

HUMBOLDT SWIM CLUB NEWS

June 2022



COACH'S CORNER

We are heading into the final leg of our 2021/2022 season! The [Willits](#) meet is scheduled for June 18th/19th at the [Willits High School](#). It offers a great event line-up for our first timers, relays for all ages, and Otter Pops for heat winners! There will also be the [RAD trials/finals](#) meet the following week at the [Redding Aquatic Center](#). June is one of the few months we have two meet options for our members and the coaching staff asks you to be mindful of the intention of the meets. The **Willits Short Course meet** is intended for our [Intro through younger Silver swimmers](#). It will be a learning meet for all of our out-of-area first timers and an opportunity for our younger athletes to swim events for the first time. The older, more [experienced Silver, Gold, and Senior swimmers](#) *should* be attending the **Long Course RAD trials/finals meet** while fine tuning their strokes and meet specific training (starts, turns, stroke transitions, etc.) during the Willits meet weekend.

Shasta-Y 1 Day Meet Recap:

The May 21st Shasta-Y Sharks meet was a great Saturday practice substitute. The event offered the 500 Freestyle, which is not always easy to find a good time to swim. We had a split group of event expectations, with Cassidy and Robert looking to improve their times while Tallulah and Fiona got comfortable doing the longer distance race. Madyson took the 100 Fly title, while we had a duel in the pool with Henry and CJ in the 50 Freestyle. Lydia, Anika, and Sefa earned their first official time in a few events. Anika's 100 I.M. and Sefa's 50 Breaststroke were their first legal swims, while Lydia stepped up to the 200 Free!

SWIMMERS of the MONTH

Intro	Ollie Goldstein
Bronze	Donovan Nguyen
Silver	Lyla Porter
Gold	Amalia Baugh
Senior I	Kaley Johnson, Tyler Alarcon
Senior II	Sydney Trieu, Emily Nalley, Flannery Warner, Lizzy Johnson

IMPORTANT DATES

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

[Willits SCY Meet](#)

June 18 - 19

[RAD Trials/Finals LCM](#)

June 24 - 26

[Ukiah Dolphins SCY Meet](#)

July 15 - 17

[Senior 2 Prelims/Finals LCM](#)

July 15 - 17

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

HAPPY BIRTHDAY

Jasmine Christian	6/2	11
Fiona Condon	6/2	12
Flannery Warner	6/5	18
Eoin McGoldrick	6/6	14
Ryan Tan	6/10	12
Naomi Trepia	6/11	15
Teddy Demirev	6/13	12
Leah Frink	6/16	8
Emma Cahoon	6/17	11
Collin Coriell	6/21	8
Linea Vizenor	6/22	17
Nallia Meyer	6/22	13
John Haley	6/23	13
Amy Martin- Board Member	6/24	
Maxim Dennis	6/26	9
Nikolai Deniis	6/26	9
Mai Bareilles	6/28	9

ALL ABOUT THE GROUPS!

Intro Group

It's a madhouse at times! Kids are going every-which way, underwater, above water, kicking, swimming, floating, and just hanging out on the wall. All of it is age and group appropriate. The Intro group is the first stop on their swim team journey. They are learning swim team language, etiquette, and fundamental drills that progress as they grow in the sport. Our younger swimmers learn to move through the water as they play, using the drills taught as catalyst for longer underwater searches for toys or faster swims to the lone floating noodle. The older swimmers are sent through a boot camp of body balance, lane leadership, and putting in enough effort to be uncomfortably tired after a practice.



Intro Group Swimmer of the Month: **Ollie Goldstein**

Ollie Goldstein is our Intro swimmer of the month for his growth in practice. He is attentive on the wall, a consistent candidate for drill demonstrations, and has recently started showcasing some speed in practice when tasked with sprints.

- Coach Mike

Bronze Group

Happy June Bronze group! As we head into our first month of summer, we have an excellent meet opportunity with the Willits swim meet June 18th and 19th! During this past month, a high priority has been placed on fine tuning the technique points within the swimmers' breaststroke. Their butterfly has also been fine tuned, and their strokes are really coming along nicely as they get more experienced with the hip roll and timing of the breath within their dolphin kick. As always, consistent work is put into their freestyle technique with drills focusing on body balance, the catch, and hip rotation. Overall, the swimmers are continuing to make huge improvements all around while keeping the energy and spirits high during practice.

