

NOVEMBER 2023

# WATERDOG NEWSLETTER

## Creepy Crawl 2023

WE RAISED \$35,116! THANK YOU SPONSORS!

### Top Individual Earners

|               |       |
|---------------|-------|
| Coral Verbeck | \$775 |
| Henry Workman | \$700 |
| Rana Wiley    | \$700 |

### Top Family Earners

|                 |         |
|-----------------|---------|
| Cavanagh Family | \$1,265 |
| Baugh Family    | \$1,015 |
| Seiler Family   | \$1,000 |



## WATERDOG NEWSLETTER

Diversity, Equity and Inclusion (DEI)/Safesport- Karin Grantham, Board Member, [flipturn.kg@yahoo.com](mailto:flipturn.kg@yahoo.com) or (707) 845-1478

Greetings HSC. Here are the results of our recent stakeholder survey. Key takeaways:

1. Improved communication about fundraising and volunteering needed
  2. Improved communication about move-up requirements needed
  3. Improved communication about swim meets needed
  4. Improved efforts at diversity, equity and inclusion, especially keeping swimming affordable is desired.
  5. Overall positive - Everyone would recommend this club
  6. Everyone responded that they read our correspondences and newsletters!
- Thank you! -



### 2023-2024 MEET SCHEDULE

- **September 23-24** Senior Open Meet - Novato
- October 7-8 Santa Rosa Neptune C/B/A+
- November 17-19 Mendocino Coast Sea Dragons C/B/A+
- December 1-3 Winter Age Group Championships \*Qualifying
- **December 8-10** Senior 2 P & F Meet - Santa Clara \*Qualifying
- December 8-10 Santa Rosa Neptune C/B/A+
- January 20-21 Zone 3 Championships \*Qualifying- TBA
- **February 17-18** Senior Open P & F Meet - Milpitas CA
- February (TBD) Grants Pass C/B/A+
- **April 3-6** Western Zones Senior Championships SCY - St. George Utah \*Qualifying
- April 4-7 Far Western Championships Pleasanton \* Qualifying
- April (TBD) Sebastopol
- April (TBD) Spring Age Group Championships \* Qualifying
- April (TBD) Petaluma LCM
- May 17-19 Santa Rosa Neptunes LCM C/B/A+
- June 15-16 Willits Otters C/B/A+ SCY
- June 21-23 Redding Aqua Ducks LCM
- July 25-28 Far Western Championships Santa Clara \*Qualifying
- **July 30-August 3** Western Zones Senior Championships LCM - Clovis, CA \* Qualifying

### WHAT DO THE DIFFERENT TYPES OF MEETS MEAN FOR MY SWIMMER?

Swim meets are based on USA and Pacific Swimming Time Standards. These standards are grouped into Age Group and Senior Times. These time standards can be found at <https://www.pacswim.org/swim-meet-times/standards>

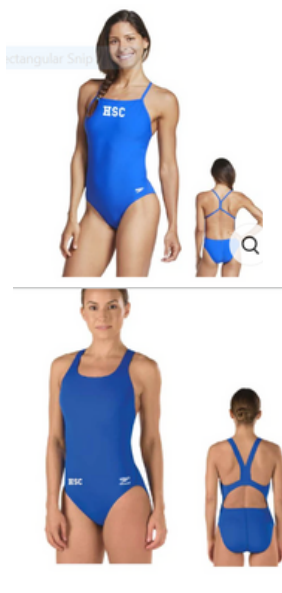
- C/B/A+ Meets = All swimmers may attend.
- Zone 3 Championships = swimmers must qualify with either A or B times

#### Age Group Meets:

- Age Group Championships = swimmers must meet the JO time standard
- Far Western Championships = swimmers must meet the FW time standard

#### Senior Meets:

- Senior Open = swimmers 13 and up with Senior Open times qualify
- Senior 2 = swimmers 13 and up must have Senior 2 times qualify
- Western Zones Senior Championship = swimmers 13 and up must meet Senior Western Zone times.
- Sectionals = swimmers must meet the minimum sectional time standards



### Do you still need a Team Suit?

Team Suits and Equipment can be ordered from the following site:

<https://elsmoreswim.com/collections/humboldt-swim-club>

Team Suits should be worn to meets only!





