



# HUMBOLDT SWIM CLUB NEWS

**MARCH  
2021**



## FROM COACH NICHOLS -

We're back in the water!!! I am excited to have the kids back in the water as the recently updated State and County guidelines allowed indoor facilities to operate with swim lessons. Each of the groups in the water are practicing with a focus of technique and body balance as we start regularly scheduled practices.

The weekly practice schedule will be posted on the team's website, with location, days, and times. Both of the facilities we are working with are offering us week by week access based on the County's tier status. We recently dropped down to the red tier, which allows them to open their weight training facilities, but the pools are still only allowed to operate with a staff of certified instructors. When the county transitions to the orange tier, our arrangements will shift and a program wide adjustment will need to be made as both facilities will reduce the number of lanes and hours offered. We are planning on returning to the Arcata Community Pool, however, at this time they are not able to open. There will be a lot in the air in regard to practice schedules, locations, and group cohorts as we transition from red to orange.

With the swimmers settling in with their new groups and coaches, I would like to invite the parents to a group parent/coach meeting the week of Monday, March 8th. I will send out Zoom invites to all of the families for an opportunity to review the group expectations and provide an open floor for comments and questions about the transition. We will start with the Intro and Bronze meeting Monday evening, Silver will be Tuesday, Gold will be Wednesday, and the Senior program will be Thursday night. If you have multiple kids in different groups, please hold your questions and/or comments for the specific group discussion. I will review expectations of the next group, but I would like the focus to be on the current group placement.

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.

## 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 or

[kit@kitmeyer.net](mailto:kit@kitmeyer.net)

## HEAL FAST COACH KELLY!

Wishing you a speedy recovery from your broken arm Coach Kelly!

## DUES

Now that we are back in the water, the board voted to increase March dues to 75% of each group's monthly rate, with the exception of Intro which will be 100%. We are excited to have the swimmers back in the water swimming!!!

## IMPORTANT DATES

- Mar 8 Intro and Bronze Parent Meeting 6pm Zoom
- Mar 9 Silver Parent Meeting 6pm Zoom
- Mar 10 Gold Parent Meeting 6pm Zoom
- Mar 11 Senior Parent Meeting 6pm Zoom
- Mar 18 HSC BOARD MEETING 5:30 - 7PM via ZOOM

<https://humboldtstate.zoom.us/j/82452509148?pwd=SEw4eFh4UHJML0RmU3U3K3FBMVZqZz09>

Practice schedule is on the back page and on website.



## HAPPY BIRTHDAY!

- March 6 Huck Russell - 11
- March 24 Sydney Trieu - 17
- March 31 Lucas Blair - 16



## HSC IS ON FACEBOOK & TWITTER

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

AND TWITTER @HumSwimClub - connect & share!

## **INTRO GROUP & BRONZE GROUP**

Happy March, Intro and Bronze Groups! I am super excited that the swimmers are able to finally get back in the pool, as I am sure they all are as well! As we look to get our groove back this upcoming month, the main focus will be to refresh the swimmer's fundamentals. Proper body position in the water, eleven position kicking drills, sculling, and streamlining off the walls will be the main points of emphasis. Thank you for your continued dedication to swimming during these unprecedented times, and I look forward to seeing you all on the pool deck!

**Intro Group Swimmer of the Month: Elora Steffen**

**Bronze Group Swimmer of the Month: Mia Cahoon**

*- Coach Jacob*

## **SILVER GROUP 1**

All of the Silver 1 swimmers are a few weeks along their path in the new Silver squad. I enjoyed coaching them during their first week at HealthSport and Coach Jacob has had wonderful things to say about their presence at practice during their second week. I am excited to follow and check-in on their progress as they grow as swimmers and together as teammates.

