

# HUMBOLDT SWIM CLUB NEWS

October 2022



## COACH'S CORNER

Happy Fall Waterdogs! I would like to welcome all the new and returning swimmers to the team. I look forward to working with you all.

As we head into Fall and our competition season kicks off, our training becomes more race focused. Now that we are in shape with our breath work, kicking endurance, and stroke technique, our coaches will begin spending more time on dives, turns, and finishes.

- **Coach Kelly**

It is officially spooky season, water dogs!!! I want to take a moment to applaud all of the senior swimmers who show up every day ready to work hard. The past month of the season has been far from easy, but the swimmers always know how to keep their heads up and keep pushing! The stretches of heavy training are what count, and lead to success later down the road! We have a couple of big events on the horizon:

- Our Creepy Crawl fundraiser is October 22nd! This is our biggest fundraiser of the year, so make sure that you do your part and help raise money to support our team!
- The Fort Bragg swim meet is November 19th & 20th. This is an important meet for our senior swimmers as it culminates the end of our first training cycle. If you plan on attending, sign up through [fastswims.com](https://fastswims.com) ASAP as the meet will fill up quickly.

I look forward to a productive and rewarding October of training! Let's get our spooky on!!!

- **Coach Jacob**

## Swimmers of the MONTH

|             |                  |
|-------------|------------------|
| INTRO       | Charlotte Landis |
| BRONZE      | Liam Henderyckx  |
| SILVER      | Logan Holmes     |
| GOLD        | Nathan Barielles |
| SENIOR      | Cassidy Thorpe   |
| SENIOR COMP | Sadie Breen      |

## NEW TEAM RECORDS FROM SANTA ROSA NEPTUNES!

**Sadie Breen**

17-18 400 IM **4:51.44**

**Nathan Barielles**

11-12 500 Free **5:35.55**

## IMPORTANT DATES

October 20th - HSC Board Meeting  
5:30-7:00. Public Comment may join  
via zoom [ZOOM \(link here\)](#)

**Creepy Crawl Lap-A-Thon!**  
October 22 2022

**Mendocino Sea Dragons**  
November 19-20 2022

Creepy Crawl is our **LARGEST FUNDRAISER** of the year!!  
Check out Teamunify for ways to donate online and link to your Facebook or Instagram!

## HAPPY BIRTHDAY

|                         |       |    |
|-------------------------|-------|----|
| Cameron Jones           | 10/6  | 14 |
| Maile Russell           | 10/7  | 15 |
| Georgia Wilson          | 10/7  | 10 |
| Bryson Meyer            | 10/13 | 16 |
| Christopher Nichols     | 10/13 | 10 |
| Jude Vidargas           | 10/13 | 8  |
| Anika Terry             | 10/23 | 9  |
| Ivy Breen- Board Member | 10/25 |    |
| Chloe Cappuccio         | 10/26 | 11 |
| Kaiah Cahoon            | 10/29 | 9  |

## ALL ABOUT THE GROUPS!



### Intro Group

Nice work, Intro group! Welcome new swimmers! This month we will continue to focus on body positioning and kicking. It's important to lay a solid foundation for stroke technique.

**Intro Group Swimmer of the Month:** **Charlotte Landis**

Charlotte is ready to rock every practice. She is excited for everything we do. Congratulations Charlotte!

**Moving Up to Bronze Group:** Hailey Preston, Chloe Cappuccio, and Griffin Mollberg.

- **Coach Mary & Coach Madeline**

### Bronze Group

Great month, Bronze group! We focused on breaststroke kick and rhythm for most of this past month, and also worked on some swimming survival skills like treading water. Moving into October we will continue with our breaststroke skills, and also focus on freestyle stroke technique.

The next Park Day is Friday, October 21st. Don't forget to bring clothes and shoes to run around in.

**Bronze Swimmer of the Month:** **Liam Hinderyckx**

Liam brings his fun-loving spirit to every practice! He's a great listener, and quickly implements instruction. Great job, Liam!

**Moving Up to Silver Group:** Tallinn Brown and Anika Terry

- **Coach Megan & Cleo**

### Silver Group

Silver swimmers have been working very hard. The expectations of the Silver group are high. They are preparing for the next step of competitive swimming. We are working on understanding the importance of intervals, getting their times, and pushing the speed into the finish. This month we will spend a ton of time on dives and turns. The focus will be the breakout of the stroke after the dive or turn. During dryland Silver swimmers are learning the basics of body weight workouts, and also playing some fun games. Silver appreciation day is back this month. We will walk to redwood yogurt at 4pm on Friday, October 21st. We will be swimming after, so bring swim gear!

**Silver Swimmer of the Month:** **Logan Holmes**

Logan is an incredibly hard worker. He comes to practice ready to learn. He challenges himself everyday. Congratulations Logan!

- **Coach Kelly**

### Gold Group

Gold swimmers have been logging plenty of aerobic swimming hours. As a group we have hit the point where we can now focus on longer stroke sets. This month we will work on the details of turns, dives, and breakout strokes. We will practice our race strategy when tired and when rested. I am very proud of this group. Dryland for Gold group has become advanced with our workouts. Gold group is learning the reasoning behind the exercises they perform, and how they relate to swimming.

Gold appreciation day will be Wednesday October 19th.

**Gold Group Swimmer of the Month:** **Nathan Barielles**

Nathan is a leader of the group. He makes sure we are ready to go, and ready to work hard. He has been patient with injury and worked his way back to a competitive level. Great work Nathan!

- **Coach Kelly**

### Senior Group

Happy October Senior!! It's great to be back and coaching this dedicated group of athletes. As we move into October, we are continuing to build and maintain our aerobic base with longer distance swim sets and lots of kicking! We will also begin the shift into more heavy anaerobic and speed work, and continue to refine technique. I am so excited to see this group of athletes progress through this season.