## FALL PRACTICE SCHEDULE

- **Intro:**
  - Tuesday 4-5
  - Thursday 4-5
  - Friday 4-5
  - Saturday 1-2
  - Park Days 1x/month- check newsletter
- **Bronze:**
  - Tuesday 5-6
  - Wednesday 4-5
  - Thursday 5-6
  - Friday 4-5
  - Saturday 1-2
  - Park Days 1x/month - check newsletter
- **Silver:**
  - Monday 4-5
  - Tuesday 4-5
  - Thursday 4-5
  - Friday 5-6/ Dryland 4-5
  - Saturday 11-1
- **Gold:**
  - Monday 5-6/ Dryland 4-5
  - Tuesday 5:30-7:30
  - Wednesday 5-6/ Dryland 4-5
  - Thursday 5:30-7:30
  - Saturday 11-1
- **Senior:**
  - Monday 5:30-7:30
  - Tuesday 6-7:30 am +  
Dryland 4:15-5:45/Healthsport
  - Wednesday 5:30-7:30
  - Thursday 6-7:30 am +  
Dryland 4:15-5:45/Healthsport
  - Friday 5:30-7:30
- **Senior Comp:**
  - Monday 5:30-7:30
  - Tuesday 6-7:30 am +  
Dryland 4:15-5:45/Healthsport  
6:00 - 7:30 swim @ ACP
  - Wednesday 5:30-7:30
  - Thursday 6-7:30 am +  
Dryland 4:15-5:45/Healthsport
  - Friday 5:30-7:30
  - Saturday 11-1 swim @ ACP  
Dryland 9-10:30/Healthsport

**\*\* Silver & Gold may swim with Senior/Senior Comp in the AM T/Th 6-7:30 @ ACP**

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## GROUP CRITERIA + GROUP COACHES

### Intro Group:

#### **Coach Madeline is our Intro Group Coach!**

The Intro group is an introductory level program for new and continuing swimmers. The emphasis is on refining the swimmer's body balance in the water and developing a kick led freestyle and backstroke. An introduction to the basics of breaststroke, dolphin kick and diving will also be given before they transition to our Bronze group.

All equipment required for their training will be provided by the coaching staff.  
Recommendations for growth in the group:

- Practice twice per week
- Be an enthusiastic learner
- Competitions are optional, but participation in all HSC meets is encouraged

### Bronze Group:

#### **Coach Mary is our Bronze Group Coach!**

The Bronze group is our stroke development program for continuing swimmers. The curriculum continues to focus on strengthening their body balance in the water while improving their kick led backstroke and freestyle. We introduce components of butterfly and breaststroke technique to their practice curriculum. Swimmers will also be introduced to turns, racing starts, and learn how to use a pace clock.

- Swimmers are strongly encouraged to attend three times per week.
- All equipment required for their training will be provided by the coaching staff.

### Silver Group:

#### **Lead Age-Group Coach Kelly is our Silver Coach!**

General criteria to make the Silver Group are having all four legal strokes, committing to (4) weekly practices, competing in at least one sanctioned meet per training cycle.

- Continuing focus on body balance through long axis strokes
- Continuing focus on a kick led stroke.
- Introduction of more advanced drills for short and long axis strokes
- Practices will include pace clock based sets
- Expanding their racing mindset and introduce an emerging concept of competition
- An increase in their Aerobic training and introduction of anaerobic training
- Introduction to leadership responsibilities, i.e. leading a lane during practice, choosing a dynamic warm-up routine for dryland, etc.