**Swimmer of the Month is Ava Deyhim** who has a great attitude at practice and is always willing to learn.

*- Coach Nichols*

## **SILVER GROUP 2**

The first few weeks of any season typically involve some challenging sets as the coaching staff and athletes adjust to a new group with different expectations. The Silver 2 squad rose to the occasion each time they were given a physically demanding or mentally taxing swim. It is the coach's responsibility to make the path challenging to prepare them for future growth and it is the athlete's responsibility to follow the path arranged. The Silver 2 swimmers have a challenging road ahead as they develop their mental maturity and toughness to begin handling the sets that will prepare them for the next level in our program.

**Swimmer of the Month is Mason Blair** who has great leadership skills and keeps everybody motivated

*- Coach Nichols*

## **GOLD GROUP**

Happy March, Gold group! This is my first month as the group's coach, and I am super eager to get to work with the swimmers! As we set the tone conditioning-wise in this first month back in the water, the main emphasis will be to strengthen the swimmer's legs and lungs. A high volume of hypoxic and kicking sets will make up the majority of practice. The reason for this is because sufficient leg strength/endurance and cardiovascular endurance are essential fundamentals that must be established in order to build on our training as the season progresses. The training program we are following will help to establish the expectations these swimmers must meet in order to move up to Senior group. Thank you for your continued dedication to swimming, and I look forward to seeing all of you on the pool deck!

**Swimmer of the Month: Dinah Godlin-Sullivan**

*- Coach Jacob*

## **SENIOR GROUP**

I still consider myself as the group's new coach considering we have not had a full training cycle completed with a championship meet yet. After two years of coaching the student-athletes, I am still learning their limits as athletes and people. We have 18 exceptionally tough kids filling out the ranks of our Senior program. It has been my experience with high school student-athletes to have a few weeks of practice where they are getting back in the groove of things as we return to in-water training. Usually it is returning to swimming after basketball or soccer, but for most of them it is returning to a structured training group. Intervals are going to be a bit slower, sprints are going to be a bit sluggish, breath control is going to be mediocre, etc. The almost 10-hours of practice we've had back in the water have been anything, but sluggish or mediocre. They have been putting in the necessary effort through their assigned and extracurricular workouts to maintain a high level of physical fitness. As we normalize the limited physical interactions and lack of competitions, the Senior athletes have embraced through grit, the demands of maintaining their level of training ability. We are preparing for a return to training, which means in the next few weeks we will be training with the intent to compete and they are ready for the intensity to come.

I could not pick a single athlete to be the athlete of the month for February. All of them were ready to jump back into the pool and get back to work on a moment's notice. I appreciate their willingness to maintain the expected level of athleticism during an extended period of unknown and separation from their teammates.

*- Coach Nichols*

## 2021 HUMBOLDT SWIM CLUB SPONSORSHIP DRIVE

Wow! The annual HSC Sponsorship Drive is off to a great start! So far sponsorships for 2021 total \$10,991.33. We appreciate all the families who have asked community businesses and other organizations to donate. It can be uncomfortable to ask, but it makes a big difference. This year the sponsor letter and form can be found on the HSC website: <https://www.teamunify.com/team/pchsc/page/sponsors>. Think about sending the letter and form to a business that you frequent. Half of sponsor donations go towards meeting your family fund raising requirements. Need more information? Call or e-mail Kristy at 707-496-7079 or [johnson@norcalsbdc.org](mailto:johnson@norcalsbdc.org).

## PACIFIC SWIMMING ATHLETE REP MEETING NOTES - JANUARY 31, 2021 MEETING

Zone reps discussed virtual meets and are doing an unsanctioned meet option. They also discussed Sectionals and decided not to support it. The budget committee passed motions and recommendations for the upcoming February meeting, including raising some membership dues due to Covid-19. They also voted to expand their outreach program. The age group committee decided to cancel 10 and under JO's and Far Westerns, and they will be combined into one big meet at the end of the summer. They also discussed an end of summer series that would be competitive but spread out throughout a couple of weekends. The diversity, equity, and inclusion committee had a successful auction raising over 10,000 dollars. Some teams are having meets. There is a pen pal program for swimmers to connect with one another, which each month being a different theme. This is likely to start in March. The athlete reps were polled at this January 31st meeting on the question "have you been swimming?". Of the 56 athlete reps at the meeting, 26 (46%) answered "yes, basically normal", 23 (41%) answered "yes, but with a limited schedule, and 7 (13%) answered "no, not at all".