Bronze Swimmer of the Month: **Donovan Nguyen**

Congratulations Donovan on being June Bronze Group's swimmer of the month!

Donovan's technique in all four strokes has become extremely fluid and he has become one of the more experienced kids in the group! His leadership during practice is much appreciated, and I can always count on him to be a great demonstrator for drills if the group is having trouble understanding.

- Coach Jacob

Silver Group

Happy June Silver swimmers and families! As summer approaches, we turn our focus to details. Practicing starts, turns, and underwaters will be a priority. I look forward to seeing you all swim at the upcoming summer meets. This past month has been full of longer distance swimming, kick focus, and breath control. I'm very proud of the improvements you have all made. You have all found your tough side!

Silver Swimmer of the Month: **Lyla Porter**

Swimmer of the month is Lyla Porter. Lyla is such a joy to coach. She asks questions when needed, and puts all her effort into every set. She does not back down from a challenge, and I look forward to seeing what this swimmer can do!

Congratulations Lyla!!

- Coach Kelly

Gold Group

Happy June, Gold group! As we head into the summer period of our season, we have some important meets coming up, such as the Redding meet June 24th- 26th. As we continue to prepare for this meet, where some of our swimmers can potentially qualify for Junior Olympics, the goal of our practices is to constantly pay attention to the little details within the swimmer's stroke technique, and also when it is time to work hard, we work really hard. 100% intensity, race pace work is done daily to ensure that the swimmers will be in peak condition both physically and mentally heading into the Redding meet. I look forward to seeing how they perform, as I am sure they are as well.

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

Congratulations Amalia on being June Gold Group's swimmer of the month!

Amalia takes 100% intensity to the next level, and has a very acute understanding of what it takes to compete at the next level. Her diligence to refine her stroke flaws and swimming with "her brain turned on" has helped her in becoming a very well polished swimmer.

- **Coach Jacob**

Senior Group

The Senior members had their last team banquet as an athlete a few weeks ago, they're gearing up for their last competitive campaign as Water Dog athletes, will be attending their last round of academic finals as high school students, finalizing their Senior prom itineraries, deciding how much they'll "care" during all of the practice graduation ceremony events, and so many other final high school experiences will be shared between them, their families, friends, and classmates. Thank you. Thank you for committing the time, energy, and patience to the program. Thank you for setting the foundation for future members to follow as they grow-up in the program knowing there is a place for them to continue their swim journey. Our Senior athletes of the month are the six graduating Seniors in our Water Dog family:

Senior I Athlete of the Month: [Kaley Johnson and Tyler Alarcon](#)

Senior II Athlete of the Month: [Sydney Trieu, Emily Nalley, Flannery Warner, Lizzy Johnson](#)

Please refer to our website: www.hscswim.org

Practice times listed are for ACP only.

JUNE 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 Bronze 4-5 Silver 5-6 Gold 5-6	Senior I, II and Intro 6-7:30 a.m. Senior II 4-6 Silver 4-6 Gold 4-6	1 Intro 4-5 Bronze 4-5 Silver 5-6 Gold 5-6	2 Senior I, II and Intro 6-7:30 a.m. Senior II 4-6 Silver 4-6 Gold 4-6	3 Bronze 4-6 Senior I 4-6 Gold 4-6	4 Intro 1-2 Bronze 12-1 or 1-2 Silver 11-12 Gold 11-12 Senior I 12-2 Senior II 11-1
5	6	7	8	9	10	11
12	13	14	15	16	17	18 Willits Otters SCY
19 Willits Otters SCY	20	21	22	23	24 RAD Trials/Finals LCM	25 RAD Trials/Finals LCM
26 RAD Trials/Finals LCM	27	28	29	30 HSC Board Meeting (Public Comment Via Zoom)		

Diversity, Equity and Inclusion

Board Member, Karin Grantham

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

Summer is upon us. I imagine many of you have plans that involve our local rivers and oceans, and while these places are beautiful they can also be perilous. I hope your kids can take advantage of programs like the California State Parks North Coast Junior Lifeguard program to learn to be ocean safe. Many of our team members have been and are participants and trainers. I am always grateful when I see HSC kids continually building skills that help them be strong and safe in the water.

Coaches Training Last year as part of our club stakeholder survey we learned that having training opportunities for our coaches was a priority. The board recognizes this and is looking at our current budget to determine if we can send our coaches to the [American Swimming Coaches Association](#) conference held by Pacific Swimming in January. Look for more information coming soon!

