

WATERDOG NEWSLETTER HUMBOLDT SWIM CLUB



IMPORTANT DATES

- HSC Board Meeting October 17th @ 5:30 Redwood Room
- Santa Rosa Neptunes C/B/A+ October 6-8
- Creepy-Crawl Lap-A-Thon Fundraiser October 21st - The BIGGEST FUNDRAISER of the Year- See information on the last page!
- Super Fun Day October 27 (all groups) 4-6
- Friday Coach Swap- Coach Jacob coaches Bronze & Silver// Coach Kelly coaches Senior

COACH'S CORNER

We are two months into our short course training season and I am so proud of the dedication and hard work the swimmers have been putting in. Keep up the good work Water Dogs! With our 1st meets of the season approaching, we will focus on our details at practice. This means streamlines, underwaters, starts, and turns will be a priority. I am very excited to kick off the competition this month!

Welcome new families to the Humboldt Swim Club! The coaching staff is very excited to have you on the team. Please reach out to us with any questions or concerns you may have..

- Coach Kelly

Happy spooky season, Water Dogs! Fall is in the air, and with that comes our creepiest of crawls yet! That's right, I am talking about our Creepy Crawl fundraiser! The event will take place on Saturday, October 21st, and the donation portal for it is up on our Team Unify website. There will be a costume contest as well, so make sure to bring your cool fits to show off to everyone! I would also like to welcome all swimmers that just made the team at our September tryouts! We welcome you to the Water Dog family, and promise that you are going to have a blast swimming with us!

- - Coach Jacob

OCTOBER BIRTHDAYS

- | | | |
|----------------------------|-------|----|
| • David Terry - Official | 10/5 | |
| • Georgia Wilson | 10/7 | 11 |
| • Dennis Sager | 10/12 | 10 |
| • Jude Vidargas | 10/13 | 9 |
| • Bryson Meyer | 10/13 | 17 |
| • CJ Nichols | 10/13 | 11 |
| • Elijah McAndrew | 10/16 | 13 |
| • Trinity Medina | 10/17 | 15 |
| • Anika Terry | 10/23 | 10 |
| • Maasima Lunsford | 10/24 | 14 |
| • Ivy Breen - Board Member | 10/25 | |
| • Chloe Cappuccio | 10/26 | 12 |

SWIMMERS of THE MONTH

Intro Group:	No Submission
Bronze Group:	Grant Bumgardner
Silver Group:	Mai Bareilles
Gold Group:	Fiona Condon
Senior Group:	Robert Powers
Senior Comp:	Amalia Baugh



ALL ABOUT THE GROUPS

INTRO GROUP

All intro new swimmers have been welcomed to the group, we are all so excited! Breaststroke and underwater swimming will be a focus in the next few weeks.

Swimmer of the month: **No submission**

- *Coach Madeline*

BRONZE GROUP

We've been working on fine-tuning details like underwaters and streamlines, and everyone has shown great improvement! This month we'll continue to work on those things, and also tackle longer and more diverse sets.

Swimmer of the month: **Grant Bumgardner**. Grant has grown so much since he moved up to Bronze group. He is dedicated, and eager to improve. Good job, Grant!

- *Coach Mary*

SILVER GROUP

Silver has spent lots of time working on all 4 strokes. We have been breaking each stroke down so that we head into October with a good stroke base. Kick is still our main focus, helping to create a strong body position/ bodyline in the water. I am looking forward to watching you all compete in the next few months. Great job, and keep it up Silver!

Swimmer of the month: **Mai Bareilles**. Mai has been a real champ since moving to Silver. She always tries her best, and works on the technical aspects of her stroke at every practice. We can always count on Mai to know what we are doing and working on that day.

Silver appreciation day is back! Friday October 27th, we will celebrate Silver's awesomeness!

- *Coach Kelly*

GOLD GROUP

Gold has made leaps and bounds these past few months. They have pushed themselves when asked, and slowed down to work on stroke control when needed. I am very proud of these swimmers. The group takes ownership in their dryland and is eager to improve.