- Sadie Breen

## SPONSOR OF THE MONTH

THANK  
YOU!

Humboldt Swim Club is very grateful for our generous sponsors.  
This month our featured sponsor is our first **RUBY** Level Sponsor!

### SCHMIDBAUER LUMBER

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

## DIVERSITY AND INCLUSION

We are all so different in the water. Some of us are sprinters, some of us are middle distance swimmers, and some can endure epic long and cold swims. The story of Lynn Cox, in "Swimming to Antarctica" (Mariner Books 2005) is about how Lynn managed to swim in the coldest water on the planet. When Lynn was growing up and swimming for a youth club in southern California her coach noticed that just as their long-course workouts were ending, Lynn was just getting warmed up. So he encouraged her in long distance swimming. In her book Lynn shares how she noticed that her body seemed predisposed to handling cold-water conditions. She took that innate strength and further trained her body for longer and longer and colder and colder swims. She swims through some rather harrowing conditions throughout her life. But this story is the culmination of her cold-water adaptation. During the Antarctic swim, scientists tracked her body temperature before, during, and after the swim. She is just one example of how differently we can adapt to changing water conditions over time and with training. Another fascinating story of the ability to withstand cold water are the Haenyao from the island of Jeju in Korea. Videos and stories are readily available online about these beautiful divers.

- Karin Grantham

# MARCH

| SUNDAY                                                                            | MONDAY                                                   | TUESDAY                                          | WEDNESDAY                                                                                                                    | THURSDAY                                                                                                                                                                                                          | FRIDAY    | SATURDAY  |
|-----------------------------------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|
|  | <b>1</b>                                                 | <b>2</b>                                         | <b>3</b>                                                                                                                     | <b>4</b>                                                                                                                                                                                                          | <b>5</b>  | <b>6</b>  |
| <b>7</b>                                                                          | <b>8</b><br>INTRO & BRONZE<br>PARENT MEETING<br>6pm ZOOM | <b>9</b><br>SILVER<br>PARENT MEETING<br>6pm ZOOM | <b>10</b><br>GOLD<br>PARENT MEETING<br>6pm ZOOM                                                                              | <b>11</b><br>SENIOR<br>PARENT MEETING<br>6pm ZOOM                                                                                                                                                                 | <b>12</b> | <b>13</b> |
| <b>14</b>                                                                         | <b>15</b>                                                | <b>16</b>                                        | <b>17</b><br>HAPPY<br>St. Patrick's<br>DAY  | <b>18</b><br>HSC BOARD<br>MEETING<br>5:30-7PM<br>by ZOOM<br>(see page 1)                                                                                                                                          | <b>19</b> | <b>20</b> |
| <b>21</b>                                                                         | <b>22</b>                                                | <b>23</b>                                        | <b>24</b>                                                                                                                    | <b>25</b>                                                                                                                                                                                                         | <b>26</b> | <b>27</b> |
| <b>28</b>                                                                         | <b>29</b>                                                | <b>30</b>                                        | <b>31</b>                                                                                                                    | <div>                     PLEASE REFER TO OUR WEBSITE<br/> <a href="http://hscswim.org">hscswim.org</a><br/>                     FOR THE WORKOUTS<br/>                     FOR ALL GROUPS.                 </div> |           |           |

## PRACTICE SCHEDULE (while in red tier)

INTRO/BRONZE (Elora, Cameron, Sebastian, Aiden, Sasha, Nikolai, Kate, Autumn, Oskar, and Maxim):  
Monday & Wednesday 6:00 - 6:45pm @ The Club