HSC SCHOLARSHIPS As some of you already are aware, HSC was awarded a \$3,000 grant from Humboldt Sponsors earlier this year (www.humboldtsponsors.org). The grant is expressly for our scholarship fund, which helps HSC families in need to offset membership fees. This grant funding must be spent by the end of 2022. If you think your family could use assistance to offset your families swim club fees, please reach out to our treasurer. hscswimtreasurer@gmail.com

Pacific Swimming has a Meet Entry Fee Assistance Program (MEFAP) The [Meet Entry Fee Assistance Program \(MEFAP\)](#) is to help swimmers' families cover the costs of entering swim meets. The swimmer would pay for the splash fee associated with each meet and Pacific Swimming will cover the individual swims' entry fees. To be eligible, swimmers must be an **Outreach registered athlete** OR have a family-proven hardship, verified by a coach. Swimmers may register for each meet through their coach/club. [MEFAP Form](#)
[Outreach Application Form](#)

If you have additional questions, please contact Annie Stein at astein@pacswim.org

[Meet Entry Fee Assistance Program FAQ](#)

If you have questions regarding the Outreach Application please contact our treasurer at hscswimtreasurer@gmail.com

USA Swimming also offers cultural inclusivity resource guides. Explore more here: [Cultural Inclusion Resource Guides](#)

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 dropped off in the **payment slot** at the team kiosk or mailed to **PO Box 101, Bayside CA 95524**

Congratulations to our Graduating Senior Swimmers!

Tyler Alacron
Lizzie Johnson
Kayley Johnson
Emily Nalley
Sydney Trieu
Flannery Warner

Summer Practices:

HSC is a year round swim team so we practice all year and **through the summer**. That said we do offer our members the opportunity to “take a break” from swimming for up to 3 months. During this break your account will not be charged and your swimmer will not have to try-out to come back to the team, so long as the break is 3 months or less.

Please reach out to our treasurer if you’re planning on taking a break for the Summer, email Breanna Cahoon at hscswimtreasurer@gmail.com

Annual HSC Team Break:

Our annual team break is coming up in August. We will not have practice from **August 1st - August 13th**. This gives our swimmers and coaches a break!! August dues are not prorated as we still pay our coaching staff for this break.

Swimmer Move-Ups

Move-ups from Intro to Bronze happen as swimmers clear the requirements. Bronze to Silver happens 2-3x per year, in August, January, and May. Move-Ups to Gold group happen in August and March, and move-ups into the Senior Group happen when a swimmer begins high school. Swimmers are always being assessed for their skills and growth throughout the year. The coaches work together discussing group dynamics and programming in preparation for adding new swimmers to their respective groups.



Welcome New Intro Swimmers!

Anaia Benemann

Lucy Biondo

Quinn Biondo

Keikiokalani Buchan

Chloe Cappuccio

Zoe Cappuccio Age

Dominic Caruso

Fiona Cavanagh

Ellery Craydon

Leah Frink

Gavilán Iøtterle

Munai Marieluo

Linnea McDonald

Griffin Mollberg

Gabriela Mollberg

Hailey Preston

Kayona Brown

Alexzander Evans

Charlotte Landis

Jimi Bradshaw



May Team Banquet



TEAM BANQUET AWARDS 2021-2022		Silver	Top Dog: Nathan Bareilles Most Improved: Nallia Meyer Coach's Award: Lydia Gerdes
Intro	Top Dog: Felix Butterfield Most Improved: Sefa Coach's Award: Olivia Spellmeyer	Gold	Top Dog: Amalia Baugh Most Improved: Robert Powers Coach's Award: Yogi Trieu Spirit Award: Eion McGoldrick
Bronze	Top Dog: Gage Evenson Most Improved: Henry Workman Coach's Award: Emma Hovie	Senior	Top Dog: Sadie Breen Most Improved: Cassidy Thorpe Coach's Award: Lizzy Johnson

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)

Jackson & Eklund

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

A special thank you to our long time
board member

Kristie Johnson who will be
graduating from the board along with
her daughter who is graduating from
HSC and heading off to college.

We are looking for a replacement board
member. If you are interested please
contact Club President: Rebecca Baugh
rebeccaebaugh@gmail.com

HSC CONTACT INFORMATION

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

HSC website:

www.teamunify.com/pchsc or

www.hscswim.org

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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

USA Swimming: www.usaswimming.org