

# HUMBOLDT SWIM CLUB news

# DECEMBER 2013



**NEW TEAM RECORD FROM MENDOCINO MEET**  
Girls 11-12: Lily Richard - 500 yard Freestyle (5:56.57)  
**CONGRATULATIONS LILY!**

## DECEMBER ARCATA COMMUNITY POOL CLOSURE

Arcata Community Pool will be closed for maintenance from December 8th until January 2nd, which is longer than normal. During the closure, the pool will be drained, the stairs will be modified to address the needs of handicapped patrons, and the PVC pool liner will be replaced.

During December, HSC will be experiencing a shortage of pool hours. We were in talks to get space at a local gym, but unfortunately we were not able to secure the pool time we wanted. Our swimmers still have several options for staying in shape in December:

- Swim solo or with friends at a local gym.  
Workouts will be published every morning for each group via e-mail and Facebook.
- Dryland practices will be held weekdays at 3:30pm (meet at ACP) the week of the 9th and the week of the 16th.  
Green may come MWF. Bronze: MTThF.  
Silver, Gold, Senior: welcome all days.  
There will be no dryland the week of the 23rd.
- While traveling, look up local *USA Swimming* clubs to train with. Be sure to have your USAS card ready and be prepared to provide some top times for group placement.

We did our best to avoid this situation, but now that we are faced with it, let's be positive and proactive. Thank you for your continued support. There will be Saturday practice at HSU on December 7th and 14th. Gold and Senior Groups will have regular practices at HSU until December 14th (Monday, Friday and Saturday).

## MENDOCINO COAST SEA DRAGON MEET REVIEW

Our swimmers had a great meet and our families enjoyed exploring Fort Bragg during the recent ThankSwimming Classic. Lily Richard set a new record for the 11-12 500yd Free with a time of 5:56.57. Nathan Fukushima achieved his own personal goal in the 25 Free by touching the wall in 19.05 and impressed everyone with an enthusiastic victory dance. Many swimmers successfully competed for the first time, like Judah and Simone White, Ava Berg, Annika Gagnon, Xavier Sousa, Rylan Bellinger, August Garcia, and Alia Issa. Great job Champs!

## WELCOME NEW BOARD MEMBERS

Kim Jelinek and Andrea Warner have been elected to the Board of Directors. It was good to see so many new faces at the board meeting. Thank you all for your interest!

## FROM THE TREASURER.. DECEMBER BILLING ALERT

We are mailing everyone a printed copy of their invoice this month with the 2014 Annual Agreement which must be filled out by every family that plans to swim in 2014. Please bring it to the drop slot at ACP by December 8th, or mail it to us, with your payment. NO swimming in January without this AND 2014 *USA Swimming* registration. There will be a 50% reduction in dues since we will not have a pool from December 8 until Jan 2, 2014. You will also be charged for any unmet 2013 fundraising obligation. You may have a *USA Swimming* registration fee still on your account if your swimmer is due to renew and you didn't pay for this in November. We will accept registration renewal payments until Dec. 8, 2013, PLEASE take care of this now. It will make life easier in the new year for all of us.

- Cindy Peterson - [Treasurer@HSCswim.org](mailto:Treasurer@HSCswim.org)

## IMPORTANT DATES

- Dec 8 ARCATA COMMUNITY POOL closes
- Dec 9-13 DRY LAND TRAINING - MEET AT ACP AT 3:30  
GREEN: MWF  
BRONZE: MTThF.  
SILVER, GOLD, SENIOR: ALL DAYS
- Dec 16-20 DRY LAND TRAINING - MEET AT ACP AT 3:30  
GREEN: MWF  
BRONZE: MTThF.  
SILVER, GOLD, SENIOR: ALL DAYS
- Dec 19 HSC BOARD MEETING  
House 71 HSU 5:30-7pm (on library circle)  
All parents are welcome!



