

## ARCATA COMMUNITY POOL CLOSURE

The Arcata Community Pool is scheduled to open on January 2nd. There have been some delays getting materials here to rebuild the steps in the shallow end. We will keep you posted by e-mail if there are any changes in the opening date.

Also please remember that your swimmer/s must be registered with **USA Swimming** and each family needs to have a **2014 Team Agreement** on file before attending practice in 2014.

If you have questions please contact Andrea Warner, our new treasurer (contact info is on page 4).

## GOAL SETTING FOR THE NEW YEAR

New Year's Day is a time to reflect on the past year's challenges, and strategize for success in the year ahead. When we are thinking about our goals for the next year, it is important to make sure that the goals are measurable, attainable, and challenging. A good goal is something you will absolutely do (not just something you would like to do), so do not set your goals without also doing some planning for achieving them. Ask yourself, "what must I do on a daily basis to make progress toward my goal? Must I change or discontinue any of my current behavior in order to progress toward my goal? Are there measurable steps or mini-goals to meet along the way?" Take some time to put in some deliberate thought and your goals will serve you well in 2014.

## THANK YOU CINDY PETERSON!

After four years of dedicated service, Cindy Peterson is stepping down from her leadership post on the Board of Directors for Humboldt Swim Club. The Board would like to sincerely thank Cindy for her long term and wide-ranging service to HSC. In addition to serving as a regular Board member, Cindy has served as Club Treasurer for more than three years. This is a difficult, demanding and sometimes thankless job, with duties ranging from managing the annual budget to collection of monthly dues. Cindy has done a tremendous job with these duties, and the Board greatly appreciates her commitment and resolve in ensuring the financial stability of our club. In addition, Cindy has routinely gone above and beyond those duties and has played a critical role in HSC's sponsorship and fundraising efforts. As but one example, Cindy has spearheaded the See's Candy fundraising effort which generates thousands of dollars of annual profit for the club. We greatly appreciate Cindy's dedication and all of her volunteer efforts towards making Humboldt Swim Club a great organization for our kids.

*Thank you sincerely from the HSC Board of Directors*

## DINNER AND AUCTION FUNDRAISER - MAY 2nd

Happy New Year everyone. Humboldt Swim Club will host a dinner and auction tentatively scheduled for May 2, 2014.

Do you know any merchants or artists? Are you an artist or business owner? It's not too early to start asking for donations or start a project yourself. The club does both a silent and live auction, and variety makes for a more interesting and successful event. Please call or email me if you have any questions.

- Linda F Broadman (599-5414) [fukuevan@northcoast.com](mailto:fukuevan@northcoast.com)

**NOTE: THE DEADLINE FOR PAYING YOUR ANNUAL CLUB DUES IN FULL (IN ORDER TO RECEIVE A 10% DISCOUNT) IS JANUARY 20th, 2014.**

## IMPORTANT DATES

- |           |  |
|-----------|--|
| Jan 3-6   | NORCAL COACHES CLINIC - NAPA   |
| Jan 15    | GRANTS PASS MEET ENTRIES DUE!  |
| Jan 16    | HSC BOARD MEETING<br>House 71 HSU 5:30-7pm (on library circle)<br>All parents are welcome! |
| Jan 17    | Silver, Gold Senior combined @ ACP<br>Gold/Senior 5-7pm, Silver 5:30-7:00pm                |
| Jan 18-10 | ZONE 3 CHAMPIONSHIPS<br>Santa Rosa Junior College  |
| Jan 20    | DEADLINE FOR PAYING 2013 DUES IN<br>ADVANCE FOR 10% DISCOUNT                               |
| Jan 21    | HSU POOL REOPENS   |
| Jan 25    | FREESTYLE CLINIC @ HSU<br>Green & Bronze 10-11am<br>Silver, Gold, Senior 11-12             |
| Feb 1/2   | *GRANTS PASS YMCA C/B/A •SCY   |
| Mar 1/2   | *MLK BLUE DOLPHINS C/B/A •SCY<br>SAN FRANCISCO   |
| May 12    | TEAM DINNER AUCTION FUNDRAISER<br>BLUE LAKE CASINO   |

\*Team meet - all swimmers encouraged to participate!

