

# HUMBOLDT SWIM CLUB NEWS

July 2022



## NEW HSC TEAM

### RECORDS SET!

LONG COURSE TEAM RECORDS FROM  
REDDING!

BOYS 11/12:

Huck Russell - 200 M free 2:32.70

Nathan Bareilles - 200 M IM 2:48.95

Nathan Bareilles - 400 M IM 5:57.03

## COACH'S CORNER

SUMMER!!! What an awesome season for our members, We have a HUGE squad of Jr. Guards hitting the beach throughout the day before rolling on deck for swim practice. Our Water Dogs are getting out and enjoying the Summer break from school. Thank you all for letting the coaching staff know if/when you'll be off deck for a bit, we appreciate the heads up.

We have our last competition weekend of Summer coming up: **July 15th-17th**. The Ukiah meet will be an all team meet while the PacSwim Senior 2 trials/finals is a qualifying entry.

**Willits Recap:** Both mornings started off pretty chilly with a heavy layer of fog surrounding the pool deck. Boxes of Otter Pops were handed out to the Water Dogs competing, with the toughest earned one going to Lizzy after she dominated her heat in the 500 Free.

**Redding Recap:** At temperatures that topped 108 degrees, this meet was hot! HSC swam amazing, coming in 3rd place overall for both males and females. High point trophy winners were:

Boys 16 up: Keenan Riggs-Turpin (3rd)

Girls 13-14: Amalia Baugh (2nd) Maille Russell (3rd)

Boys 11-12: Nathan Bareilles (2nd)

Girls 9-10: Sophia Spellmeyer (3rd)

## SWIMMERS of the MONTH

|           |                     |
|-----------|---------------------|
| Intro     | Lucy Biondo         |
| Bronze    | Sonya Chisholm      |
| Silver    | Luca Porter         |
| Gold      | Robert Powers       |
| Senior I  | Naomi Trepiak       |
| Senior II | Keenan Riggs Turpin |

## IMPORTANT DATES

July 20th - HSC Board Meeting  
5:30-7:00. Public Comment may join  
via zoom [ZOOM \(link here\)](#)

### Ukiah Dolphins SCY Meet

July 15 - 17

### Senior 2 Prelims/Finals LCM

July 15 - 17

### Annual Team Break

August 1-14

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

## HAPPY BIRTHDAY

|                              |      |    |
|------------------------------|------|----|
| Coach Madeline               | 7/1  |    |
| Karin Grantham- Board Member | 7/4  |    |
| Oskar White                  | 7/7  | 11 |
| Luca Porter                  | 7/11 | 10 |
| Skyler Sanders-Gatton        | 7/15 | 13 |
| Lyla Porter                  | 7/19 | 12 |
| Keikiokalani Buchan          | 7/20 | 8  |
| Munai Marielou               | 7/23 | 8  |
| Beau Lemieux Looney          | 7/26 | 13 |
| Felix Butterfield            | 7/27 | 10 |
| Dominic Caruso               | 7/27 | 13 |
| Sonya Chisholm               | 7/12 | 13 |



## ALL ABOUT THE GROUPS!

### Intro Group

We've had a lot of progress happening in our Intro group over the last few weeks. Coach Mary and Madeline have been putting the kids to WORK!! By the end of Summer, 23 of our Intro swimmers will be joining the Bronze practice group. Within that group of 23, the coaching staff has their eyes on 4-6 who might be ready to start Silver in August.



#### Intro Group Swimmer of the Month: Lucy Biondo

Intro swimmer of the month is Lucy Biondo. Lucy has shown incredible growth in the short time she's been in the pool and she is a wonderfully kind teammate too. She is attentive to the coaching staff as well as her teammate's needs during diving and flip turn drills. Lucy is willing to lead by example during new or complicated drills, while making her teammates feel comfortable while they learn.

