

HUMBOLDT SWIM CLUB NEWS

May 2022



NEW HSC TEAM RECORDS SET!

LONG COURSE TEAM RECORDS FROM PETALUMA

GIRLS 13/14:

Amalia Baugh - 800 M free 10:35.95

Amalia Baugh - 1500 M free 21:01.77

BOYS 11/12:

Huck Russell - 50 M free 31.30

Huck Russell - 100 M free 1:08.51

Nathan Bareilles - 400 M IM 6:08.34

Nathan Bareilles - 800 M free 10:57.51

COACH'S CORNER

The Water Dog family will be adding a few more members in a few weeks. With Summer around the corner, we're looking to add a few more swimmers to our rosters and get them ready for Summer days at the beach, rivers, and lakes. If you know anyone interested in joining the team and they have not joined our waitlist yet, send them this link to RSVP for our tryout on Saturday, May 14th at ACP: <https://forms.gle/KcirJturgoKnbmC4A>

Age-Group Practice Schedules:

Our age-group practice schedules will remain the same throughout the Summer. The coaching staff loves seeing everyone on deck, but we understand there are a TON of local extracurricular activities going on during the Summer and we want our Water Dogs out in the community doing as many of them as possible!! We'll be on deck when they have time to swing by for a quick swim.

IMPORTANT DATES

May 19th - HSC Board Meeting
5:30-7:00 via [ZOOM \(link here\)](#)

2022 Team Awards Banquet

May 14 (2:30) @ Stewart Park

Shasta Y Sharks SCY

1-day Meet

Saturday May 21

Practice Schedules are posted on the
team website

SWIMMERS of the MONTH

Intro Emerson Okin, Felix Butterfield

Bronze Taalin Brown

Silver Nallia Meyer

Gold Robert Powers

Senior I Stella Lewis, Maile
Russell, Rogue Russell

HAPPY BIRTHDAY

Donovan Nguyen	5/4	14
Ruth Godlin-Sullivan	5/5	17
Coach Kelly	5/7	
Ellie Bowers	5/13	7
Fern Hovie	5/15	10
Coach Mike	5/18	
Tallulah Grantham	5/19	12
Emma Hovie	5/20	12
Jackson Zagone	5/20	16
Ethan Wollen	5/26	12

ALL ABOUT THE GROUPS!

Intro Group

I'll say it in every newsletter: I LOVE working with our Intro swimmers!! It's refreshing to work with kids who are finding their way through the process by spending 10-15 minutes underwater waving at their teammate in the next lane or kicking on their back when they are supposed to be doing minesweepers. They pop up looking like meerkats, searching the surrounding area for everyone else, before looking back at the wall and going with their gut to push through and complete the lap.

I enjoy the time with them because their exploration of the space they share with their teammates creates the bonds that will keep them in the sport from now through graduating high school Seniors. I wonder what they see under the water, what's it like to experience as much sensory overload as they do, how young do they learn their left from their right, back from their tummy, how do they go to the bathroom 5 times in 1-hour, and a lot more head scratching moments. April was a month of growth for our Intro group and as we prepare to have a tryout where there will be a few more added to the Intro roster, I am stoked to have seen the growth they've had the last few weeks. Our Intro group members have done well to become examples of the skill set expected of our future new members. I feel confident our two swimmers of the month would be able to show their new teammates how it's done properly. With Emerson Okin's recent surge of confidence in the pool, I look forward to seeing her be a lane leader and demonstrate some of our drills for her teammates. Felix Butterfield is a recent addition to the Intro group. He hopped in ready to listen, focus on the details of the drills, and compete when it's time to race.

Intro Group Swimmer of the Month: Emerson Okin, Felix Butterfield

- Coach Mike



Bronze Group

May is here, Bronze swimmers!!! The progression of this group has continued its upward trend, and the improvement of this overall has been amazing. The kids put in a ton of work at practice, and it has really been paying off for them. They have gained a great sense of awareness in the water when it comes to creating movements that help generate speed, and for the first time they look like they are not letting the water dictate where they go. Specifically, the group's short axis strokes (butterfly and breaststroke), have really come a long way. The foundation is looking really strong for them to build off of once they get to Silver group.

Bronze Swimmer of the Month: Taalin Brown

Taalin has come a long way from being in Intro II just a couple months ago. He has become an athlete that looks confident in the pool, and his abilities have made him unrecognizable from the swimmer he once was. Congratulations Taalin, and outstanding improvement!!!

- Coach Jacob

Silver Group

Happy May Silver swimmers and families! We have had a wonderful start to spring. Practice has been solid. We have had great attendance, and great effort. We will continue our IM work, and longer distance free sets this month. Silver group, you continue to make your coach proud!

We had some great swims from Silver swimmers at the Sebastopol, and Petaluma meet this past month. Some of the highlights at the Sebastopol meet were Lydia's 50 free and Tallulah's 500 free. At the Petaluma meet I was in awe of Huck's 50 and 100 free, Nathan's 400 IM and 50 Breast, Nallia's 50 fly, Sophia's 50 and 100 free, and Fiona's 100 fly. All of these swimmers were on top of their game! Excellent job squad! Silver appreciation day is Thursday May 26th, and don't forget every Tuesday and Thursday there is a possibility of dryland, so remember to bring clothes and shoes to workout in.

Silver Swimmer of the Month: Nallia Meyer

I have been coaching Nallia for 6 years, and I have never seen her such a beast in the water. She has been pushing through the hard stuff at practice, and not giving up. Sure paid off, as she had an incredible meet at Petaluma. Congratulations Nallia!!