## SWIMMERS OF THE MONTH

- |   |                        |   |
|---|------------------------|---|
| ◆ | <b>GREEN GROUP</b>     | ◆ |
|   | <b>Finn Warner</b>     |   |
| ◆ | <b>BRONZE GROUP</b>    | ◆ |
|   | <b>Kai McCutchen</b>   |   |
| ◆ | <b>SILVER GROUP</b>    | ◆ |
|   | <b>August Garcia</b>   |   |
| ◆ | <b>GOLD GROUP</b>      | ◆ |
|   | <b>Andrea Peterson</b> |   |
| ◆ | <b>SENIOR GROUP</b>    | ◆ |
|   | <b>Emma Jelinek</b>    |   |

## HAPPY BIRTHDAY!

- |      |                         |
|------|-------------------------|
| 1/1  | Hawk Amis - 9           |
| 1/12 | Will Salamunovich - 10  |
| 1/17 | Raven Perez - 11        |
| 1/24 | Mari McGraw - 15        |
| 1/26 | Jacob Ireland - 14      |
| 1/28 | Emma Jelinek - 16       |
| 1/13 | Annika Gagnon - 11      |
| 1/14 | Marina Clark-Luera - 10 |



## **GREEN GROUP**

I hope all you Green Groupers had a wonderful holiday break! I know your parents having been enjoying all your extra energy at home, but its time to burn it off in the pool again. We will spend most of january getting back in shape with our strokes and getting our endurance up in the pool. I can't wait to see you all again!

**Swimmer of the Month: Finn Warner** - Finn has had great attendance and did a great job on his last timed swim. Finn has a great newfound focus in practice, working hard on all 4 of his strokes. When you ask something of Finn, he is quick to act. He is also a great leader in Green Group I.

**Park Day: Wednesday January 15th**

**Timed Swims: Friday January 31st**

**See you soon!**

*- Coach Kelly*

## **BRONZE GROUP**

Greetings Bronze Groupers! I hope you all had a wonderful holiday break. Spending some quality time with close friends and family is always very important. The pool should be up and running soon so we can get back into the groove of swim practice and old routines. I am very happy that so many of you were able to make it to the dryland practices that we had the last two weeks of December practices. This next month, like I stated before, we are going to snuggle back into old routines. We are going to have timed swims and park-day again this month. So see you swimmers again soon!

**Swimmer of the Month: Kai McCutchen.** Kai has been very helpful during practices, especially during last months' dryland. He listens and asks questions about what we are doing if he couldn't hear. Good Job Kai!

**Timed Swims: Monday, January 20th**

**Park Day: Tuesday, January 21st**

*- Coach Katie*

## **SILVER GROUP**

Happy New Year Silvers! We discussed New Year resolutions in practice, and I am happy to hear of your swimming goals. Remind yourselves to be active and passionate outside of the pool as well. Swimmers are known to be well-rounded individuals, so pour your heart into the things which make you happy, and essentially, make you, you!

**Swimmer of the Month: August Garcia** - August has excellent attendance and commitment. He pays extreme attention to details, and his positivity is contagious. Thank you.

*- Coach Heather*

## **GOLD GROUP**

Welcome back, Gold Group. We are going to be back in the swing of things this month. We have one four-week cycle to prepare for Grants Pass, so plan on training being tough and focused on racing execution. We did a great job in our December dryland sessions, and we will continue to work on improving our technique in these movements as we add volume. Please come to practice with water bottles and athletic apparel for dryland.

**Swimmer of the Month: Andrea Petersen**

*- Coach Chris*

## **SENIOR GROUP**

Welcome back, Senior Group. We have just a few short months to prepare for championships in the spring. In our next mesocycle, we will focus on developing power and endurance for 200s, the 400 IM, and the 500 free. While my intention is always to make the training as enjoyable and engaging as possible, these events require the kind of long, hard sets that sometimes aren't fun. Success in swimming and life isn't all fun and games. Sometimes you have to put your head down and slog through it. If we work hard in the middle of the mesocycle, the sprint work at the end will feel like more of a reward.

