

HUMBOLDT SWIM CLUB NEWS

APRIL 2022



COACH'S CORNER

INTRA SQUADS are back!!! The parts to secure the blocks arrived almost a month early, letting us pivot from the canceled Shasta-Y meet to our first Intrasquad meet at The Club in almost 4-months. We are working with The Club's management team to secure monthly pool space for our intrasquad meets throughout the year, the dates are set, and the events are open to declare your intent to attend.

We've had our first full month of the new schedule for our coaching staff to assess roster placements, group schedules, practice lesson plans, etc. The Intro and 8&Under Bronze swimmers will be allowed to choose between a 12:00 p.m. or 1:00 p.m. practice start time on Saturdays. The Gold swimmers are invited to attend the Tuesday and Thursday morning practices as optional workouts. Tallulah, Nathan, Huck, Fiona, Teddy, and Nallia from our Silver squad are invited to attend Tuesday morning practices as optional workouts.

**Congratulations
Saddie & Lizzy for
Competing at the
Western Zone
Meet!**



IMPORTANT DATES

March 22nd - HSC Board Meeting
5:30-7:00 via [ZOOM \(link here\)](#)

Sebastopol Sea Serpents

April 2 (11:30-4:00)

Team Photo!

April 21 @ 4:00 ACP

AC Swim Club Swim Into Spring

April 22-24

Practice Schedules are posted on the
team website

SWIMMERS of the MONTH

Intro	Ellie Bowers & Ollie Goldstein
Bronze	Gage Evenson
Silver	Tallulah Grantham
Gold	Amalia Baugh
Senior I	Bryson Meyer
Senior II	Flannary Warner

HAPPY BIRTHDAY

Eve Quinn	4/1	14
Ellora Steffen	4/11	11
Madyson Nelson	4/13	15
Kate Kurylo	4/24	10
Lydia Gerdes	4/30	12
Patrick Spellmeyer		
Board Member	4/30	

ALL ABOUT THE GROUPS!

Intro Group

The Intro program is HUGE!!! We have 21 kids in the group, with Coach Kelly, Madeline, Cleo, and Megan splitting them out each day into 2 or 3 groups. They have improved collectively as a group over the last few weeks. From a crazy-chaotic group jumping, diving, splashing and floating around, to a group of swimmers improving their listening skills by keeping their head above water more frequently to hear the coach's instructions. Their practices have become the right balance of controlled chaos letting them act their age while pulling into focus when need be to improve their skills.

Intro Group Swimmers of the Month: **Ellie Bowers and Ollie Goldstein**

Ellie is on task when the coach pulls everyone in for instruction, she focuses on the drill instead of trying to beat everyone across the pool, but races when it's time to race. Similar to Ellie, Ollie takes his time during drill work and is quick to put the coach's feedback into action. He has been on the team for a few months and is working his way into moving over to Bronze when we have our next series of group assessments.

- Coach Mike



Bronze Group

Happy April, Bronze swimmers!!! It has been so great to see the progress the swimmers have made over the past month, as well as how much they have with their teammates at practice. They are starting to get the hang of the side-to-side rotation that is crucial in both freestyle and backstroke, which is definitely not an easy thing to learn for someone new to the concept! Overall, the atmosphere at practice is always so positive and fun, they have been an incredible group to work with and I am so excited to see how they do at future meets, especially because a lot of them have yet to experience one!

Bronze Swimmer of the Month: **Gage Evenson**

Gage has been working very hard in improving his stroke over the past month. He has developed a great feel for the water, and has become one of the top scullers in the group! I look forward to seeing the continued progression from him. Congratulations Gage!

- Coach Jacob

Silver Group

Happy spring Silver swimmers and families! We have had a great start to the spring season. We have added lots of new swimmers to the group and they are adjusting very well to the ways of silver swimmers. The more experienced silver swimmers have led the way this past month, helping to create a smooth transition for their new teammates. I couldn't be more proud. We have added racing to practice, as well as lots of stroke work. This next month we will be adding more distance work to our swim sets, now that we are all in shape for the task.

Silver appreciation day is Thursday April 28th

Silver Swimmer of the Month: **Tallulah Grantham**

Tallulah has found the fire! She has been pushing herself with more challenging intervals, and racing. I love seeing this new motivation. Great job Tallulah! Congratulations

- Coach Kelly

Gold Group

Happy April, Gold swimmers!!! This group of kids are absolutely incredible, and the bond that they have developed amongst each other is really special. They are all incredibly hard working, very disciplined people and I feel that this sets a great example for the Silver II swimmers looking to move up. We have been working a lot on butterfly recently, which is not an easy stroke and has become physically demanding on the swimmers. I appreciate them however, continuing to put in the work and eating up all of the rigorous sets that I put them through. I feel that when the time comes, they are going to be some special editions to the Senior program.

Gold Group Swimmer of the Month: **Amalia Baugh**

Amalia's work ethic and attendance is as consistent as the sun rising. I can always count on her to set the tone at practice and lead by example in regards to putting twice as much work as you get out of this sport. Congratulations Amalia!

- Coach Jacob

Senior Group

The Senior program is ramping up to start their conditioning portion of the training cycle. They will start to focus on their event specific training in preparation for the June trials/finals meet. It has been and seems to continue to be a wonky indirect path to a normal training season for our Senior student-athletes. With a recent change to our facility user agreement at The Club, the Senior programming will start their newest training schedule on Friday, April 1st. There will be some personalization to the weekly schedule for our Senior I & II athletes. They will be done in 3-week microcycles to fit within their macrocycle focus leading into the June trials/finals meet. Some members will need more of a weight training focus while others will need more in-water time.

