



HUMBOLDT SWIM



April 2021

I was reminded by a few of the Senior squad that we have reached the 6 week mark of training, which is usually when we start transitioning away from our legs & lungs focused training and into their cardio-conditioning training. It caught me off guard because I can't believe we've been back in the water for that long already, it seems like it's only been 2-3 weeks of in-pool practices. We're still in the Red Tier and our posted training schedule will continue until the County has switched to Orange. There might be a period of down time for our groups during the shift from Red to Orange as the Arcata Community Pool begins their opening process and the gyms we currently rent from reopen their regular pool programs. Our Gold group will not have access to The Club and our HealthSport space will be reduced to two lanes. All practice schedule updates will be posted and emailed as soon as they are available. If we have to continue splitting out our Intro and Bronze program, a survey will be sent out to ask for family availability.

The group descriptions and expectations have been added to our team's website. They can be found at: <https://www.teamunify.com/team/pchsc/page/how-to-join/group-descriptions> The seven (7) different groups offer a tiered progression for our participants to follow as they grow throughout our program.

Coach Nichols

IMPORTANT DATES

April 15th - HSC Board Meeting 5:30-7PM via ZOOM

[ZOOM Link for April HSC Board Meeting](#)

April 8th - Team Photo: Moonstone Beach

Practice Schedules are posted on the team website.

Please be sure to read about practice rules during COVID-19.

SWIMMERS OF THE MONTH

INTRO/BRONZE

SILVER I

SILVER II

GOLD

SENIOR I

SENIOR II

Coral Ventuleth

Caden Coriell

Mady Nelson

Maile Russell

Cassidy Thorpe

Sadie Breen



HSC Team Photo Thursday April 8th

We are now able to schedule our annual HSC Team Photo! Due to COVID our photo will look a little different this year, but we are happy to announce that it will happen.

Thursday, April 8th at Moonstone Beach.

Intro: 4:30-4:40	Bronze: 4:40-4:50
Silver I: 4:50-5:00	Silver II: 5:00-5:10
Gold: 5:10-5:20	Senior I: 5:20-5:30
Senior II: 5:30-5:40	AHS Swim: 5:40-5:50

HAPPY BIRTHDAY!

April 1	Eve Quinn	12
April 11	Elora Steffen	10
April 13	Madyson Nelson	14
April 24	Kate Kurylo	9
April 25	Sebastian Bunz	10
April 30	Lydia Gerdes	11





INTRO/BRONZE GROUPS:

Happy April, Intro and Bronze groups! Over the course of the last five or six weeks that we have been back in the water, I have seen enormous improvements from our swimmers! We have continued to work on the fundamentals such as being able to hold a constant flutter kick, and practicing good body position on both our stomachs and backs while kicking. The swimmers are getting closer every single practice to mastering these fundamentals, all while keeping positive attitudes and having a lot of fun! Very excited to see what April brings as new improvements and skills continue to be made!

Intro/Bronze Group Swimmer of the Month: Coral Ventuleth

Congratulations Coral on being April's swimmer of the month. Thank you for always working hard and being an exceptionally coachable swimmer!

- *Coach Jacob*

SILVER GROUPS:

Happy spring Silver swimmers and families! It has been a wonderful month working with all of you Silvers. I have been working with you all enough now that I am seeing awesome improvements. Every single swimmer in Silver 1 and Silver 2 has shown drive, determination, dedication to improving their strokes. I am very impressed with where we are as a group.

Both Silver 1 and Silver 2 have been focusing on developing a lower stroke count for freestyle. We have been working on our sculling positions, and flutter kick power. We do a lot of catch up freestyle work right now.

Silver 2 swimmers have been working on turning that long and strong freestyle stroke into a sprint while maintaining that power. We have also been throwing in some IM work, and breath work. This month in Silver 2 we will be adding longer distances, like 125s and 150s to our sets.

Silver 1 swimmers have been focusing on underwaters, breath control, breakouts, and flutter kicks. This month we will add in more backstroke and breaststroke.

Silver 1 Swimmer of the Month: Caden Coriell.

Caden has been really working hard to improve. He has not only been swimming on a faster interval, but he has been noticing the elements of his stroke that need work, and he fixes it. Great job Caden!

Silver 2 Swimmer of the Month: Mady Nelson.

Mady has found a new focus when in the pool. She is dialed in mentally everyday, working hard at each practice on improving her freestyle. She is becoming a great swimmer! Congratulations Mady!

- *Coach Kelly*

GOLD GROUP:

Happy April, Gold Group! As the intensity starts to pick up carrying into this month, I have to say that I am beyond impressed with this group! They continue to work hard and maximum effort into every practice no matter the difficulty level, all while motivating and bringing out the best in each other! While strengthening our legs and lungs is still the primary focus, we have also reached the point in the season where more yardage volume will be implemented into practices. Practices consist of a lot of mid range to sprint work, with kicking and underwaters off of each wall always being the focus.

