



HUMBOLDT SWIM CLUB NEWS

**JANUARY
2021**

FROM COACH NICHOLS -

The 2020/2021 competition and training schedule has been unique to say the least. With the transition from our Fall to Winter training cycle, the program will start with a new structure of practice groups. All of our current participants have been notified of their practice group placement within the new programming and the coaching staff is looking forward to working with their swimmers.

The group descriptions and expectations have been added to our team's website. They can be found at: <https://www.teamunify.com/team/pchsc/page/how-to-join/group-descriptions>. The seven (7) different groups offer a tiered progression for our participants to follow as they grow throughout our program.

The coaching staff will continue to write dryland workouts for all of the participants as we follow county established guidelines for safe practicing procedures. We are hoping for more opportunities to get outside, see each other in person, and enjoy the wonderful natural offerings our local parks have to offer. The practices will continue to be posted through our Google Classrooms. If your swimmer is not signed up yet, please reach out to the coaching staff for their group link.

The in-pool practice times will be posted when our pool space allocation is set with both of our training facilities. We have a lot of moving parts that will continue to be in motion for the next few months as we adjust to the fluctuating county tier assignments. Our Board of Directors holds a monthly public meeting, which is where the coaching staff gives their report on the progress of the programming and any future plans of program structuring. The current restructuring has been a primary topic of discussion in the Board meetings from October 2019 through 2020. If you are interested in hearing about what is going on off deck with the swim team, I recommend attending the Board meetings. If you are not able to make a meeting or you would like to talk directly with the coaching staff, e-mail or call me to set up a meeting.

SUMMER 2021 HSC OPEN WATER SWIMMING EVENT

Seeking parents and community members to join a planning committee for a summer open water championship to be hosted by Humboldt Swim Club at Big Lagoon. Looking for general volunteers and committee leads. Responsibilities could include event director, budget lead, registration lead, volunteer lead and swimmer (youth) representatives. If you are interested please contact Kit Meyer 707-845-5862 and kit@kitmeyer.net

IMPORTANT DATES

Jan 21 HSC BOARD MEETING 5:30 - 7PM
via ZOOM

<https://humboldtstate.zoom.us/j/81163859607?pwd=M0JxdUYrVDlpMVFUVzZbZlVnMnRMZz09>

Workouts are posted on the
team website.



**HAPPY NEW YEAR
TO ALL WATER DOGS
AND THEIR FAMILIES!**

HAPPY BIRTHDAY!

JANUARY 12 LUKE PRIEDITIS - 12



HSC INFORMATION FOR 2021

The 2020 swim year is coming to a close and the HSC Board of Directors would like to give a special thank you to each of our swimmers and families who have continued to support us throughout the pandemic. We would also like to thank our coaches who have worked tirelessly to find creative solutions in creating workouts, finding work out space, and maintaining schedules to keep our Water Dogs motivated and fit.

While this pandemic certainly resulted in increased costs to the swim club and decreased membership, some of the increasing costs are also attributed to the changing dynamics of available pool space community-wide. As a result, the board made the difficult decision to raise monthly dues starting January 1, 2021. (Please see Teamunify for your group's new fees). Scholarships may be available for those who meet certain financial criteria. If you would like more information, you may review qualifying information at https://www.teamunify.com/pchsc/UserFiles/Image/QuickUpload/hsc-scholarship-application_079417.pdf or contact the team treasurer at: treasurer@hscswim.org

The board does recognize that Humboldt County is in the Purple or Red Tier, and indoor pools remain closed; therefore, dues are reduced for the month of January. All groups will be \$50. During this closure your swimmer can access: virtual workouts (3); dryland or zoom workouts (2) each week. Please make sure to join the Google Classroom.

The board will be meeting January 21 at 5:30 p.m. via Zoom <https://humboldtstate.zoom.us/j/81163859607?pwd=M0JxdUYrVDlpMVFUVzdZb2lvMnRMZz09> for our monthly meeting. We will be assessing February dues if the County is to remain in a tier level that keeps pool facilities closed. You are welcome to join this meeting if you have any comments or concerns.

Again, thank you for sticking with us. These are difficult times for everyone, and we really hope to see you in the pool again in early 2021!

