



- ☀ **NEW TEAM RECORDS FROM REDDING (LCM)**
 - 8-un Girls: Lily Richard: 50m Free (41.00)
 - 13-14 Girls: Tiffany Nun 200m Breast (2:56.95)
 - 11-12 Boys: JonMichael Harmon: 200m Free (2:33.11), 200m Back (2:59.34), 100m Fly (1:28.51), 200m Fly (3:21.76), 400 m Free (6:26.56)
 - 15-16 Boys: Julian Gordon: 400m Free (5:19.46)
- ☀ **NEW TEAM RECORDS FOM JUNIOR OLYMPICS (LCM)**
 - 11-12 Girls: Emma Jelinek 1500 m Free (22:21.95)
 - 13-14 Girls: Evelyn Bucci 400m IM (5:41.90),
Tiffany Nunn 400m Free (5:00.67),
 - 15-16 Girls: Erin McNulty 100m Fly (1:06.13), 200 m Fly (2:28.38)

CONGRATULATIONS TO ALL OF YOU!

SUMMER MEET HEAT!

The Redding Aquaducks Meet went exceptionally well, with HSC only having 23 swimmers sneak into this Sierra Nevada competition. The water slides were a blast, and the heat only helped us take to the cool 50m pool with tenacity. Many team records were set, as all Champs set many personal bests. The Junior Olympics followed in Orinda, with HSC having 6 swimmers in attendance. It was a great new experience for some, and the veterans stepped into the spotlight. Notably, Erin McNulty made the finals (top-8) in 6 races, winning gold in the 200m butterfly, and bronze in both the 100m butterfly and 50m freestyle. The Willits Otters meet finished off our summer season, as HSC dominated most of the heats and races. Our 42 swimmers helped us walk away with the Spirit Award, as we supported each other immensely throughout the entire competition. Excellent job, Water Dogs! We hope to carry this sportsmanship and momentum into the fall season. Thank you to all families for making this summer so enjoyable for all!

AUGUST PRACTICE SCHEDULE:

As we ease into the fall season, and the HSU pool not available to us until September, we must condense our groups at ACP. The practice schedule for August will be as follows:

Green 1: MWF 3:30-4:15

Green 2: MWF 4:15-5

Bronze 1: MWF 3:30-4:15, TTh 3:30-4:30

Bronze 2: MWF 4:15-5, TTh 3:30-4:30

Silver: MWF 5-6, TTh 4-5:30 (dryland 4-4:30)

Gold/ Senior: MWF 6-7 (dryland MF 5:30-6), TTh 5:30-7

No Saturday or morning practices in August.

WELCOME TO OUR NEW COACHES:

HEATHER MALLOY AND CHRIS GOODWIN!

Our new staff comes to the HSC family with immense coaching experience and a love for swimming and teaching. Heather grew up swimming and coaching in Anderson, CA and has been teaching swimmers since 2003. She will be continuing her many years of preparing novice swimmers for competition as our new Green group coach. Chris has been coaching since 2001, and hails from Exeter, CA. He competed at the collegiate level, has coached water polo, and is also the current Masters swim coach at ACP. They are both very excited to be a part of the family, so please introduce yourself and welcome them to HSC!

IMPORTANT DATES

JULY 31 - AUGUST 15 TEAM BREAK

HSC swimmers welcome to swim on their own at ACP from 4-6pm for \$2

Aug 16 First day of Practice - Welcome back!
DOG DAY! Wear team gear!

Aug 17 Fun Day 3:30 - 5 pm
Try-outs 6 - 6:30pm



Aug 19 HSC Board Meeting 5:30pm SBMS

Aug 28 Stone Lagoon Swim 10am

Sept 12 Whiskeytown Lake Open Water Swim

Sept 18/19 *HSC Swim Meet at Crescent City

*Team meet - all swimmers encouraged to participate!

SWIMMERS OF THE MONTH



GREEN GROUP
Isabella Villarreal



BRONZE GROUP
Kaela Hollrigel



SILVER GROUP
Kiana Vigil-Gibbs



GOLD GROUP
Jon Puntonio



SENIOR GROUP
Erin McNulty



HAPPY BIRTHDAY!