## SWIMMERS OF THE MONTH

### GREEN GROUP

Lila Davis

### BRONZE GROUP

Annika Gagnon

### SILVER GROUP

Randi Clark

### GOLD GROUP

Claire Broadman

### SENIOR GROUP

Jacob Ireland

## HAPPY BIRTHDAY!

- Dec 1 JonMichael Harmon - 15  
Dec 2 Dinah Godlin-Sullivan - 7  
Dec 3 Ava Berg - 11  
Dec 3 Shaurya Rana - 14  
Dec 7 Hunter Circe - 12  
Dec 7 Adeline Esh - 7  
Dec 13 Hannah Best - 12  
Dec 18 Ty Bellinger - 15  
Dec 18 Spencer Sandeen - 10  
Dec 20 Cleo Gaiera - 7  
Dec 27 Lena Faria - 10  
Dec 27 Abby Costello-Anderson - 9  
Dec 28 Ally Morris - 8  
Dec 29 Karina Zumbrun - 12



## GREEN GROUP

To all green groupers, you all are doing great and working hard at practice. I am very proud of you all. Almost everyone dropped 15 or more seconds on their timed swims for November! That is very impressive, and not an easy feat to accomplish. I look forward to your timed swims in December.

We won't have a park day this month due to pool closure and the holidays. I'll be sure to have an extra fun park day in January. Have a great December. Green group!!!

**Swimmer of the Month: Lila Davis.** Lila is always positive at practice and comes ready to swim. She is kind to her fellow swimmers, and isn't afraid to ask questions. I look forward to watching Lila swim in the upcoming months. Congratulations Lila!

**Timed Swims:** December 6th for both groups.

- Coach Kelly

## BRONZE GROUP

Hello Bronze Groupers and Happy Holidays to one and all! 'Tis the season of eating good food, being with family and close friends, and trying to schedule around events that are happening. That is no reason to get discouraged from coming to practice. Especially since so many of you did so well at Fort Bragg! I am so proud of each one of you. We need to keep that positive energy going! This next month is going to be a bit crazy. We will not be having timed swims or park day this month. Keep up the good work swimmers!

**Swimmer of the Month: Annika Gagnon.** Annika has been an exemplary swimmer and student since I started coaching. She is very enthusiastic and is always making sure she is getting my directions exactly right. She always listens to me and is respectful to both her coaches and her fellow swimmers! Great Job Annika! You deserve it.

- Coach Katie

## SILVER GROUP

Hello Silver Belles and Beaus! This month we'll have a short time together at the pool, so let's get as much as we can out of each practice. Many of you are improving rapidly and are moving to faster intervals; keep up the good work! During your break, rest well, eat well and play hard! You're never too old to be silly and play games. Well-done in the Fort Bragg meet, I can't wait to see how you perform in upcoming competitions.

**Swimmer of the Month: Randi Clark.** Randi has stepped up her game by attending each practice, thoroughly understanding each workout, and engaging herself to participate start to finish. Great swimming!

**Move-ups to Gold: Samantha Hampton.** Congratulations!

**80% Day:** Monday December 2nd, 5pm at Arcata Community Pool

- Coach Heather

## GOLD & SENIOR GROUPS

We've been doing a great job in training. Practices have been going really well, and we're getting some really high quality work done in the pool. However, I have been amazed to learn how little sleep some of you have been getting. Sleep is a huge factor in recovery, and without sleep, we won't feel or perform to our potential in the water, in school, or interpersonally. Getting enough sleep mustn't interfere with school or having a social life. It's all about getting our priorities straight and not wasting time on activities that don't advance our goals. Parents: Your teenage athletes need at least seven and optimally no fewer than nine hours of sleep nightly because they are growing athletes. Catching up on the weekend is proven to not be as useful as sleeping adequately on a nightly basis. Chronic under-sleepers may not be allowed at morning practice.

During December you all will have some time away from school to lock in a better sleep pattern. Stay busy, stay active, and keep up your training. Set times every day to train, and I look forward to us getting back in at ACP in January with minimal re-building so we can pick up where we left off.

Please come to practice with water bottles and athletic apparel for dryland.