Some of our Senior I members have been jumping in with Senior II over the last few weeks, keeping up with the intensity of the workouts as well as the intervals.

The Senior II squad is in limbo waiting for April to start their heavy swim training. They are in the weight room adding weight on their own when they get comfortable repping lighter weight now, taking ownership of their warm up, raising the intensity/speed while on the treadmill or stairmaster, and using bands less when doing pull-ups.

Our Senior program will be broken into three training groups until the June Redding trials/finals meet as we bring in all of our highschool swimmers. The long-term plan is to have two Senior groups, with Senior II's focus being at least 6 athletes training for a trials/finals meet at the Pac Swimming Senior 2 level at minimum. It will have an attendance requirement along with appropriate time standards such as the Pac Swimming Senior 2 200 Freestyle cut.

Our Senior Intro squad will have a few months of practices focusing on their introduction to The Club.

Overall, the Senior group will start being held to higher standards than the rest of the program.

Senior I Athlete of the Month: Bryson Meyer

Bryson Meyer is the Senior I athlete of the month because of his commitment to the training schedule and willingness to push himself outside of his comfort zone during his time in the Senior II workouts.

Senior II Athlete of the Month: Flannery Warner

Flannery Warner has eased her way back into lifting with the group and is now cleared to lift with her teammates. Her in water training hasn't skipped a bit while slowing things down a bit to make corrections to her stroke and that is why she is our Senior II swimmer of the month.



Diversity, Equity and Inclusion

Board Member, Karin Grantham

Diversity, Equity and Inclusion (DEI)- Karin Grantham,
Board Member, karinh2o@yahoo.com or (707) 845-1478

Happy Spring. Loving the lush green colors around Humboldt County right now, although I sure wish we'd been having more rain. We're looking forward to the abundant opportunities to swim this season. Hope to see you all out there too.

I am working on attending Pacific Swim DEI committee meetings that occur the last Thursday of the month. I am hoping to have attended the March meeting by the time this goes to print and will bring back any news or announcements to share. These appear to be open meetings if others are interested in attending. Just check out Pac Swim's website <https://www.pacswim.org/programs/diversity-programs>

USA swimming recently updated their Athlete Inclusion, Competitive Equity, and Eligibility Policy. The policy applies to all athletes who wish to compete in a competition category (e.g., Male or Female) different from the biological gender assigned to the athlete at birth, including without limitation. You may find this new policy here: [USA Swim Athlete Inclusion Policy](#)

There are additional LGBTQ resources from USA swimming [LGBTQ Resources](#)

Please refer to our website: www.hscswim.org

APRIL 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Practice times continue throughout the month					1	2 Sebastopol Sea Serpents 11-4
3	4 Intro 4-5 Bronze 4-5 Silver 5-6 Gold 5-6	5 Senior Intro/ Senior 1/ Gold 6:00-7:30am Silver 4-6 Gold 4-6	6 Intro 4-5 Bronze 4-5 Silver 5-6 Gold 5-6	7 Senior Intro/ Senior 1/ Gold 6:00-7:30am Silver 4-6 Gold 4-6	8 Bronze 4-6 Senior intro, Senior I & Gold 4-6	9 Gold 11-1 Bronze/Intro 12-1 Bronze/Intro 1-2
10	11	12	13	14	15	16
17 Easter	18	19	20	21 Team Photo @ ACP 4:00 HSC Board Meeting	22 AC Swim Club- Petaluma LCM Meet	23 AC Swim Club- Petaluma LCM Meet
24 AC Swim Club- Petaluma LCM Meet	25	26	27	28 Silver Appreciation Day	29	30



March SWIM MEETS

Intrasquad & HS at Fort Bragg



2022 SPONSORSHIP DRIVE

Total Sponsorship so far: \$13,199

Ruby (\$5,000 +)

Thank you to our anonymous Ruby Sponsor!

Diamond (\$2,500-\$4,999)

Platinum (\$1,000-\$2,499)

East Bay Community Foundation: Susan & Robert
Nathane Jr Charitable Fund - 2022 Sponsor

Thank you to our anonymous Platinum Sponsor!

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

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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

Bronze (\$100-\$249)

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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.

Swim Supporter up to \$99

Eureka Optometric Center – Uwe & Zuzana Gellner, O.D

Humboldt Mortgage Company

Scholarship Opportunities!

We have received a grant from the **Humboldt Sponsors** for our Scholarship Fund!

If your family could really use assistance in paying for swim dues or swim meets, please complete our scholarship application and submit it to our treasurer at

hscswimtreasurer@gmail.com. All applications will be presented to the board for approval. If you don't qualify for a scholarship but your current circumstances warrant one, please submit a letter with your application!

<https://www.teamunify.com/team/pchsc/page/ember-info/scholarship-application>

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

Jacob Ireland Asst. Coach 707- 362-1397

jacobjamesireland@gmail.com

Rebecca Baugh Co- President 707- 499-9244

rebeccaebaugh@gmail.com

Russell Turpin Co-President 707-499-2905

turpin22@gmail.com

Ivy Breen Vice-President 707- 832-2364

ivybreen@gmail.com

Breanna Cahoon Treasurer 707- 502-4940

hscswimtreasurer@gmail.com

Amy Martin Secretary

Karin Grantham Board Member - DEI

Kristin Johnson Board Member - Sponsorship

Thomas Blair Board Member - Safesport

Kit Meyer Board Member

Pat Spellmeyer 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