August 5 Hannah Pereira - 9

August 8 Leila Moss - 10

August 10 Hannah Henry - 10

August 15 Asia Scarfia - 14

August 15 Taylor Wadsworth - 11

August 16 Brienne Beronilla - 11

August 16 Kaela Hollrigel - 11

August 16 Andrea Williams - 8

August 17 Emily Merten - 15

August 17 Kelsee O'Shea - 16

August 18 Nicolas Boesé - 18

August 20 Bridger Moe - 16

August 23 Andrew Stedman - 11

August 27 Russell Taylor - 13

August 27 Reed Richard - 11



GREEN GROUP

Move Ups: Hannah Pereira and Tatum Carlin

- Coach Angie

BRONZE GROUP

Bronze Group: Coach Cameron will be taking over as the primary Bronze group coach starting Aug 16th. Cameron is very much looking forward to encouraging our younger swimmers by passing on the teams philosophies and having fun!

Bronze Park Day: Thursday August 26th

- Coach Cameron

SILVER GROUP

Move-Ups: Emma Jelinek, Sydney Johnson, Ellen Keil, Jose Lopez, Megan Mathew, Kelsee O'Shea, and Chloe Pigg.

- Coach Angie

GOLD & SENIOR GROUPS

Senior Move-up: Ellen Thompson. Ellen has been on the club since Green group, and has dedicated herself to HSC and swimming since. She has a strong will, an eagerness to improve, and a love for the sport. Congratulations, Ellen!

Please make sure to bring water bottles to practice every day.

Also, if you haven't purchased your equipment bags through NorCal Swim Shop (www.swimshop.com), do it as soon as possible!

- Coach Cameron

NOT RECEIVING TEAMAILS?

If you are not receiving info regarding HSC via e-mail, please send your name (and child's name) and e-mail address to Jan Ross at jandyross@aol.com. This and monthly newsletters are our most efficient ways of communicating.

FAREWELL FROM ANGIE!

Dear Water Dogs,

The time has come, yet again, to say-not goodbye, but ...I'll see you soon! As Joe and I are about to embark on a new adventure, I can't help but reminisce about all the wonderful years I've spent with the team. HSC will forever hold a special place in my heart. I've grown and learned so much with you guys, and had a b-b-b-blast every minute.

Thank you for all your support. I'll miss you!

Love, Coach Angie

P.S. I'm still around all through August if anyone wants to set up some private lessons...call me! (633-5291, anGB33@gmail.com)

YOU WILL BE MISSED ANGIE!



FAR WESTERNS: JULY 28 - AUGUST 1

HSC will have 2 swimmers competing in the Far Western Championships in Concord. Erin McNulty (15-16) hopes to continue her JO success in this very competitive meet with 8 great races. Tiffany Nunn (13-14) will swim against some stiff competition in the 100, 200 breaststrokes and 100 butterfly. Good luck girls!

WHISKEYTOWN OPEN WATER RACE: SUNDAY SEPTEMBER 12TH

It's time again to have some fun and take our skills to the big 'pool'! Swimmers aged 8-10 will participate in the 500 yard race, there is a 1-mile course for swimmers aged 11-18, and a 2-mile course for 13-18. Parents/Masters swimmers are encouraged to race, as well! Please read, fill out, and mail your entry form (attached or hard copies at our ACP kiosk) by 9/2. We will have more info to come for camping at the lake the day prior to the race. In preparation, we will have another Stone Lagoon practice swim on Sat Aug 28th at 10am. We hope to see you there!

GET READY! - HUMBOLDT SWIM CLUB MEET - SEPTEMBER 18th and 19th!

HSC is hosting a swim meet on September 18/19 at the Fred Endert Municipal Pool in Crescent City. We hope to have 100% participation from our swimmers AND parents!

Please keep the weekend free. We have not hosted a meet for over 18 months and we are going to need a lot of help from all of our families. Susi Huschle will be contacting you about volunteering. This is the best way to fulfill your volunteer hours. If you are not going to be able to make it to the meet there are other ways that you can help. It's a great way to support your swimmer/s, help the team and make new friends!

- Jan Ross

WATER POLO, ANYONE?