**Gold Swimmer of the Month: Claire Broadman**

**Senior Swimmer of the Month: Jacob Ireland**

- Coach Chris

**HSC IS ON FACEBOOK** <https://www.facebook.com/pages/Humboldt-Swim-Club/169294843192737?fref=ts>  
**AND TWITTER** @H20DogSwimming - connect & share!

## NEW TEAM SPONSOR!

GRACE CHIROPRACTIC is now a Gold Sponsor of Humboldt Swim Club!

Thank you so much for supporting swimming in our community.

## ENTERING SWIM MEETS

Nowadays, swim meets fill up fast. Our Zone has grown, and yet, the number of swim meets available has not matched that growth. For this reason, it is very important that parents enter their swimmers in meets sooner rather than later. Most meets we attend fill up prior to the closing date. Meet directors must follow certain rules for timelines, and once a certain number of "splashes" has been reached, there are no options to enter the meet. So don't miss out on the next fun opportunity to travel to a swim meet: commit early!

- Coach Chris

## NEW TEAM SUITS AND BACKPACKS!!!

Beginning next week, our new team suits and backpacks will be available for order from NorCal SwimShop. You can see prices for these, along with other items, on the order form. The new suits are all-polyester Dolfin suits, black with royal blue and white splice on the side, a new printed 'HSC' logo on the front, and an optional printed paw logo on the rear. The suits look great with the new caps! The new packs are royal blue TYR swim packs with embroidered 'HSC' on the top flap with an optional swimmer's name underneath. Check 'em out, order now, and show some team spirit!

- Karen Reiss

## TENTATIVE SWIM MEET SCHEDULE FOR 2014


JANUARY 3 - 6	NORCAL COACHES CLINIC	NAPA
JANUARY 18 - 19	ZONE CHAMPIONSHIPS (Z3) • SCY	TBA
FEBRUARY 1 - 2	*GRANTS PASS YMCA C/B/A • SCY	GRANTS PASS, OR
MARCH 1 - 2	*MLK BLUE DOLPHINS C/B/A • SCY	SAN FRANCISCO
MARCH 14 - 16	JUNIOR OLYMPICS (PC) • SCY	CONCORD OR SAN RAMON
APRIL 3 - 6	FAR WESTERN (PC) • SCY	MORGAN HILL
MAY TBD	*SOAR EARL BIRD QUALIFIER C/B/A • LCM	REDDING
MAY 31 - JUNE 1	*WILLITS OTTERS • SCY	WILLITS
JUNE TBD	*RAD MEET C/B/A • LCM	REDDING
JULY 11 - 13	JUNIOR OLYMPICS (PC) • LCM	SAN JOSE
JULY 26 - 27	ZONE CHAMP (Z3) • LCM	TBA
AUGUST 1-3	*UKIAH DOLPHINS • SCY	UKIAH
-----	TEAM BREAK: AUGUST 17 - 31	-----
OCT...?	*SRN C/B/A • SCY	SANTA ROSA
NOV...?	*MCSD THANKSGIVING C/B/A • SCY	FORT BRAGG

\*TEAM MEETS - ALL SWIMMERS ARE ENCOURAGED TO PARTICIPATE



WATER DOGS IN FORT BRAGG!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b> SILVER GROUP 80% DAY	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> GREEN GROUP TIMED SWIMS	<b>7</b> NORMAL SATURDAY PRACTICE
<b>8</b> ARCATA COMMUNITY POOL CLOSED FOR MAINTENANCE	<b>9</b> GOLD/SR GROUP CONTINUES TO PRACTICE AT HSU	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> GOLD/SR GROUP CONTINUES TO PRACTICE AT HSU	<b>14</b> NORMAL SATURDAY PRACTICE
DRY LAND PRACTICE - MEET AT ACP AT 3:30PM GREEN: MWF, BRONZE: MTTHF, SILVER,GOLD, SENIOR: ALL DAYS.						
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> HSC BOARD 5:30pm House 71, HSU Library Circle	<b>20</b>	<b>21</b>
DRY LAND PRACTICE - MEET AT ACP AT 3:30PM GREEN: MWF, BRONZE: MTTHF, SILVER,GOLD, SENIOR: ALL DAYS.						
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> MERRY CHRISTMAS! 	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b> <i>Happy New Year!</i>	<b>2</b> ARCATA COMMUNITY POOL RE-OPENS!		