**- Coach Mary**

### Bronze Group

Happy July, Bronze Group! I hope that everyone has been able to get outside and enjoy the sun now that summer break is upon us. The group has been working on a little bit of everything throughout June. The swimmers are getting more proficient in breaststroke, and are looking very strong in their freestyle. There has been an increased focus recently on flip turns so that our swimmers overall feel more comfortable practicing them. Recently we have seen a bunch of new faces in our group who moved up from Intro, so I just want to say welcome to our new swimmers and that we are so thrilled to have you! Congrats to the swimmers who competed at the Willits meet this past couple of weekends, you all did so great!

#### Bronze Swimmer of the Month: Sonya Chisholm

Congratulations Sonya on being Bronze Group's July Swimmer of the Month! Sonya has been working very hard at practice and is always a very coachable kid. We are so happy to have her on our team!

**- Coach Jacob**

### Silver Group

Happy Summer Silver swimmers and families! Silver group has been working hard to challenge themselves. Lots of requests for long butterfly sets, and fast freestyle. We have been enjoying the nice weather by taking advantage of dryland on Tuesdays and Thursdays. **Remember to bring shoes, and clothes you can run around in.**

The remainder of summer will be filled with tons of starts, finishes, and turns; lots of racing and in group competition too.

#### Silver Swimmer of the Month: Luca Porter

Swimmer of the month Luca Porter. Luca is a team player, he encourages the whole group to try their best. He has taken the time to make his strokes better and ask questions when needed. Congratulations Luca!!!

**- Coach Kelly**

### Gold Group

Happy July, Gold Group! As we near the end of our season, the group's training is definitely at its peak. Higher attention has been placed on specific race pace sets that cater to whichever events the swimmers will be competing in at our upcoming meets. Broken swims, all out efforts, and specific pace training make up the majority of our recent practices. I am so excited with how our Gold Swimmers swam in Redding, and look forward to seeing how they swim in Ukiah!

#### Gold Group Swimmer of the Month: Robert Powers

Congratulations Robert on being July Gold Group's swimmer of the month!

Robert had some fast swims at the Redding meet. I look forward to seeing where his training will take him

**- Coach Jacob**

### Senior Group

The Senior squad is a bit of a mess at the moment as we work through the first two weeks of Summer training missing 6 of our members, who are attending the California State Lifeguard Academy in Huntington Beach and the dozen or so enjoying family road trips. The group we have attending our practices were surprised at first, but quickly adapted by taking advantage of the open lane space, quieter weight room, and fewer power struggles for the last remaining set to read.

Our Senior squad athletes of the month are Naomi Trepiak and Keenan Riggs-Turpin. They are both just starting to see the light at the end of the tunnel after a few heavy weeks of weight training and stroke conditioning. Both of them are scheduled to attend the PacSwim Senior 2 trials/finals meet in July. Naomi has been consistently putting in the work, accepting big picture challenges with increases in intensity for her dryland and in-water training as well as the daily challenges of achieving goal times throughout swim sets.

Keenan Riggs Turpin is embracing the suck. It is not an easy task to train at the level he is to achieve a goal that's hundredths of a second away. The coaching staff is looking forward to their performances in Novato.

**Senior I Athlete of the Month:** Naomi Trepiak

**Senior II Athlete of the Month:** Keenan Riggs-Turpin

- Coach Mike

Please refer to our website: [www.hscswim.org](http://www.hscswim.org)

Practice times listed are for ACP only.

**JULY 2022**

| Sunday                                                                          | Monday                                            | Tuesday                                                                           | Wednesday                                         | Thursday                                                                          | Friday                                          | Saturday                                                                                              |
|---------------------------------------------------------------------------------|---------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| Please see Senior Intro, Senior I and Senior II complete schedule on Team Unify | Intro 4-5<br>Bronze 4-5<br>Silver 5-6<br>Gold 5-6 | Senior I, II and Intro 6-7:30 a.m.<br>Senior II 4-6<br><br>Silver 4-6<br>Gold 4-6 | Intro 4-5<br>Bronze 4-5<br>Silver 5-6<br>Gold 5-6 | Senior I, II and Intro 6-7:30 a.m.<br>Senior II 4-6<br><br>Silver 4-6<br>Gold 4-6 | 1<br><br>Bronze 4-6<br>Senior I 4-6<br>Gold 4-6 | 2<br>Intro 1-2<br>Bronze 12-1 or 1-2<br>Silver 11-12<br>Gold 11-12<br>Senior I 12-2<br>Senior II 11-1 |
| 3                                                                               | 4<br>No practice!<br>Fourth of July!              | 5                                                                                 | 6                                                 | 7                                                                                 | 8                                               | 9                                                                                                     |
| 10                                                                              | 11                                                | 12                                                                                | 13                                                | 14                                                                                | 15                                              | 16<br>Ukiah Dolphins SCY/ Senior 2 Novato                                                             |
| 17<br>Ukiah Dolphins SCY/ Senior 2 Novato                                       | 18                                                | 19                                                                                | 20<br>HSC Board Meeting (Public Comment Via Zoom) | 21                                                                                | 22                                              | 23                                                                                                    |
| 24                                                                              | 25                                                | 26                                                                                | 27                                                | 28                                                                                | 29                                              | 30                                                                                                    |

