

HUMBOLDT SWIM CLUB NEWS

September 2021



COACH'S CORNER

We will be starting our 2021/22 season with 104 members!

It is exciting to head into the next season with full rosters, months of set practice schedules, clinics, and Intrasquad, Zone, and team travel meets. With everything on the calendar set and our rosters at capacity, it is important to remember there are safety protocols we need to keep in place and enforce throughout all team events.

Fall Season Preview: The Fall season practice and competition calendar are posted on our team website. Our pool space is set at ACP for all of our 82 members training in our Intro through Gold, which is exciting to say! We will continue to offer Intrasquad meets throughout the Fall for families wanting to stay local, but would love to see as many as possible join us at the Santa Rosa Neptunes meet the weekend of October 8th - 10th (<https://app.fastswims.com/>). Hopefully after our four Fall Intrasquad meets, all of our families will be ready to compete at the Mendocino Coast Sea Dragons meet the weekend of November 19th - 21st.

COACH SPOTLIGHT



Hello everyone! My name is Sydney! I am in my second year at CR and am majoring in Business Administration. I also work at Dutch Bros, which I have for the past year and a half. I am so excited to be a part of HSC, again. I swam for the team for about 4 years and loved it. I cannot wait to meet everyone!

IMPORTANT DATES

**September 16th - HSC Board Meeting
5:30-7:00 via ZOOM**

[Zoom Link Click Here](#)

**Pacific Swimming Return to Swim Camp
(9/18-9/19)- Ives Park Pool, Sebastopol**

IntraSquad Meet (9/25)

Walnut Creek Senior Meet (10/3)

**Practice Schedules are posted on the
team website.**

**Please be sure to read about practice
rules during COVID-19**

COACHING STAFF

**** see coach spotlight****

Mike Nichols	Head Coach
Kelly Nathane	Silver Group
Jacob Ireland	Bronze/Gold
Ellie Earl-Rouse	Senior I & II
Sydney Frisbie	Intro Group

HAPPY BIRTHDAY

Wesley Ask	(9/2)	8
Keely Evenson	(9/6)	8
Jolie Gibbs	(9/7)	14
Rogue Russell	(9/7)	16
Kinleigh Knudtson	(9/18)	9
Emiri Mueller	(9/21)	8
Robert Powers	(9/22)	13
Andrew Trieu	(9/22)	16
Simon Zagone	(9/23)	12

ALL ABOUT THE GROUPS!

Intro Group

Happy September, Intro Group! I hope that everyone had a terrific two week break. As we get back into the swing of things and start our new season, the main focus is going to be to refresh the swimmers' fundamentals. Kicking and body position in the water is going to be the main priority for a while as these two things are the key foundation to a good stroke. Looking forward to the upcoming season!

- Coach Jacob



Bronze Group

Happy September, Bronze Group! I am excited for the upcoming season and the opportunity to help these young swimmers grow as athletes. This group has made some minor modifications as there are now three groups of bronze instead of just one. Despite this change, all three groups will be working on the same thing to start the season, which is refreshing the fundamentals. Kicking on our stomach, side, and back will be practiced daily, as well as hip rotation in freestyle. As the swimmers progress with these fundamentals, sculling will be implemented in order to further improve their feel for the water. I look forward to seeing how much they improve!

- Coach Jacob

Silver Group

It sure is good to be back coaching you all! I'm very excited to continue working with all new and experienced silver swimmers. At the start of every swim season we focus on the fundamental aspects of the strokes, starting with flutter kick as a building block, then sculling and breath control. We will talk about setting personal and group goals and make plans for achieving them.

- Coach Kelly

Gold Group

Happy September, Gold Group! As we kick off the season, I have informed the swimmers to treat this first week as a fresh start and to develop a new sense of focus. Anything that has happened in the past does not matter now, and that this is an opportunity to get redialed in and do something special. The beginning of the season will remain the same as it was last year, with conditioning the legs and lungs. Lots of kick sets and lots of breath control work in order to strengthen their overall endurance. Getting comfortable with being uncomfortable and disciplining yourself everyday to do the little things will always be the mantra. I look forward to seeing what is in store for this upcoming season!