INTRO/BRONZE (Ethan, Coral, Sophia, Kern, Katie, Levi, Mia, Emma, Christopher, Oren, and Kaiah):  
Tuesday & Thursday 6:00 - 6:45pm @ The Club

SILVER 1: Monday, Tuesday, Wednesday 4:00 - 5:00pm @ HealthSport Eureka

SILVER 2: Monday, Tuesday, Wednesday 5:00 - 6:00pm, Thursday 4:00 to 6:00 pm @  
HealthSport Eureka

GOLD: Monday, Tuesday, Wednesday, Thursday 6:45 - 7:4pm @ The Club

SENIOR 1: Monday & Wednesday 7:45 - 9:00pm, Friday 6:00 - 7:30pm @ The Club

SENIOR 2: Tuesday & Thursday 7:45 - 9:00pm, Friday 7:30 - 9:00pm @ The Club

## HSC CONTACT INFORMATION

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

HSC website: [www.teamunify.com/pchsc](http://www.teamunify.com/pchsc) or [www.hscswim.org](http://www.hscswim.org)

|                   |                |              |                                                                              |
|-------------------|----------------|--------------|------------------------------------------------------------------------------|
| Mike Nichols      | Head Coach     | 707-267-SWIM | <a href="mailto:headcoach@hscswim.org">headcoach@hscswim.org</a>             |
| Kelly Nathane     | Asst. Coach    | 707-407-6191 | <a href="mailto:kellymundo@gmail.com">kellymundo@gmail.com</a>               |
| Ellie Earle-Rouse | Asst. Coach    |              | <a href="mailto:ere136@humboldt.edu">ere136@humboldt.edu</a>                 |
| Jacob Ireland     | Asst. Coach    |              | <a href="mailto:jacobjamesireland@gmail.com">jacobjamesireland@gmail.com</a> |
| Rebecca Baugh     | President      | 499-9244     | <a href="mailto:rebeccaebaugh@gmail.com">rebeccaebaugh@gmail.com</a>         |
| Ivy Breen         | Vice-President | 832-2364     | <a href="mailto:ivybreen@gmail.com">ivybreen@gmail.com</a>                   |
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| Amy Martin        | Secretary      | 839-3755     | <a href="mailto:alg2@humboldt.edu">alg2@humboldt.edu</a>                     |
| Neal Guthrie      | Board Member   | 712-229-1888 | <a href="mailto:citizenstudios@gmail.com">citizenstudios@gmail.com</a>       |
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| Thomas Blair      | Board Member   | 834-2990     | <a href="mailto:blairforestry@gmail.com">blairforestry@gmail.com</a>         |
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| Russell Turpin    | Board Member   | 499-2905     | <a href="mailto:turpinr22@gmail.com">turpinr22@gmail.com</a>                 |

### WEB SITES:

HSC Team Unify [www.teamunify.com/pchsc](http://www.teamunify.com/pchsc)  
 Swim Connection: [www.swimconnection.com](http://www.swimconnection.com)  
 (meet entries) <http://ome.swimconnection.com>  
 Pacific Swimming: [www.pacswim.org](http://www.pacswim.org)  
 USA Swimming: [www.usaswimming.org](http://www.usaswimming.org)

## 2021 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.*

### RUBY

Schmidbauer Lumber

### PLATINUM

The Susan & Robert Nathane, Jr. Charitable Fund

### GOLD

Adams Commercial General Contracting, Inc

Bear River Casino

Nylex.net, Inc

Sequoia Gas

### SILVER

Alves, Inc

Coast Central Credit Union

David L. Moonie & Co. LLP

Harper Motors

Humboldt Audiology

McCrea Motors

Bruce & Janet Nelson

### BRONZE

Elloway & Wonenberg, DDS

Finney Consulting Services

Howard Hunt DDS

Jackson & Eklund

J.L.F Construction, Inc

Linda Sundberg Insurance Company

The Mill Yard

Neely Automotive

Pierson Building Company