in October. As the Fort Bragg meet approaches, we will continue to push the effort and build our confidence going into the meet. This month we will focus extra on our turns and underwaters. I am expecting to see everyone's hard work pay off in a major way!

Senior 1 Swimmer of the Month: **Nadia Weise**

Nadia has been demonstrating an impressive work ethic and is a reliable, encouraging and inspiring teammate. If she puts her mind to something, it's getting done! Congratulations Nadia!

- **Coach Ellie**

Senior Comp

Happy November, senior comp!!! The Fort Bragg swim meet is this month, which wraps up our first training cycle that started way back in August! The group will have a one week taper leading up to the meet to ensure that everyone is well rested and not sore. I am very proud of the way this group has handled the training up to this point, and I am super stoked to see how they do at Fort Bragg. The meet will be a great indicator of where we start our second training cycle that carries through into March.

Senior Comp Swimmer of the Month: **Amalia Baugh**

Congratulations Amalia on being the November senior comp swimmer of the month! Amalia has been working her butt off at practice, and it certainly has been paying off for her. At the beginning of October, she crushed all of her best times at the Santa Rosa meet. In the weight room, she has come a long way in improving her technique and strength. Being the youngest in the group, she always keeps the practice environment silly and fun, which I am sure the older swimmers appreciate!

- **Coach Jacob**

Creepy Crawl - Our Biggest Fundraiser of the YEAR!

Creepy Crawl 2022 was a huge success!! We raised a total of
\$23,048.70!!!

Thank you to all of the families, friends and sponsors who helped to support this event. All money goes to paying for facilities, coaching and meet travel. We are a non-profit and appreciate how fundraising allows us to keep our quality of programming while still maintaining a reasonable dues structure.

Our top fundraisers:

Family: \$1,725.00 **Cahoon Family;** \$695.00 **Meyer Family;** \$640.00 **Baugh Family**

Individual: Cassidy Thorpe \$700.00; CJ Nichols \$601.00; \$590.00 **Sadie Breen**

Check out our **Facebook page** for Creepy Crawl photos, including individual shots that you can send as a Thank You to your swimmer's sponsors!!



Please refer to our website: www.hscswim.org

November 2022

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)	1 Intro 4-5 Bronze 4-5 Silver 5-6 Gold 4-6 ** am practice (Silver, Gold, Senior)	2 Bronze 4-5 Gold 5-6 (dryland 4-5)	3 Intro 4-5 Bronze 4-5 Silver 5-6 ** am practice (Silver, Gold, Senior)	4 Intro 4-5 Bronze 4-5 Silver 5-6 (dryland 4-5)	5 Intro 1-2 Bronze 1-2 Silver 11-1 Gold 11-1
6	7	8	9	10	11	12
13	14	15	16	17 HSC Board Meeting- Public Comment on Zoom	18	19 Mendocino Coast Sea Dragons- Ft. Bragg
20 Mendocino Coast Sea Dragons- Ft. Bragg	21	22	23	24 Thanksgiving- No Practice/ACP Closed	25	26
27	28	29	30	1	2 Junior Olympics- Santa Clara	3 Junior Olympics- Santa Clara

It's Time to Register for USA Swim 2023

Follow the link to register your swimmer:

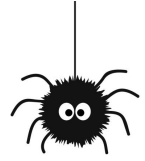
<https://omr.usaswimming.org/omr/welcome/8B0A95AE387445>

On the TeamUnify Website click on the "[team registration](#)" tab, update the contact information as needed, accept all SafeSport requirements and policies, and pay the \$50 admin fee.

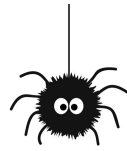
<https://www.teamunify.com/team/pchsc/page/team-registration>



Creepy Crawl Lap-a-Thon



For individual photos visit our Facebook Page- <https://www.facebook.com/humboldtswimclub/>



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 13	Shasta Y-1 Day Meet (Redding)
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

Thank you to everyone who took time out of your busy schedules to respond to the Humboldt Swim Club 2021-2022 Season Stakeholder Survey. Although we do not share the details of the survey, the board will provide some takeaways that we learn in the coming months. If you have any ideas for how to improve the survey or have any questions or comments, feel free to reach out directly.

As swim meet season is upon us, I am sharing again that Pacific Swimming does have some assistance available to help offset costs:
Meet Entry Fee Assistance Program (MEFAP)

Pacific Swimming has introduced a new 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 swims' 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>
As always Pacific Swimming our LSC has a variety of resources available at
<https://www.pacswim.org/programs>

2022 SPONSORSHIP DRIVE

The sponsorship drive has come to an end and we raised **\$15,199**.

Thank you to our 2022 sponsors!!

Ruby (\$5,000 +)

Thank you to our anonymous Ruby Sponsor!

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

Humboldt Sponsors

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

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

Gold (\$500-\$999)

Salt Fish House Campground Restaurant -
Willey Family

Pacific Carpets - Clint Walker

Vizenor Family

Nylex.net, Inc.

Coast Central

Silver (\$250-\$499)

Humboldt Audiology

David L Moonie

Harper Motors

Alves Inc.

Redwood Capital Bank

Mercer Fraser

Humboldt Masonic Lodge No 79

Atlas Engineering

Johnson Family

Lithia Chrysler Jeep Dodge Ram of Eureka

Valley Pacific Petroleum Services, Inc.

Bruce & Janet Nelson

Pierson Building Center

Premier Oil Change

Bronze (\$100-\$249)

Jackson & Eklund

Vern's Furniture

Linda Sundberg Ins Agency

JLF Construction Inc

Almquist Lumber Co.

Alex Stillman

The Mill Yard

Neely Automotive

Arcata Cabinet & Design Company

Kramer Investment Corp.

Humboldt Association of Realtors, Inc.

Brad Finney for Finney Consulting Services

Hunter, Hunter & Hunt, LLP

Dr. Hagge DDS

Adams Commercial General Contracting

Soroptimist International of Arcata

Swim Supporter up to \$99

Eureka Optometric Center – Uwe & Zuzana Gellner,
O.D

Humboldt Mortgage Company

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

Kelly Nathane Lead Coach (Age G.) 707- 407-6191
kellymundo@gmail.com

Jacob Ireland Lead Coach (Senior) 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

Thomas Blair Board Member - Safesport

Kit Meyer Board Member

Pat Spellmeyer Board Member

Jamie Hill- Workman Board Member

WEB SITES:

Swim Connection:

<https://ome.swimconnection.com/meets>

Fast Swims: <https://fastswims.com/>

Pacific Swimming: www.pacswim.org

USA Swimming: www.usaswimming.org