## Diversity, Equity and Inclusion

Board Member, Karin Grantham

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

Happy July, happy summer everyone!  
I've been on vacation and so the report is brief this month. Notably, FINA the governing body of international swimming, including the Olympics, has recently issued a ruling on transgender athletes participation in competition. For a copy of this new and controversial policy, please see [FINA Policy](#)

### New: USA Swim Registration Process

USA Swimming will be changing their annual registration process to an online platform later this year. This is a big change since HSC has processed all of the USA swimming registrations for new and continuing members in the past. Clubs have limited information on how exactly the process will work at this time and we'll do our best to provide all the information we have as timely as possible. What we do know is that the members will be sent a web link later this year, and they will need to create a Ping account to link their membership and pay their annual registration fee for the 2023 year online. This will likely occur in October or November of this year. It may be a bit bumpy, but we'll do our best to provide support to families if they're having any issues.

New and existing members will also receive a new unique 14 character alphanumeric member code to replace their existing USA Swimming ID. And, Deck Pass will no longer be available beginning September 1, so we encourage each member to save a pdf copy of their DeckPass information with their current USA swimming ID so you have it readily available to reference during this switch to the new process. You can get to DeskPass by logging into your account on our team website and clicking USAS Deck Pass. You can also get to it through the USA Swimming Deck Pass app.

## Scholarships Available

HSC strives to offer the opportunity for everyone to participate in our swim program, regardless of financial means or limitations. Toward this end, HSC offers financial aid to assist with monthly dues. **Scholarships cover at least 50% of dues.** Due to HSC recently being awarded a grant that we had applied for, HSC may be able to increase the percentage of dues to be covered with the scholarship for the remainder of the 2022 year. This will depend on the number of scholarship applicants received, as we want to support as many members who need financial support as possible.

To qualify, families just need to fill out our [scholarship application](#) on our website under Membership and show proof of Medi-Cal. Please don't delay in turning in the paperwork if you qualify!

Scholarship applications can be emailed to **Breanna Cahoon** at [hscswimtreasurer@gmail.com](mailto:hscswimtreasurer@gmail.com) dropped off in the **payment slot** at the team kiosk or mailed to **PO Box 101, Bayside CA 95524**

**Don't Forget our Annual Team  
Break is August 1st-14th!**



## **Willits, Redding & HSC California State Lifeguards!**



## 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 -

Willey 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)

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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.

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

**Want to get involved? Help out, join a committee, or become a board member?**

**If you are interested please contact Club**

**President: Rebecca Baugh**

**[rebeccaebaugh@gmail.com](mailto:rebeccaebaugh@gmail.com)**



## HSC CONTACT INFORMATION

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

**HSC website:**

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**Amy Martin Secretary**

**Karin Grantham Board Member - DEI**

**Thomas Blair Board Member - Safesport**

**Kit Meyer Board Member**

**Pat Spellmeyer Board Member**

### **WEB SITES:**

**Swim Connection:**

**<https://ome.swimconnection.com/meets>**

**Fast Swims: <https://fastswims.com/>**

**Pacific Swimming: [www.pacswim.org](http://www.pacswim.org)**

**USA Swimming: [www.usaswimming.org](http://www.usaswimming.org)**