- Coach Kelly

Gold Group

Welcome to May, Gold swimmers!!! There has been a high focus on the short axis stroke the past month, while still maintaining the conditioning levels in freestyle. All of the work that the kids have been putting into butterfly and breaststroke has been paying off, as our most recent meet down in Petaluma I saw great improvement in those two strokes.

Amalia Baugh and Robert Powers represented the Gold group at the Petaluma swim meet, and they both absolutely crushed it. Robert went best times in all of his races, and in his 400 meter freestyle broke his previous time by over a minute! Amalia broke the team records for 13-14 girls in both the 800 meter freestyle and the 1500 meter freestyle events, and she also got Senior II cuts in the 50, 100, 200, and 800 meter freestyles, as well as a Junior Olympic cut in the 200 meter freestyle. This tells me that our endurance pace training has been paying off, and the results give the swimmers a great idea of where they stand at this point in the season, and what we can continue to build off of.

Gold Group Swimmer of the Month: Robert Powers

Robert has been putting in the time and effort at practice that is required to succeed within an elite program. The success that he showed at this past Petaluma meet is a direct result of that. His maturity and focus at practice is greatly appreciated, and maintaining this mentality will take him far not just in swimming, but in life as well. Congratulations Robert!!!

- **Coach Jacob**

Senior Group

The Senior squad has been stacking weights and increasing their yardage over the month of April. They have a few more weeks to continue pushing themselves out of their comfort zones while they prepare for the Summer competition series. The Senior student-athletes had a great meet in Petaluma. It was exciting to see them showcase the drill work they've been doing over the last few months, with clean fluid strokes throughout the meet weekend.

We have three Senior swimmers of the month for April. Three student-athletes came to practice with a positive attitude, exemplary work ethic, adjusting to corrective feedback, working out of their comfort zone in training, and taking care of business during dryland. Our swimmers of the month are: Stella Lewis, Maile Russell, and Rogue Russell. Stella puts in the work when she's at practice, I never have to worry about her taking extra breaks or looking at her goggles during a heavy set. She comes to practice with a willingness to learn and improve. Maile started taking the initiative a few months ago by asking for feedback on a few little things with her stroke, which she took the time to put into action. Her stroke is looking cleaner and more efficient, which is impressive considering how beat up from training she has been. She is taking the time to strengthen her weaknesses in the weightroom too. Rogue is still Rogue, doing handstands or giggling during a demonstration, but she has shown flares of maturity needed to find success at this level of swimming. Swimming is a mentally tough and demanding sport, when taken too seriously, young-student athletes find themselves burning out, take it too lightly and progress plateaus, Rogue is finding her place in the process.

Senior I Athlete of the Month: Stella Lewis, Maile Russell, Rogue Russell

Senior II Athlete of the Month: none

Do you want to volunteer for the team? Maybe shadow a board member? Email/text any of the board members below for ideas on how you can help!



Please refer to our website: www.hscswim.org

MAY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Intro 4-5 Bronze 4-5 Silver 5-6 Gold 5-6	3 Senior Intro & Senior 1 I 6:00-7:30am Silver 4-6 Gold 4-6	4 Intro 4-5 Bronze 4-5 Silver 5-6 Gold 5-6	5 Senior Intro & Senior 1 6:00-7:30am Silver 4-6 Gold 4-6	6 Bronze 4-6 Senior intro, Senior I & Gold 4-6	7 Intro 1-2 Bronze 12-1 or 1-2 Silver 11-12 Gold 11-12
8	9	10	11	12	13	14 All -Team Awards Banquet 2:30 @ Stewart Park
15	16	17	18	19 HSC Board Meeting Via Zoom/ Parent meeting prior	20	21 Shasta Y Sharks - 1 day meet SCY
22	23	24	25	26 Silver Appreciation Day	27	28
29	30					

Diversity, Equity and Inclusion Board Member, Karin Grantham

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

Greetings HSC. I was so excited to attend the recent AC Petaluma swim meet to see the vast improvements of our swimmers since my family last attended that meet in 2019. Wow!

I just recently attended Pacific Swimming's Disability, Diversity, Equity & Inclusion Program (DDEI) committee meeting via Zoom. It was somewhat disheartening to hear that there are several clubs in our region that are still not back in the water. Some pools that were closed during the Covid-19 pandemic are struggling to reopen due to staffing shortages and other financial reasons. The committee is weighing having a swim camp in the fall to try to get some of those swimmers into the water. Pac Swim has not offered grants since the pandemic hit and it seems uncertain if they will be able to do so yet this year. If you want to learn more about Pacific Swimming and its efforts you can visit their website at <https://www.pacswim.org>

One resource I learned about while attending the meeting is <https://blackkidsswim.com>. Their mission is, "to provide access to an increased range of opportunities for Black children by encouraging the development of proficient swim techniques. We do this by raising awareness, providing guidance, and serving as the go-to source for information on competitive and non-competitive Black swim team options".

As always USA Swimming has several resources available at

<https://www.usaswimming.org/resource-center/diversity-equity-inclusion>



April SWIM MEETS

Sebastopol & Petaluma



2022 SPONSORSHIP DRIVE

TOTAL SPONSORSHIP: \$24,199

Ruby (\$5,000 +)

Thank you to our anonymous Ruby Sponsor!

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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

**Don't forget the annual team
awards banquet is Saturday,
May 14th at Stewart Park!**



HSC CONTACT INFORMATION

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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