

HUMBOLDT SWIM CLUB NEWS

October 2021



Creepy Crawl Lap-a-Thon coming October 23rd!

Our largest Fundraiser of the Year!
See details and event info further
down in the newsletter...

COACH'S CORNER

What an exciting month we have coming up in October! It will be a busy one with the first sanctioned meet of the Fall season in Santa Rosa (30+ swimmers signed up!!!), our 2nd Intrasquad meet, the Creepy Crawl, and all of their practices with a little bit of Fall Little League and Soccer. Our practice calendar has been updated with all of our practices and team events. It is now our information center for all practice and events with dates, locations, deadlines, and available pertinent information.

September's Intrasquad meet:

Our 1st official intrasquad meet was something special for me as a coach and I hope the families that participated enjoyed the event. We have some kinks to work out, a few things to learn, there were cables missing, and computers working together, but not talking to each other. The October Intrasquad meet will have some of the issues resolved, while we continue to work towards hosting an officially sanctioned event by next Summer. I am not sure how many new best times our swimmers have after the event or how many races would have been DQ'd if we had officials monitoring, but I am grateful for all of our families participating in our program because your support throughout the years has led to this point. We are months away from providing an opportunity of local competition for our community. Thank you!!

IMPORTANT DATES

October 21- HSC Board Meeting
5:30-7:00 via ZOOM

[Click Here for Zoom Link](#)

Santa Rosa Swim Meet October 8th-10th

IntraSquad Meet October 16th

Creepy Crawl Lap-a-Thon October 23rd

Practice Schedules are posted on the team website.
Please be sure to read about practice rules during
COVID-19

SWIMMERS of the MONTH

Intro	Rana Willey
Bronze	Luca Porter
Silver	Caden Coriell
Gold	Dinah Godlin-Sullivan
Senior I	Naomi Trepia
Senior II	Rogue Russell

HAPPY BIRTHDAY

Thomas Blair (Board)	10/2	
Maile Russell	10/7	14
Bryson Meyer	10/13	15
CJ Nichols	10/13	9
Anika Terry	10/23	8
Ivy Breen (Board)	10/25	
Kaiah Cahoon	10/29	8

ALL ABOUT THE GROUPS!



Intro Group

It's been another exciting month of swimming for our Intro kids! We're moving along and already showing great progress in the full 25-yard lanes, which showed during our September Intrasquad meet. The group will be moving forward with the curriculum as we start to focus on Backstroke and introduce Dolphin Kicking. Backstroke relies heavily on a balance kick and awareness in the lane. There is going to be quite a bit of crisscrossing in the lanes as they learn to use the ceiling as their marker to stay on their side of the road.

Intro Swimmer of the Month: **Rana Willey**

Rana showcased her growth and flexed a bit of sprint speed in the Intrasquad meet. Rana is cruising right along and getting close to earning a spot in the Bronze I group soon!

- Coach Mike

Bronze Group

Happy October Bronze Group! As we have officially completed our first five weeks of the season, I am very pleased with the progress the swimmers have been making. All three groups within the Bronze group started the first month of the season with building a strong foundation with their kick. This includes kicking on their stomach, side, and back. As the first month progressed, freestyle drills have also been implemented that focus on the rotation aspect of the stroke. Drills such as "10 kick switch drill" allow the swimmers to get more accustomed and familiar with rotating while kicking during freestyle. A large quantity of practices have been focused on side kicking to teach the swimmers to extend further with their stroke and, as a result, increase their success in rotating fully.

As our Santa Rosa swim meet approaches around the corner, dolphin kicking, backstroke drills, and flip turn drills have also been introduced so that the swimmers feel prepared entering the meet. The Bronze III group has had a more rigorous practice curriculum such as getting accustomed to interval training in order to get them prepared for Silver I. All in all, these first five weeks have been a success and I look forward to the upcoming month as well as seeing how they do at our first away swim meet!

Bronze Swimmer of the Month: **Luca Porter**

Congratulations Luca on being Bronze Group's October swimmer of the month! Luca has had perfect attendance at practice the entire month of September, and is an extremely hard worker who always shows a strong desire to improve every day at practice. His focus and attentiveness, as well as asking questions to further improve his stroke is quite exceptional for his age. I am very excited to see how he continues to improve moving forward!

- Coach Jacob

Silver Group

Happy Fall Silver swimmers and parents. I hope everyone has had a good month back at school. This October we will continue with freestyle and underwater work, while adding in longer stroke sets. We will hit the blocks for dives, and spend time on the wall working on turns. I have been very impressed with Silver's dedication and hardwork at practice. I am looking forward to the meet season!

We will be bringing back Silver appreciation day for both groups on Wednesday October 27th. It will take place at the pool during practice.

Silver Swimmer of the Month: **Caden Coriell**

Caden is a pleasure to have at practice. He works hard and takes any challenge in front of him. I have seen so much growth just in the last months. Congratulations Caden!

- Coach Kelly

Gold Group

Happy October Gold Group! These first five weeks of the season have looked very promising. The main focus has still been getting their conditioning up to speed with getting their legs and lungs strong. I usually focus on these two things for the first six to eight weeks of the season because if not, the rest of the season is a struggle as the foundation is not there. Getting them comfortable with being uncomfortable is still the idea behind every practice. Giving them demanding kick and hypoxic sets at the beginning of practice in order to burn out their legs and lungs, followed by fast interval freestyle swimming is usually the pattern behind most practices that best prepares them for worst case scenarios of lactic acidosis build up mid-race at a meet. When you feel like you can not push on further, how are you going to respond?