Swimmer of the month: **Fiona Condon**. Fiona has really flipped the switch when working hard. She has been pushing her limits and always wants to see if she can make the faster interval. I am excited to see what she can achieve in the future. Great job Fiona, keep up the excellent work!

- *Coach Kelly*

SENIOR GROUP

Happy October, senior group! This is the month of our first swim meet with the Santa Rosa Neptune meet being October 6-8th! I am excited to see how everyone does at that meet, and it will be a great indicator on what we are currently outstanding in, and also areas that we still need to improve on. I appreciate how hard everyone has been working this past month, and I want to remind all the swimmers that good habits must be maintained in order to continue to progress! I am looking forward to seeing how far everyone has come by the time we reach November!

Senior Comp Swimmer of the month: **Amalia Baugh** Congratulations Amalia on being October's swimmer of the month! Amalia has a very strong attendance record, and continues to work hard on improving her stroke at every practice. She has also come a long way at improving various techniques in movements we do at dryland!

I am looking forward to seeing how she does in Santa Rosa.

Senior Swimmer of the Month: **Robert Powers** Congratulations Robert! Robert is an incredibly hard worker that always goes above and beyond during practice. He is a very coachable swimmer, and has a great feel for the water. I am excited to see what he can do in senior I group. Way to go Robert!

- *Coach Jacob*

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

Thank you to all of you swim families that took time to fill out our Annual Team Stakeholder Survey regarding the prior 2022-2023 swim season. We will provide some highlighted results in the coming month.

Coming up this month about 10 of our swimmers will be attending a DEI swim camp in Ukiah along with some of our other Zone 3 clubs. This one day event is meant to reach out to underserved areas that don't normally get a chance to participate in swim camps. Kids that attend will be making up their Creepy Crawl swims later in the month. We thank Pacific Swimming/Zone 3 for offering this event.

Are you interested in becoming a meet Official? There is an in-person training event coming up October 14th in Pleasanton, offered by Pacific Swimming. Information has been posted on HSC Team Unify in our Team Events calendar.

For swimmers seeking to know how USA Swimming is addressing issues of Diversity, Equity, Inclusion and Accessibility within the sport of swimming you can find abundant resources at [USA Swimming DEI and Accessibility Resources](https://www.usaswimming.org/diversity-equity-inclusion-and-accessibility-resources)



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 (TBD)** **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>

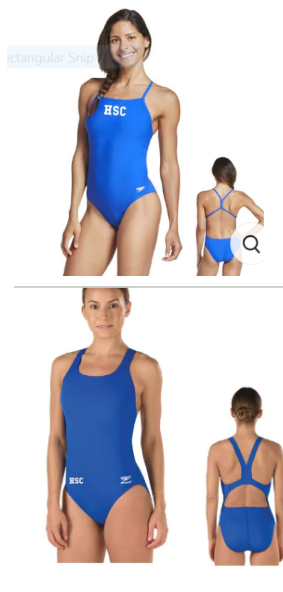
- **C/B/A+ Meets** = All swimmers may attend.
- **Zone 3 Championships** = swimmers must qualify with either A or B times

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**

WATERDOG NEWSLETTER

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.

OCTOBER 2023

WATERDOG NEWSLETTER

CREEPY CRAWL LAP A THON THE LARGEST FUNDRAISER OF THE YEAR!

Intro: 800 yards
Bronze: 1500 yards
Silver: 2,500 yards
Senior/Senior Comp: 4,000 yards

Tier 1 \$150 T-Shirt & Sticker
Tier 2 \$200 Sunglasses, T-Shirt & Sticker
Tier 3 \$400 Personalized Team Poncho,
Sunglasses, T-Shirt, & Sticker



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

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www.hscswim.org

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Amanda Bowers Board Member

Karin Grantham Board Member - DEI & SafeSport

Kit Meyer Board Member - Team Apparel

Jamie Hill- Workman Board Member - Media &
Sponsorship

Nona Mineva- 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

