

WATERDOG NEWSLETTER HUMBOLDT SWIM CLUB



IMPORTANT DATES

- Pints for NonProfits Fundraiser
Redwood Curtain Brewery
September 13th 11-10PM
- HSC Board Meeting September
14th @ 5:30 Redwood Room
- Team Tryouts @ ACP
September 16th 1-2
- Santa Rosa Neptunes C/B/A+
October 6-8
- Super Fun Day September 29th
4-6. (all groups)
- Creepy-Crawl Lap-A-Thon
Fundraiser October 21st
- Friday Coach Swap- Coach Jacob
coaches Bronze & Silver// Coach Kelly
coaches Senior

COACH'S CORNER

Welcome to September Water Dogs! It has been so nice getting to see everyone. As school and practice are back in session make sure you swimmers are getting all the nutrition and rest you need to be successful.

Swim meet season is upon us. Make sure you check out our short course season meet schedule on our team unify website. If you have any questions about the season's upcoming meets please reach out.

- **Coach Kelly**

Happy September Water Dogs!!! This will be our first complete month of swimming, and we have a lot of fun events around the corner! Our team will be having a Pints for Nonprofits Fundraiser at the Redwood Curtain on G street in Arcata. Come by anytime from 4 - 10pm!

Additionally, we will be having our first tryout of the season on Saturday, September 16th from 1-2pm. Let your friends know if they are interested! Lastly, the deadline to register for the Santa Rosa meet October 6-8th will be Wednesday, September 27th.

Each Friday, Coach Kelly and I will switch the groups that we coach. I will assist the other group coaches with age group, while Coach Kelly assists with the senior groups. I look forward to seeing everyone on the pool deck!

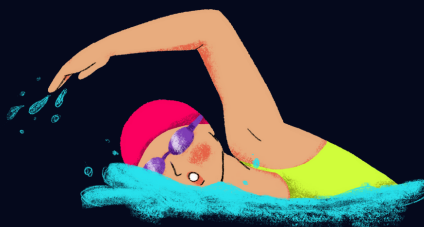
- **Coach Jacob**

AUGUST BIRTHDAYS

- | | | |
|-------------------------|------|----|
| • Stellabelle Brents | 9/4 | 9 |
| • Coach Mary | 9/8 | |
| • Keely Evenson | 9/9 | 10 |
| • Anne Gerard- official | 9/17 | |
| • Silas Isaac | 9/18 | 13 |
| • Elsa Coleman | 9/20 | 10 |
| • Robert Powers | 9/22 | 15 |
| • Simon Zagone | 9/23 | 14 |

SWIMMERS of THE MONTH

- | | |
|---------------|--------------------------|
| Intro Group: | Callie McKnight |
| Bronze Group: | Olivia Spellmeyer |
| Silver Group: | Isabella Meester-Argueta |
| Gold Group: | Lydia Gerdes |
| Senior Group: | Nallia Meyer |
| Senior Comp: | Naomi Trepiaak |





ALL ABOUT THE GROUPS

INTRO GROUP

Intro has been working on body position with freestyle with a reintroduction to side breathing. Working on distance and endurance with lot of kicking along with basic flip turns.

Park Day Friday 9/15! Please wear athletic clothes and closed toed shoes.

Swimmer of the month: **Callie McKnight**– she is very focused in practice.

- *Coach Madeline*

BRONZE GROUP

Happy Back to School, Bronze swimmers! We will kick off September by hammering out some basics like streamlines & turns, and get our kicks back in shape.

Park Day Friday 9/15! Please wear athletic clothes and closed toed shoes.

Swimmer of the month: **Olivia Spellmeyer**. Olivia is a very dedicated swimmer. She has excellent attendance at both practices and meets, and she is constantly trying to improve her abilities. Way to go Olivia!

- *Coach Mary*

SILVER GROUP

To prepare ourselves for the Fall swim season we will begin by focusing on kick and breath control. Turns will also become a number one priority. Lots of turns in the short course swim season. Remember to bring shoes you can run in for dryland on Fridays.

Swimmer of the month: **Isabella Meester-Argueta**. Isa competed in her 1st swim meet in July, and she absolutely crushed it! Isa is new to Silver, but she is already leading her lane. She is incredibly coachable and a very hard worker. I can't wait to see what you can do, congratulations Isa!

- *Coach Kelly*

GOLD GROUP

We are beginning our Fall season with stroke technique, breath control, turn focus, and perfecting our underwaters. This month we will begin swimming longer sets, with a focus on 100s of stroke and 200s of free and IM. I recommend sending some extra snacks with your swimmers for the long 2 hour practices. We take breaks at the hour mark to replenish.

Swimmer of the month: **Lydia Gerdes**. I asked Lydia to help be a leader within the group this month and she has done just that. She is helpful, kind and a hard worker. Keep it up Lydia!

- *Coach Kelly*

SENIOR GROUP

Hello to all senior group families! It was so great to meet everyone at last month's parent meeting, I really appreciate you all coming. These first three weeks of the season have been reintroducing fundamentals. We have talked a lot about body position (especially the head), counting strokes each 25, fast flip turns, and a powerful kick. A lot of stroke development drill work has been incorporated as well. We will continue to build on these strong fundamentals throughout this month!

Senior Comp Swimmer of the Month: **Naomi Trepia** Naomi has been extremely consistent with not only her attendance, but her work ethic as well. Despite recent injuries, she always gives her all at practice. Congratulations Naomi!

Senior I Swimmer of the Month: **Nallia Meyer** Nallia has shown impressive leadership skills from the start. She is a very hard worker and helps set the pace within the senior I group. Way to go Nallia!

- *Coach Jacob*

WATERDOG NEWSLETTER

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

Coming up in September, we will release our Annual Team Stakeholder Survey regarding the prior 2022-2023 swim season. 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. An email and link to the survey will come out soon.

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>

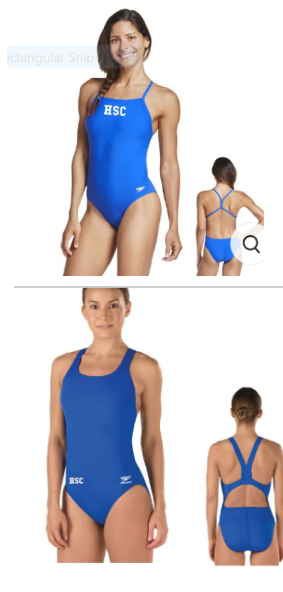
- C/B/A+ Meets = All swimmers may attend.
- Zone 3 Championships = swimmers must qualify with either A or B times

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.



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

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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 Minerva- 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

