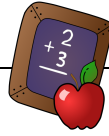


HUMBOLDT SWIM CLUB NEWS

September 2022



COACH'S CORNER

Welcome back to the pool Water Dogs! As we begin our 2022-2023 short course season I would like to say thank you to all those parents, grandparents, friends and guardians who get these kids to their practices. I love seeing them back, happy to be there, and ready to swim! We have been easing back in with some fundamentals and focusing on stroke technique. The coaching staff is looking forward to seeing what these swimmers can do this season! Don't forget to sign up for the Santa Rosa swim meet, September 30 through October 2nd. Sign ups are available on Fastswims.com. this meet will fill quickly so don't wait. To all of our age groupers and families please feel free to reach out to me with any questions or concerns you may have. - **Coach Kelly**

It has been such a great experience to be on deck coaching the senior group these past three weeks, I am looking forward to the rest of the season. We have been focusing primarily on swimmer's regaining their "feel" for the water, as well as brushing up on some stroke technique. All senior swimmers are encouraged to sign up for the Neptune's Fall Classic. Thank you to all of the athletes, parents and guardians who have committed to training at the senior level, please reach out with questions!

- **Coach Jacob**

Swimmers of the MONTH

INTRO	Hailey Preston
BRONZE	Lucy Biondo
SILVER	Sky Ganders-Gatton
GOLD	Luke Prieditis
SENIOR	Nadia Weise
SENIOR COMP	Keenan Riggs-Turpin

IMPORTANT DATES

September 15th - HSC Board Meeting
5:30-7:00. Public Comment may join
via zoom [ZOOM \(link here\)](#)

Humboldt TriKids

September 18 2022

Neptune's Fall Classic

September 30 - October 2 2022

Creepy Crawl Lap-A-Thon!

October 22 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!

Practice Schedules are posted on the
team website and will not be changing
through December 2022

HAPPY BIRTHDAY

Keely Evenson	9/6	9
Jolie Gibbs	9/7	15
Rogue Russell	9/7	17
Coach Mary	9/8	
Anne Girard- Official	9/17	
Robert Powers	9/22	14
Andrew Trieu	9/22	17
Simon Zagone	9/23	13
North Sanders-Gatton	9/28	15
Breanna Cahoon- Board Member	9/26	

ALL ABOUT THE GROUPS!

Intro Group

Welcome back Intro group! Coach Madeline, Coach Cleo, and Coach Megan have been working on lots and lots of streamlines and flutter kicking. The goal is to get a strong kick base, and solid bodyline position before moving forward with too much stroke work.

The next Park Day is Friday September 23rd. Bring clothes and shoes you can run in.

Intro Group Swimmer of the Month: Hailey Preston

Swimmer of the month is Hailey Preston. Hailey works hard at every practice and is a great leader within the group. Great job Hailey!

- Coach Mary, Coach Madeline, Coach Cleo & Coach Megan



Bronze Group

Welcome back to the pool Bronze Group! We have a wonderful and fun group of Bronze swimmers this season. Coach Mary, who will be the lead coach for the Bronze Group, has been focusing on a strong kick base for all 4 strokes, Butterfly, Backstroke, Breaststroke, and Freestyle. As your swimmer enters into the Bronze Group, they will begin working on the technique of all 4 strokes. This begins with a strong kick. Bronze Group swimmers have also been learning to use intervals by means of the clock. They have been doing a wonderful job.

The next Park Day is Friday September 23rd. Don't forget to bring clothes and shoes to run around in.

Bronze Swimmer of the Month: Lucy Biondo

Swimmer of the month is Lucy Biondo. Lucy is a great leader in the Bronze Group. She tries her hardest no matter the challenge. Congratulations Lucy.

- Coach Kelly

Silver Group

Welcome back new and returning Silver swimmers. Silver swimmers are expected to be somewhat self reliant. They learn to be proficient with the clock. We have already begun to work on our underwater, breath control, dives and strong freestyle kick base. The first week had been full of fantastic effort by these Silver swimmers. Great job everyone!

Dryland begins Friday September 2nd. Bring clothes and shoes you can exercise in.

Silver Swimmer of the Month: Sky Ganders-Gatton

Swimmer of the month is Sky Ganders-Gatton. Sky is new to the group, but you would never know it. He is focused at practice and puts in his best effort. Congratulations Sky!

- Coach Kelly

Gold Group

Welcome to the Gold group! These swimmers are all new to this group. We have begun our season with breath work and a lot of kicking! This group pushes themselves everyday. They are expected to make it through two hour practices multiple days of the week. I am incredibly proud of this group. I have been coaching most of them for a year or more now, and the growth I have seen blows me away.

September brings more work on 50s of stroke, and longer freestyle distances. We will begin timed 200s of kick this month. Keep up the good work Gold.

Dryland begins Wednesday August 31st. Bring exercise clothes.

Gold Group Swimmer of the Month: Luke Prieditis

Swimmer of the month is Luke Prieditis. Luke has been really pushing himself at practice. He is not afraid to get competitive in this very competitive group. Great job Luke!