### Gold Group:

#### **Lead Age-Group Coach Kelly is our Gold Coach!**

The Gold group is designed to enhance the skills of year round swimmers who are proficient in the four competitive strokes. At this level an education element will be added to the program including goal setting, time management, and mental strategies. The Gold group has a multiple prong focus for the participating athletes.

- Further expanding their Aerobic and Anaerobic training abilities
- Introduce and begin preparing them for the required mental maturity and toughness required in the Senior programming
- Expanding on their leadership roles and expectations by leading part of in-pool and dryland warm-ups, working with coaching staff on partial dryland or in-pool workout segments, assisting with organization of team events, etc.

### Senior Group:

#### **Lead Senior Group Coach Jacob is our Senior Coach!**

Our Senior program is for teen athletes beginning or continuing on their path of swimming. The Senior training regime is designed to reinforce the technical components of a swimmer's individual stroke work as well as introduce stroke conditioning as a focus of the training cycle. The practice group will be split into two groups: Senior & Senior Competition. Members will need the PacSwim Senior 2 time standard in at least one event and be able to train at a 1:20/100 Free pace, commit to a rigid training schedule, and a set series of competitions in order to qualify for the Senior Competition group.

The group as a whole will provide opportunities for all members to train together with like minded peers in performance driven practices where a challenging environment makes excellence inevitable. They will continue the educational elements introduced in the Gold group with an expectation to lead by example at practices and meets. There is a mental maturity and toughness component to the Senior training program that requires the athletes to be self-motivated and self-disciplined as they work through a rigorous training routine where they will be expected to push their way through the inevitable wall they will hit during the competition cycle. This group is for highschool age swimmers.

### Senior Comp:

#### **Lead Senior Group Coach Jacob is our Senior Comp Coach!**

Standards for the Senior Comp Group:

- Age 13 and older
- Compete in all scheduled monthly competitions and their designated championship meet for the competition cycle
- Maintain an 80% monthly attendance record
- PacSwim Senior 2 cut in at least one event
- Train at a base 100 pace of 1:20 and a base 50 pace of :40
- Race pace train at 1:15/100 and :35/50
- Members of the Senior program must have their own equipment: snorkel, paddles, fins, buoy, and alignment board.



## 2023 SPONSORS

### Ruby (\$5,000 +)

Mary Schmidbauer - Schmidbauer Lumber

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

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

Schmidbauer

Providence Medical Group Emergency Medicine- Eric Gerdes

Barnum Timber

Humboldt Area Foundation- Rob & Jan Ross

### 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

LBA Contract Cutting

### Silver (\$250-\$499)

Coast Central Credit Union

Harper Motors

Eureka Chrysler Jeep Ram

Humboldt Fasteners & Tools Inc

Redwood Capital Bank

David L Moonie & Co, LLP

Growing Smiles Dentistry

A to Z Eye Care

PG & E

Corcoran Icon Properties

Kramer Investments

Pro Cycle Service, LLC

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

Alexandra Stillman

Soroptimist International of Arcata

Premier Oil Change

Humboldt Association of Realtors

Pierson's Building Center

Bear River Casino

Century Orthodontics

## HSC CONTACT INFORMATION

Team address: P.O. Box 101, Bayside, CA 95524

[www.teamunify.com/pchsc](http://www.teamunify.com/pchsc) or  
[www.hscswim.org](http://www.hscswim.org)

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[treasurer@hscswim.org](mailto:treasurer@hscswim.org)

Rebecca Baugh Board Member  
Karin Grantham Board Member  
Jamie Hill- Workman Board Member  
Nona Mineva- Board Member

### WEB SITES:

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

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

Pacific Swimming: [www.pacswim.org](http://www.pacswim.org)

USA Swimming: [www.usaswimming.org](http://www.usaswimming.org)

Discount Swim Gear: [www.swimoutlet.com](http://www.swimoutlet.com)