- Coach Jacob

Senior Group

The first few weeks back are always a mixed bag of excitement to be back in the water and weight room with the dread of how heavy the warm-up weights are and how slow the water feels. Our Senior squad will be training together for the first few weeks while they get back into the swing of things. They will all be preparing for the season opener at the Walnut Creek hosted Senior meet or Santa Rosa Neptunes hosted zone meet before splitting out into our Senior I & II training groups. We have a packed season ahead and a lot of goals set to train towards. I am looking forward to seeing the physical and mental growth of our student-athletes in the next few months. We do not have a swimmer of the month for August, but I would like to thank all of our Senior athletes for their determination and perseverance during the 2020/21 season. We no longer have a Senior student-athlete hiding within their comfort zone, they've all taken at least a step outside of where they feel comfortable. That mindset has carried over to the first few weeks of our new season. We have 22 self-motivated Senior program athletes ready to start the season ahead of them.

- Coach Mike

Please refer to our website: www.hscswim.org

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Labor Day No practice for Intro & Bronze	7	8	9	10	11
12	13	14	15	16 HSC Board Meeting via Zoom	17	18 Pac Swim Return to Swim Camp- Sebastopol
19 Pac Swim Return to Swim Camp- Sebastopol	20	21	22	23	24	25 Intrasquad Meet
26	27	28	29	30		

Diversity, Equity and Inclusion

Board Member, Karin Grantham

I don't know about you, but I noticed a distinct chill in the air during my early morning outings this week. This made me realize that fall weather is right around the corner. I certainly hope that means some desperately needed rain for fire plagued northern California. That said, my family and I are going to try to hold on to these last days of summer along our amazing beaches and by taking in some of the Paralympics highlights. There is a wonderful family-friendly documentary called Rising Phoenix that is streaming right now that also features the amazing talent and dedication of these athletes.

During August, Board member Russ and I continued to work on our Stakeholder Survey that we still hope to have out to you by the end of September. Right now we are taking into account comments from the board and a parent reviewer. The themes of the survey will be coaches and coaching, swim practices and meets, board and team, and diversity, equity and inclusion.

As noted by Coach Mike the Pacific Zone DEI committee has invited HSC to participate in a stroke clinic the weekend of September 18 and 19 in Sebastopol. Although details are still being worked out, swimmers in Bronze II; Silver I and II (12&U), and Senior I and II are invited. Parents wishing to become officials can also obtain training during this event. Swimmers accompanying parents that sign up for the official's training can also participate in the stroke clinic even if those swimmers are not part of the invitational groups listed. HSC could really use certified officials. Have a good month everyone. Stay safe.

Please feel free to reach out to me directly at flipturn.kg@gmail.com 707-845-1478

SUMMER FUN!

Our swimmers took advantage of the break to enjoy hiking, beach days, and some outdoor fun!







Thank you to all of the families who submitted photos!



Team Registration

It's time for our annual team registration for the 2022 season. All continuing members must register annually with USA Swimming and Humboldt Swim Club (HSC). The 2022 USA Swimming registration fee per swimmer is \$84.00, and the 2022 HSC administration fee per family is \$50. All HSC members registering for the 2022 season will receive an HSC team shirt and team cap. Payment is due at the time of registration.

Registration is completed entirely online and our online registration packet includes all forms that are required to be signed by all USA Swimming members annually.

Registration is open now and will be open through September 18th. All swimmers must complete the online registration by September 18, 2021 to continue practicing with HSC and/or attend any meets.

Going through the annual registration process is a great time to check and update your general contact information, t-shirt size information and emergency contact info. Each account can have multiple email addresses listed and all emails on the account will receive our team emails, so multiple household members, and multiple households can stay informed with team communications. Older swimmers who have their own email addresses can also be added.

When you register, you will need to select your designated practice group. Please select the group that your swimmer has been assigned by the coaching staff. Attached is a copy of the current roster by group. Coaching staff will be reviewing and approving the groups selected during the registration process and you will be notified if you registered for the wrong group.

If you have any questions about group placement, please contact the Head Coach at headcoach@hscswim.org. Please follow the link to register. You will need to login to your account first. On our team website, go to the event titled: HSC Annual Team Registration 2021-2022 Season.

2021 SPONSORSHIP DRIVE

Thank you Water Dog families for a fantastic Sponsorship Drive!

Since January, we have raised a total of

\$18,115.

THANK YOU TO OUR SPONSORS!

HUMBOLDT
SWIM  CLUB

HSC CONTACT INFORMATION

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HSC website: www.teamunify.com/pchsc or
www.hscswim.org

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Thomas Blair Board Member

Karin Grantham Board Member

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>

Pacific Swimming www.pacswim.org

USA Swimming www.usaswimming.org