### PRACTICE SCHEDULE

Green 1: M/F 3:30 - 4:15, W 3:30 - 4:30  
 Green 2: M/F 4:15 - 5, W 3:30 - 4:30  
 Bronze 1: M/T/Th/F 3:30 - 4:30  
 Bronze 2: M/F 4:30 - 5:30, TTh 3:30 - 4:30  
 Silver: M / F 5:30 7 @ ACP  
 T/Th 4 - 5:30 (dryland 4 - 4:30)  
 W 4:00 - 5:30  
 Gold/Senior: M/F 5 - 7 @ HSU  
 T/Th 5 - 7:00 @ACP (dryland 5-5:30)  
 W 5:30 - 7 @ ACP

- MORNINGS T/Th 5:45 - 7am @ ACP (for Silver & up)
- SATURDAY PRACTICES @ HSU: GREEN & BRONZE: 10-11am  
SILVER, GOLD & SENIOR: 10AM-NOON

### HSC CONTACT INFORMATION

Team address: P.O. Box 101, Bayside, CA 95524  
 Team Unify website: [www.teamunify.com/pchsc](http://www.teamunify.com/pchsc)  
 Team website: [www.hscswim.org](http://www.hscswim.org) maintained by Yoon Kim and Jan Ross

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Kelly Nathane	Asst. Coach	407-6191	<a href="mailto:kellymundo@gmail.com">kellymundo@gmail.com</a>
Katie Sinclair	Asst. Coach	209-550-1101	<a href="mailto:kls1057@humboldt.edu">kls1057@humboldt.edu</a>
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Cindy Peterson	Treasurer	677-0620	<a href="mailto:south_95570@yahoo.com">south_95570@yahoo.com</a>
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Jan Ross	Board Member	822-2009	<a href="mailto:jandyross@aol.com">jandyross@aol.com</a>

**WEB SITES:** [Humboldt Swim Club](http://Humboldt Swim Club)  
[Team Unify HSC](http://Team Unify HSC)  
[Swim Connection: \(meet entries\)](http://Swim Connection: (meet entries))  
[Pacific Swimming: USA Swimming: Norcal Swim Shop: eScrip:](http://Pacific Swimming: USA Swimming: Norcal Swim Shop: eScrip:)

[www.hscswim.org](http://www.hscswim.org)  
[www.teamunify.com/pchsc](http://www.teamunify.com/pchsc)  
[www.swimconnection.com](http://www.swimconnection.com)  
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[www.pacswim.org](http://www.pacswim.org)  
[www.usaswimming.org](http://www.usaswimming.org)  
[www.swimshop.com](http://www.swimshop.com)  
[www.escrip.com](http://www.escrip.com)

### 2013 TEAM SPONSORS!

We greatly appreciate the support of our team sponsors. Thank you for helping us to offer a high quality swim team to the youth of our community.

**PLATINUM**  
 Bear River Casino  
 Ross Fund

**GOLD**  
 Arcata Orthodontics  
 Bayside Bookkeeping Service  
 Grace Chiropractic  
 Robert Marchi  
 Wildberries Marketplace  
 Wright Memorial Fund

**SILVER**  
 Coast Central Credit Union  
 Fox Farm Soil & Fertilizer Company  
 Susan Hansen  
 Lost Coast Rotaract  
 Michael Mizoguchi, MD  
 Nicholls Trucking  
 SHN Consulting Engineers & Geologists, Inc.  
 Streamguys, Inc  
 Jason T. Stuan DDS  
 Gary Taylor & Patricia Parsons

### BRONZE

Accelerant Web & Design	J.L.F. Construction, Inc
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Cartri Charge Imaging LLC	The Phone Surgeon
Cloney's Pharmacy	Abe Sousa Realty
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