HSC would like to start a water polo program, if possible. First, we would like to know how many swimmers would be interested in learning, playing in order to make it worthwhile. Please let Coach Cameron know if you could commit to participating in at least a couple practices per week (most likely, in the evenings).



LEAVING SWIM PRACTICE EARLY? -

For the safety of our swimmers, please inform the coach if your child will be leaving practice early. Also, remember to drop off your child no earlier than 15 minutes before practice and pick up your child no later than 15 minutes after practice. Thank you.

CAR WASH HOT DOG AND BAKE SALE SUCCESS

Our car wash/bake sale/hot dog sale was a great success and earned over \$800.00 for the club. Both Les Schwab and Ace Hardware deserve our appreciation for allowing us to hold our fundraisers on their properties. Thank you to everyone who baked, washed, and provided roadside placard advertisement.

We'd like to give a huge thank you to Kim Jelinek for spearheading this fundraiser, setting up the tables and BBQ, and spending a large part of Saturday working. She had extra baked goods, so she also set up a bake sale table the day after at Ace, and the next day at the Arcata Community Pool.

- Linda Broadman

FALL MEET SCHEDULE

- September 18-19 *Humboldt Swim Club C/B/A at Crescent City
 - October 23 - 24 *Santa Rosa Neptunes C/B/BB+ (SC)
 - November 6 - 7 *Redding Aquaducks Meet AGO/Jr+
- * Team meets - all swimmers are encouraged to participate!

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
TEAM BREAK - NO PRACTICE - TEAM BREAK - NO PRACTICE - TEAM BREAK HSC SWIMMERS WELCOME TO SWIM @ ACP FROM 4 - 6pm for \$2						
8	9	10	11	12	13	14
TEAM BREAK - NO PRACTICE - TEAM BREAK - NO PRACTICE - TEAM BREAK HSC SWIMMERS WELCOME TO SWIM @ ACP FROM 4 - 6pm for \$2						
15	16 FIRST DAY OF PRACTICE! DOG DAY!	17 FUN DAY! 3:30-5:00pm TRY-OUTS 6:00-6:30pm	18	19 HSC BOARD MEETING 5:30pm Sunnybrae MS	20	21 NO PRACTICE
22	23	24	25	26	27	28 STONE LAGOON SWIM 10am
29	30	31				

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BRONZE 1:	MWF 3:30-4:15 TTh 3:30-4:30
BRONZE 2:	MWF 4:15-5 TTh 3:30-4:30
SILVER:	MWF 5-6 TTh 4-5:30 (dryland 4-4:30)
GOLD/SENIOR:	MWF 6-7 (dryland MF 5:30-6) TTh 5:30-7
NO SATURDAY OR MORNING PRACTICE IN AUGUST	

HSC CONTACT INFORMATION

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

Team website www.hscswim.org maintained by Yoon Kim and Jan Ross

Cameron Mull	Head Coach	927-4055	mullcameron@gmail.com
Christopher Goodwin	Asst. Coach	559-679-6612	c.goodwin2000@gmail.com
Heather Malloy	Asst. Coach	601-9915	hem10@humboldt.edu
Byron Stocum	Asst. Coach	499-9344	stocumhands@gmail.com
Brendan McNulty	President	825-6821	bmcnulty@csudh.edu
Allegra Kossow	Vice-President	668-1709	akossow@suddenlink.net
Cheryl Nunn	Treasurer	443-9215	cherylnunn@att.net
Roxanne Moore	Secretary	839-3765	fourmoores@suddenlink.net
Cindy Peterson	Board Member	677-0620	south_95570@yahoo.com
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Linda Broadman	Board Member	839-2197	fukuevan@northcoast.com
Jan Ross	Board Member Newsletter	822-2009	jandyross@aol.com
Sheryl Steiner	Board Member	445-9063	pumasempre@aol.com
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WEB SITES: Humboldt Swim Club: www.hscswim.org
 Swim Connection: www.swimconnection.com
 Swim Connection Meet Entries: <http://ome.swimconnection.com>
 Pacific Swimming: www.usaswimming.org
 Norcal Swimshop: www.swimshop.com
 Swimming News: www.swiminfo.com