**Swimmer of the Month: Emma Jelinek**

*- Coach Chris*

### **HOW YOU CAN HELP THE TEAM**

- **FIND A TEAM SPONSOR**
- **HELP BRING IN NEW SWIMMERS**
- **SIGN UP FOR eSCRIP**
- **BECOME AN OFFICIAL**

## 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!!!

Our new team suits and backpacks are available for order from NorCal Swim Shop. 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 - 20	ZONE 3 CHAMPIONSHIPS (Z3) • SCY	SANTA ROSA JC
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 EARLY 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...?	*MCSO THANKSGIVING C/B/A • SCY	FORT BRAGG


\*TEAM MEETS - ALL SWIMMERS ARE ENCOURAGED TO PARTICIPATE



**GOOD LUCK**  
**TO ALL WATER DOGS**  
**AT**  
**ZONE 3 CHAMPIONSHIPS!**  
**SWIM FAST AND HAVE FUN!**



# JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 	2	3 GOLD/SENIOR @ACP 5-7	4 <b>NO PRACTICE</b>
5	6 GOLD/SENIOR @ACP 5-7	7	8	9	10 GOLD/SENIOR @ACP 5-7	11 <b>NO PRACTICE</b>
12	13 GOLD/SENIOR @ACP 5-7	14	15 GRANTS PASS MEET ENTRIES DUE	16 HSC BOARD 5:30pm House 71, HSU Library Circle	17 SILVER, GOLD, SENIOR COMBINED @ACP GOLD/SENIOR 5-7 SILVER 5:30-7:00	18 ZONE 3 CHAMPIONSHIPS <b>NO PRACTICE</b>
19 ZONE 3 CHAMPIONSHIPS	20 NO PRACTICE MLK DAY ZONE 3 CHAMPS DEADLINE FOR PAYING 2014 DUES IN ADVANCE FOR 10% DISCOUNT	21 HSU POOL REOPENS	22	23	24	25 FREESTYLE CLINIC @ HSU GREEN/BRONZE 10-11am SILVER, GOLD, SENIOR 11-12
26	27	28	29	30	31	

## 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

Christopher Goodwin	Head Coach	707-967-SWIM	<a href="mailto:headcoach@hscswim.org">headcoach@hscswim.org</a>
Heather Duke	Asst. Coach	601-2915	<a href="mailto:hem10@humboldt.edu">hem10@humboldt.edu</a>
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>
Brendan McNulty	President	825-6821	<a href="mailto:bmcnulty@csudh.edu">bmcnulty@csudh.edu</a>
Brad Finney	Vice-President	822-0730	<a href="mailto:brad@kacv.net">brad@kacv.net</a>
Andrea Warner	Treasurer	845-0436	<a href="mailto:treasurer@hscswim.org">treasurer@hscswim.org</a>
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Linda Broadman	Board Member	839-2197	<a href="mailto:fukuevan@northcoast.com">fukuevan@northcoast.com</a>
Mike Fukushima	Board Member	840-0515	<a href="mailto:mdfukushima@att.net">mdfukushima@att.net</a>
Kim Jelinek	Board Member	839-4078	<a href="mailto:thejelineks@suddenlink.net">thejelineks@suddenlink.net</a>
Kristin Johnson	Board Member	443-5372	<a href="mailto:johnson@norcalsbdc.org">johnson@norcalsbdc.org</a>
Karen Reiss	Board Member	825-0465	<a href="mailto:karen-reiss@redwoods.edu">karen-reiss@redwoods.edu</a>
Jan Ross	Board Member	822-2009	<a href="mailto:jandyross@aol.com">jandyross@aol.com</a>
	Newsletter		

## WEB SITES:

Humboldt Swim Club  
Team Unify HSC  
Swim Connection:  
(meet entries)  
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)  
<http://ome.swimconnection.com>  
[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
Shirley Berns	LPL Financial
Carlin Construction	Mercer-Fraser
Cartri Charge Imaging LLC	The Phone Surgeon
Cloney's Pharmacy	Abe Sousa Realty
Finney Consulting Services	Alexandra Stillman
Lisa K Hansen, CLPF, NCG	Thomas Home Center
Humboldt Association of Realtors	One VOGT Graphics
Hunter, Hunter & Hunt CPA	