The swimmers have also been given assessment sets such as three 200's in order to assess how their legs and lungs are doing conditioning wise up to this point. Once they all have shown that they can maintain a strong, consistent kick and great underwater's off the walls, then we will be able to move on to other focus points. I am excited to see how they all do at our upcoming Santa Rosa swim meet!



Gold Group Swimmer of the Month: Dinah Godlin-Sullivan

Congratulations Dinah on being Gold Group's October Swimmer of the Month! Dinah has shown strong attendance at practices in September and is always a hard worker. Her upbeat, positive personality no matter how tough the practice is also always a pleasure to have within the group, and is definitely uplifting when everyone else is feeling physically and mentally worn out. Looking forward to seeing what she accomplishes during the month of October!

- Coach Jacob

Senior Group

The Senior student-athletes showcased such impressive kick-lead stroke work they were able to leap-frog most of their kick focused training and start their Freestyle fundamental rotation. Getting ahead in the training cycle will give them more time later to condition and fine tune their primary stroke as they train towards their December championship meet. They will have three (3) sanctioned meets to achieve their December cuts, which will be open to all Senior athletes with four (2) Senior 2 cuts.

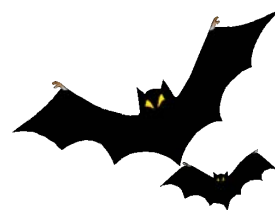
Senior I Athlete of the Month: Naomi Trepiaik

She is one of our younger Senior student-athletes, but you wouldn't be able to tell that when they're in the middle of a workout. Naomi steps into a leadership role during transitions between sets in and out of the pool to avoid wasting practice time. I look forward to seeing her continue growing in the program while she pulls her teammates closer to her and leads them in the appropriate direction.

Senior II Athlete of the Month: Rogue Russell

The Senior II athlete of the month has been recently brought into the training group and started showing the maturity and leadership required to train at the Senior II level. Rogue Russell is currently training at the Varsity level for Arcata High School's Soccer team and fulfilling her training requirements for the Senior II program. I am excited to see her growth

- Coach Mike



Please refer to our website: www.hscswim.org

OCTOBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 HSC Board Annual Budget Meeting	7	8 Santa Rosa Swim Meet	9 Santa Rosa Swim Meet
10 Santa Rosa Swim Meet	11	12	13	14	15	16 IntraSquad Meet
17	18	19	20	21 HSC Board Meeting via Zoom- Officer Nominations	22	23 Creepy Crawl Lap-a-Thon
24/31 Happy Halloween	25	26	27 Silver Appreciation Day	28	29	30

SEPTEMBER INTRASQUAD SWIM MEET



Creepy Crawl Lap-a-Thon

Our biggest fundraiser of the year!

Swimmers can start collecting sponsorships now and up until the event! This is a great opportunity for families to make their **annual \$400 fundraising** obligation and earn prizes while doing it.



The Creepy Crawl is a lap-a-thon style event where swimmers find donors to pledge toward their swim efforts. We are so appreciative of all of our generous donors and our hardworking fundraisers. Humboldt Swim Club relies on fundraising to cover operating costs, such as leasing pool space and purchasing training and competition equipment.

Online donations are quick and easy! Just share our website link with friends and family. Donors can just search for their favorite swimmer under "Find Participant" to donate any amount toward a specific swimmer. Swimmers can also bring cash and check donations to the event.

Swimmers bringing in **\$200 or more** will earn a prize package that includes: a custom Humboldt Swim Club Creepy Crawl t-shirts with glow-in-the-dark ink, a large cotton tote with glow-in-the-dark ink, a new Creepy Crawl swim cap and more! We will also have our Creepy Crawl finisher photo booth set up to get pictures that can be shared with your sponsors. Finishers will also get cupcakes!

The event will take place on **October 23rd from 1:30-4:30** at Arcata Community Pool. Each roster group will be given a time specific slot to swim and Group Start times will be sent out before the event. We hope to see you there!!!

Diversity, Equity and Inclusion (DEI)

Board Member, Karin Grantham

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

As mentioned in prior newsletters 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

<https://www.pacswim.org/userfiles/kcfinder/files/proposed-dei-legislation.pdf>

flipturn.kg@gmail.com on my cell phone (707) 845-1478.

THANK YOU TO OUR SPONSORS!

Sponsorship new in September:

Gold: Kramer Investment Corp

Silver: DCW Contracting, LLC
(Dustin Workman)

Total sponsorships: \$19,493

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
Elloway & Wonenberg, D.D.S
Finney Consulting Services
Harper Motors
Howard Hunt DDS
Humboldt Association of Realtors
Humboldt Audiology
Hunter, Hunter, & Hunt LLP
Jackson & Eklund Accounting
JLF Construction, Inc
Linda Sundberg Insurance
McCrea Nissan
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

TEAM GEAR & CREEPY CRAWL SHIRTS & TOTES

Custom Team Face MASKS have been ordered, if you didn't get a chance to place an order, Some extras have been ordered (\$10/ech)
Adult Royal Blue Long Sleeve Shirts have also been ordered. All accounts will be charged once the order is received.



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 treasurer@hscswim.org	707- 502-4940
Amy Martin Secretary	
Kristin Johnson Board Member	
Thomas Blair Board Member- Safe Sport	
Karin Grantham Board Member - DEI	
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>
Fastswims www.fastswims.com
Pacific Swimming www.pacswim.org
USA Swimming www.usaswimming.org