- Coach Kelly

Senior Group

Happy September, Senior!! As we dive into our first full month of the season, our training plan is expected to shift from regaining the "feel" for the water, to entering the beginning of our aerobic base training. There will still be a high emphasis placed on stroke development, but building endurance will be crucial throughout this month so that when October comes around, the training can shift to a higher anaerobic emphasis. Coach Ellie will be returning to our group for the remainder of the season, and we are really excited to have her back on board working primarily with this group!

Important Meet Dates This Month:

- September 30th - October 2nd, Neptunes Fall Classic (Santa Rosa, CA)

Register for these meets now if you plan on attending!

Senior 1 Swimmer of the Month: **Nadia Weise**

Congratulations Nadia on being named September's Swimmer of the Month! Nadia has shown great work ethic at practice, and an eagerness to fine tune certain areas of her stroke technique. I am so excited to see how she continues to progress moving forward!

- **Coach Jacob**

Senior Comp

Happy September, Senior Comp! The first couple of weeks of the season were focused primarily on the swimmer's regaining their "feel" for the water, as well as brushing up on some stroke technique. This past week, they were introduced to the beginnings of their aerobic base training, which will progressively build through the rest of the month. Throughout September, there will be a high focus on maintaining good technique while increasing their endurance.

Important Meet Dates This Month:

- September 30th - October 2nd, Neptunes Fall Classic (Santa Rosa, CA)

Register for these meets now if you plan on attending!

Senior Comp Swimmer of the Month: **Keenan Riggs-Turpin**

Congratulations Keenan on being named September's Swimmer of the Month!

Keenan is always extremely engaged at practice when it comes to improving his form and maintaining a terrific work ethic. He is always asking engaging questions when it comes to why we are training the way that we are, which is always amazing for an athlete to do because they develop a better understanding of the coach's vision within the training plan. Super excited to see how Keenan continues to swim this year!

- **Coach Jacob**

Team Apparel Orders 2022

Team Apparel Orders 2022!

Please fill out the [ORDER FORM](#) to place an order form team shirts, hoodies, joggers and shorts! All the shirts and hoodies will be gray with the HSC wave logo and bottoms will be black with the wave logo.

Personalization - is included with both the hoodie and zip hoodies, if you prefer not to have a name just note that in the order.

If you have any questions or would like to see the sizing guides for any of the items please email amy.martin@humboldt.edu. Orders must be placed by Wednesday, 9/7 at 5:00pm. No late orders will be accepted.

Please refer to our website: www.hscswim.org

SEPTEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please see Senior and Senior comp complete schedule on Team Unify	Silver 4-5 Gold 5-6 (dryland 4-5)	Intro 4-5 Bronze 4-5 Silver 5-6 Gold 4-6 ** am practice (Silver, Gold, Senior)	Bronze 4-5 Gold 5-6 (dryland 4-5)	1 Intro 4-5 Bronze 4-5 Silver 5-6 ** am practice (Silver, Gold, Senior)	2 Intro 4-5 Bronze 4-5 Silver 5-6 (dryland 4-5)	3 Intro 1-2 Bronze 1-2 Silver 11-1 Gold 11-1
4	5 LABOR DAY ACP Closed- No practice	6	7	8	9	10
11	12	13	14	15 HSC Board Meeting Public Comment Zoom option	16	17
18 Humboldt Tri Kids Triathlon	19	20	21	22	23 Intro/Bronze Park Day!	24
25	26	27	28	29	30 Santa Rosa Neptunes Fall Classic	1 Santa Rosa Neptunes No Practice

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.

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

Diversity, Equity and Inclusion (DEI)-

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

Welcome back everyone! It is great to see all the activity at the pool again after a couple of quiet weeks. Last year the board put out a team stakeholder survey to help us assess the various aspects of the team including communications, scheduling, and equity. The survey is available to swimmers 16 and up as well as parents. If you have any feedback on the survey itself from last year, feel free to reach out to me directly. Otherwise, look for the survey to come out in the next few weeks.

All of the activities and scheduling changes that occur during this time can lead to some level of anxiety. So this month I bring you a story about some of the mental health benefits of swimming that you might not have thought about.

<https://www.swimmingworldmagazine.com/news/feeling-blue-go-for-a-swim-for-these-6-mental-health-benefits/>

I love finding and sharing new resources. *Athletes without Limits* is a resource that I recently came across for swimmers and athletes of all kinds with intellectual impairment, such as autism. Their mission is, "...to create opportunities, supports and services for people with intellectual and developmental disabilities; so that they can develop and maintain healthy lifestyles and reach their highest potential in sport and in life". You can find them at <https://www.athleteswithoutlimits.org>

As always Pacific Swimming our LSC has a variety of resources available at

<https://www.pacswim.org/programs>

Good luck to you all in the coming swim year!

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 or

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

USA Swimming: www.usaswimming.org