#### Senior 1 Swimmer of the Month: Cassidy Thorpe

Cassidy continues to demonstrate an exemplary level of dedication to her training. In the pool and during dryland she is always pushing herself to improve, never taking shortcuts. She simply won't back down! Way to go Cassidy!

- **Coach Ellie**

### Senior Comp

Happy October, senior comp! I am beyond impressed with the work that these swimmers put in every day. They are always ready to take on any challenge that is presented to them, and the collective work ethic of the group makes for a very rewarding and successful environment. We are seven weeks out from the Fort Bragg swim meet, which will be the end of our first training cycle. Our creepy crawl fundraiser is Saturday, October 22nd, so make sure that you are raising money till then!

#### Senior Comp Swimmer of the Month: Sadie Breen

Congratulations Sadie on being October's swimmer of the month! Sadie has been super locked in to the sport mentally, and it has shown at practice. She is consistently conquering every training set thrown at her, and the level of discipline she displays is definitely contagious to the rest of the group. She is a natural leader.

- **Coach Jacob**

## Creepy Crawl - 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. 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 **\$150** will earn a custom Humboldt Swim Club Creepy Crawl t-shirt, patch and stickers. **\$250** gets all of the above plus a HSC Creepy Crawl baseball cap. 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 22nd from 11:00 - 2:00** 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.



Please refer to our website: [www.hscswim.org](http://www.hscswim.org)

**OCTOBER 2022**

| Sunday                                                            | Monday                                  | Tuesday                                                                                       | Wednesday                               | Thursday                                                                              | Friday                                                          | Saturday                                                     |
|-------------------------------------------------------------------|-----------------------------------------|-----------------------------------------------------------------------------------------------|-----------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------------------------------------|--------------------------------------------------------------|
| Please see Senior and Senior comp complete schedule on Team Unify | Silver 4-5<br>Gold 5-6<br>(dryland 4-5) | Intro 4-5<br>Bronze 4-5<br>Silver 5-6<br>Gold 4-6<br>** am practice<br>(Silver, Gold, Senior) | Bronze 4-5<br>Gold 5-6<br>(dryland 4-5) | Intro 4-5<br>Bronze 4-5<br>Silver 5-6<br><br>** am practice<br>(Silver, Gold, Senior) | Intro 4-5<br>Bronze 4-5<br>Silver 5-6<br>(dryland 4-5)          | 1<br><br>Intro 1-2<br>Bronze 1-2<br>Silver 11-1<br>Gold 11-1 |
| 2                                                                 | 3                                       | 4                                                                                             | 5                                       | 6                                                                                     | 7                                                               | 8                                                            |
| 9                                                                 | 10                                      | 11                                                                                            | 12                                      | 13                                                                                    | 14                                                              | 15                                                           |
| 16                                                                | 17                                      | 18                                                                                            | 19<br>GOLD<br>Appreciation<br>Day       | 20<br>HSC Board<br>Meeting - Public<br>Comment on<br>Zoom                             | 21<br>Bronze Park<br>Day!<br>Silver<br>Appreciation<br>Day!     | 22<br>Creepy<br>Crawl<br>Lap-A-Thon                          |
| 23/30                                                             | 24/31<br>Halloween                      | 25<br>     | 26                                      | 27                                                                                    | 28<br>Friday Fun<br>Day!<br>4:00-6:00<br>All groups<br>welcome! | 29                                                           |

## 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>



# Santa Rosa Neptunes Swim Meet



## 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)<br>* <b>Qualifying</b>                  |
| January 21-22            | TCA Zone 3 Championships<br>* <b>Qualifying</b>                              |
| February 4-5             | Last Chance Invitational (Grant's Pass)                                      |
| February 18 - 19         | MAC Senior Open (Milpitas)<br><b>(Senior)</b>                                |
| March 18 - 19            | Piranhas Swimming (Rohnert Park)                                             |
| March 29 - April 1       | Western Zone Senior SCY Championship (Federal Way WA)<br>* <b>Qualifying</b> |
| April 1-2                | Sebastopol Sea Serpents Invitational<br><b>(Intro &amp; Bronze)</b>          |
| April 22 - 23            | AC Swim Club LCM (Petaluma)                                                  |
| May 7                    | Senior 2 Post NCS Walk-On Meet<br><b>(Senior)</b>                            |
| May 13                   | Shasta Y-1 Day Meet (Redding)                                                |
| June 17 - 18             | Willits Otters <b>(Intro &amp; Bronze)</b>                                   |
| 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 * <b>Qualifying</b>                    |
| July 27 - August 12      | All Team Break!                                                              |

### Diversity, Equity and Inclusion (DEI)-

Karin Grantham Board Member,  
flipturn.kg@yahoo.com or  
(707) 845-1478

Big cheers for the upcoming Creepy Crawl, our biggest fundraiser of the year. I'm looking forward to seeing the joy that this event brings the team every year. I am also happy to announce that the Humboldt Swim Club 2021-2022 Season Stakeholder Survey is now live.

<https://forms.gle/u2rWqS8gL1nHkoD77>

Please help us by completing this survey by **October 31, 2022**. The Humboldt Swim Club (HSC) Board uses this 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. We welcome all swimmers 16 and older and all parents to complete the survey.

The aggregated results from the survey will be used internally by the HSC board and our lead group coaches to guide future planning. As a reminder, 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.

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 -

Wiley 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](http://www.teamunify.com/pchsc) or

[www.hscswim.org](http://www.hscswim.org)

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**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](http://www.pacswim.org)

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