Gold Group Swimmer of the Month: Maile Russell

Congratulations Maile on being April's swimmer of the month! Thank you for always working hard all while keeping a positive attitude!

- *Coach Jacob*

SENIOR GROUP:

The Senior program will continue their legs & lungs training, with a slight addition of stroke development instead of cardio-conditioning to stay within a swim lesson model. Their level of training has been on par with our regular training routines due to the added benefits of weight training. Both squads have picked up where they left off back in November in terms of intervals and holding pace. I look forward to the upcoming opportunities we'll have as we expand our training routine in the Orange tier and add a competition or three to our schedule. **Senior I athlete of the month: Cassidy Thorpe** Cassidy is one of our newest additions to the Senior training squad, but you wouldn't be able to tell if you came to one of our workouts. She takes ownership of her training, focuses on what she needs to improve as an athlete in the Senior program, and actively engages in the entire training progress. **Senior II athlete of the month: Sadie Breen** While our training focus is legs & lungs, Sadie has capitalized on the opportunity and improved her Freestyle training ability. She would typically excel during IM or Breaststroke focused sets and take a back seat during Freestyle or flutter kicking sets, however, she has recently begun to push herself during the countless kick sets and joined the pack during their pace or sprint Freestyle sets.

- *Coach Mike*

DIVERSITY AND INCLUSION

March is autism awareness month.

Swimmer Conner Mollison writes, “Swimming isn’t just a workout for the body; it also works the mind, and its benefits outlast the time in the pool. Day-to-day challenges faced by autistic children like anxiety, concentration, overstimulation, and social interaction can all be improved. As a 27-year-old autistic man, I’ve seen first-hand the positive impact swimming has had on my life and happiness. From the age of 10 to 22, I was a competitive swimmer, training 30 hours a week in the pool alongside Commonwealth, World, and Olympic medalists. After I stopped swimming, I turned my hand to teaching and coaching the sport. I’ve worked with hundreds of children in the pool from three-year-old beginners all the way to national-level teenagers. I’ve seen it all when it comes to the benefits of swimming, whether for neurotypicals, children with physical or learning difficulties, or, of course, children with autism.”

- *Karin Grantham*

Pacific Swimming Athlete Rep February Meeting

Below are highlights from the last meeting:

The last Pacific Swimming Athlete Rep Committee Meeting took place on February 28th. The status of meets was discussed.

More sanctioned meets (mainly Intrasquad) are occurring in the Bay Area. There may be a summer series of meets where swimmers select 7 events and see how their rankings change throughout the summer.

The national Diversity Equity and Inclusion (DEI) committee was trying to get sectional meets going. California was assigned, but not promoting travel due to travel restrictions.

The mental health committee is working on a new topic about “pressure on athletes”.

The Pac Swim pen pal program is looking for more participants. There is a sign up link on the Pac Swim website. Check out Pacific Swimming’s instagram too! There’s lots of interaction and athlete takeovers.

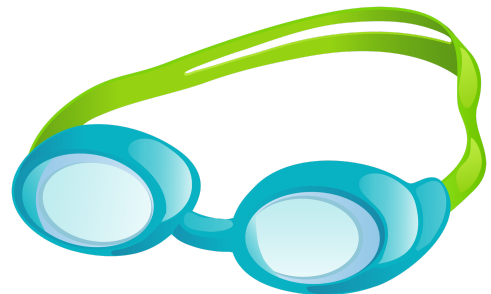
High school swimming situation: swimmers can participate in both club and highschool, dual meets are happening in northern Nevada, end of season meets are up in the air, state championships have been cancelled in both California and Nevada; most are virtual meets, schools are hoping for a highschool season, but much is unknown, and many schools are experiencing difficulties in holding practices due to covid restrictions.

- *Sadie Breen*

HSC IS ON FACEBOOK & TWITTER

<https://www.facebook.com/pages/Humboldt-Swim-Club/169294843122737?fref=ts>

**AND TWITTER @HumSwimClub -
connect & share!**



Please refer to our website hscswim.org

APRIL



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Easter	5	6	7	8 Team Photo Moonstone Beach (see schedule)	9	10
11	12	13	14	15 HSC Board Meeting 5:30-7:00 Zoom	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

HSC CONTACT INFORMATION

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WEB SITES:

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Swim Connection www.swimconnection.com
(meet entries) <https://ome.swimconnection.com/meets>
Pacific Swimming www.pacswim.org
USA Swimming www.usaswimming.org