Feel free to contact us with any questions, comments or concerns

Sincerely,
HSC Board of Directors

DIVERSITY AND INCLUSION

As you've seen in this newsletter over the past few months, *USA Swimming* has developed many resource guides for improving relevancy, diversity and inclusion in the sport of swimming. If you have any resources or suggestions for HSC and this newsletter that you'd like to share, please feel free to reach out to me or any other HSC board member or coach.

This month we bring you the USA swimming's guide for LGBTQ swimmers and coaches at <https://www.usaswimming.org/docs/default-source/diversity-inclusion/resource-guides/lgbtq-resource-guide.pdf> Human Rights Campaign Foundation also offers a guide on improving the lives of LGBTQ youth athletes <https://assets2.hrc.org/files/assets/resources/PlayToWin-FINAL.pdf> And for further reading on this subject, the Smithsonian Magazine highlights a brief history of openly gay Olympic athletes. <https://www.smithsonianmag.com/history/brief-history-openly-gay-olympians-180968125>

- Karin Grantham

HSC IS ON FACEBOOK & TWITTER

<https://www.facebook.com/pages/Humboldt-Swim-Club/169294843122737?fref=ts>

AND TWITTER @HumSwimClub - connect & share!

thank
you

SPONSOR OF THE MONTH

Humboldt Swim Club is very grateful for our generous sponsors.

This month our featured sponsor is a Diamond Level Sponsor

ST. JOSEPH HEALTH - ORTHOPEDIC TRAUMA

A very special thank you for supporting the team and helping us offer a high-quality year-round swim club in Humboldt County!



Tyler putting in some time on the track!

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	PLEASE REFER TO OUR WEBSITE hscswim.org FOR THE WORKOUTS FOR ALL GROUPS.				1 HAPPY NEW YEAR!	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21 HSC BOARD MEETING 5:30-7PM by ZOOM (see page 1)	22	23
24	25	26	27	28	29	30

HSC CONTACT INFORMATION

Team address: P.O. Box 101, Bayside, CA 95524

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

Mike Nichols	Head Coach	707-267-SWIM	headcoach@hscswim.org
Kelly Nathane	Asst. Coach	707-407-6191	kellymundo@gmail.com
Norm Schwenn	Asst. Coach	608-669-7798	schwenn.norm@gmail.com
Ellie Earle-Rouse	Asst. Coach		ere136@humboldt.edu
Jacob Ireland	Asst. Coach		jacobjamesireland@gmail.com
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Ivy Breen	Vice-President	832-2364	ivybreen@gmail.com
Breanna Cahoon	Treasurer	707-502-4940	treasurer@hscswim.org
Amy Martin	Secretary	839-3755	alg2@humboldt.edu
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Thomas Blair	Board Member	834-2990	blairforestry@gmail.com
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Kit Meyer	Board Member	839-7387	kit@kitmeyer.net
Jan Ross	Board Member	822-2009	jandyross@gmail.com
Russell Turpin	Board Member	499-2905	turpinr22@gmail.com

WEB SITES:

HSC Team Unify	www.teamunify.com/pchsc
Swim Connection:	www.swimconnection.com
(meet entries)	http://ome.swimconnection.com
Pacific Swimming:	www.pacswim.org



2020 TEAM SPONSORS

*We greatly appreciate the support of our team sponsors.
Thank you for helping us offer a high quality swim team
to the youth of our community.*

DIAMOND

**Humboldt Area Foundation - Ross Fund
Turpin Family**

GOLD

**Breen/Rasmussen Family
HealthSport
Pacific Carpets
Post-Haste**

SILVER

**Alves Inc.
Coast Central Credit Union
Neeley Automotive
Bruce & Janet Nelson
Redwood Yogurt
St Joseph Health - Orthopedic Trauma
Sequoia Gas Company**

BRONZE

**Accelerant Design
Bear River Valley Beef
Carlin Construction
Cloney's Pharmacy
Finney Consulting Services
Grantham Family
Hunter, Hunter, & Hunt, LLC
Humboldt Association of Realtors
Humboldt Audiology
Humboldt Mortgage Company
JLF Construction, Inc
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Mercer Fraser Company
The Mill Yard
Linda Sundberg Insurance Company
Dr. Bradford Tucker, DDS**