

## THREE NEW TEAM RECORDS FROM WINTER CALIFORNIA/NEVADA SECTIONALS!



Erin McNulty (17/18) 200 yard Backstroke 2:09.76  
Erin McNulty (17/18) 100 yard Butterfly 56.12  
Amy Peterson (13/14) 100 yard Breaststroke 1:08.64

All three of these records were about 13 years old!  
Congratulations Amy and Erin!

## NEW YEAR'S GOALS

Now that 2012 is here, it's time to reflect on the previous year of swimming and evaluate where you'd like to take your efforts this year. Be sure to not only think about times you'd like to achieve, but HOW you will go about getting there. In order to seek improvement, one must focus on the details in practices and working even harder on a regular basis: the time you seek will then take care of itself. The more you set goals (daily/ short-term, long-term), the more motivated you will stay each day! This goes for outside of the pool, as well.

Keep up the great work, Champs!

## "BLACK AND BLUE" INTRASQUAD SATURDAY JANUARY 21ST!

In order to get the 'cob-webs' out after a long meet hiatus (and post-holidays), we'd like to keep our racing spirits alive by having an Intra-squad meet at HSU (10am-Noon). As usual, Green groupers will do 25's of each stroke, Bronze and Silver 50's, and Gold and Senior 100's. We will need volunteer timers at the event. This is also in preparation for the Grants Pass, Oregon, meet coming up on February 4-5.

Be there, Water Dogs!

## URNS CLINIC SATURDAY JANUARY 28TH

This is a clinic you won't want to miss! We can ALL improve our walls, so be sure to come to HSU (10am-Noon) to take your swimming to a more complete, and higher level. We've previously finished up all of the 4 strokes, but an even easier way to stay ahead of the competition is to increase your speed and confidence through those turns. See you there!

## SECTIONALS RECAP

Amy Peterson and Erin McNulty represented HSC in Los Angeles for the Speedo Champions Series Sectionals Meet (Dec 17-20). The best swimmers from California and Nevada competed to finish off 2011 with a bang. Notably, Erin walked away with a 10th place finish in the 100 butterfly with a drop of 1.3 seconds off her best in a time of 56.1 seconds (her first final at this meet). She also improved her best in the 100 backstroke in a time of 59.04 (both are new team records). Amy swam the 100 breaststroke in a team-record time of 1:08.65, being one of the younger swimmers at the meet! Those 3 swims were all heat-winners as well! The USC men's & women's teams were in attendance, including some Olympians! It is important to remember that California is a particularly competitive swimming state. The fact that these two athletes from behind the Redwood Curtain were competing at this level is exceptional!



## IMPORTANT DATES

- Jan 3 ACP reopens, practices begin
- Jan 6 Practice change:  
ALL Green and Bronze: 3:30-4:30  
Silver, Gold, Senior: 4:30-6
- Jan 10 FUN DAY - 3:30 - 5pm - BRING A FRIEND!  
TRYOUTS 6 - 6:30pm
- Jan 17 HSU POOL RE-OPENS  
(morning practices begin)
- Jan 19 HSC BOARD MEETING  
Sunny Brae Middle School 5:30pm  
All parents are welcome!
- Jan 20 Deadline to pay annual dues for 10% discount
- Jan 21 INTRASQUAD MEET @HSU 10am-Noon
- Jan 28 TURNS CLINIC @HSU 10am-noon
- Feb 4/5 \*GRANTS PASS MEET (OREGON)

\*Team meet - all swimmers encouraged to participate!

HAPPY NEW YEAR!

## SWIMMERS OF THE MONTH

### GREEN GROUP

Lee Lindsey

### BRONZE GROUP

Ruth Verhaegh

### SILVER GROUP

Marcus Koesterer

### GOLD GROUP

Chloe Pigg

### SENIOR GROUP

Erin McNulty

## HAPPY BIRTHDAY!

- 1/14 Amy Peterson - 15
- 1/17 Raven Perez - 9
- 1/22 Zoë Ziegler - 15
- 1/23 Ann Anderson - 18
- 1/26 Jacob Ireland - 12
- 1/26 Marcus Koesterer - 14
- 1/28 Emma Jelinek - 14



## GREEN GROUP

Hello Green Groupers. Welcome to a new year! Shortly we will be resuming Saturday clinics focusing on starts, turns, and finishes, so make it out to as many as possible. They will help you! Keep checking your files for information about swim team events and fundraising. I hope every swimmer can make it to the intrasquad meet this month; it is a very good learning experience and more importantly, very fun!

**Swimmer of the Month: Lee Lindsey.** Lee has been very persistent in progressing forward with his swimming skills.

He constantly asks questions and seeks to be at his best. Keep up the good work Lee! Thank you for putting forth a huge amount of effort.

**Move-up to Green 2: Syrus Houle**

**January 18th: Park Day**

**January 25th: Timed Swims**

- Coach Heather

## BRONZE GROUP

It's time to start setting some goals for the New Year - 2012! We've had an amazing fall season, and we're continually impressed with your timed 400s progression, as well as stroke & turn improvements each month. Be sure to keep coming to the Saturday Clinics. Get ready for the Intrasquad meet, and hopefully we'll see you at the Grants Pass Meet, too.

We hope you had a great holiday break!

**Swimmer of the Month: Ruth Verhaegh**

**Move-up to Bronze 2: Neel Rao.** Congratulations, Neel, on your hard work, focus, and leadership everyday!

**January 24th: Timed 400s**

**January 28th: Park Day**

- Coach Cameron

## SILVER GROUP

Let's have a great start to this year by reinstalling our best swim habits: great attendance, preparedness, goal setting and a spirit of positivity and playfulness. Let's have fun swimming together in 2012!

**Swimmer of the Month: Marcus Koesterer**

Marcus has shown improvement in his set discipline and desire to improve his technique. He's fun to coach and always has me laughing. Thank you Marcus!

**January 9th: Polo Day**

**January 18th: Timed 500s!**



- Coach Chris

## GOLD & SENIOR GROUPS

I hope you all enjoyed your break, and had a great holiday! Now that we're back in the water, let's make it a goal to improve on our strokes and pushing your training further: swimming fast = focus + work ethic. Stay healthy and positive this (rainy) month. Set some New Years resolutions for yourselves, and stick to 'em. It's been a while since some of us have raced, so get ready for the Grants Pass Meet (don't miss the Intrasquad). Great job, Amy and Erin in LA at the Sectionals!!

**Swimmer of the Month: Gold - Chloe Pigg, Senior - Erin McNulty**

- Coach Cameron

**NOTE: THE DEADLINE FOR PAYING YOUR ANNUAL SWIMMER DUES IN FULL (IN ORDER TO RECEIVE A 10% DISCOUNT) IS JANUARY 20th, 2012.**

## TENTATIVE 2012 SWIM MEET SCHEDULE

February 4-5	*Grants Pass, Oregon (indoor pool)
March 16-18	Junior Olympics @ San Ramon (swimmers must qualify)
March 29-April 1	Short Course Far Westerns @ Morgan Hill (swimmers must qualify)
April 13-15	*Marin Pirates - long course (50 meter pool)
June 23-24	*Redding Aqua Ducks @ Redding - long course (50 meter pool)
July 19-22	Junior Olympics @ Orinda (swimmers must qualify)
July 28-29	*Willits Otters @ Willits
August 1-5	Long Course Far Westerns (swimmers must qualify) - @ San Jose
August 25	* Pentathlon Meet with Redding Aquaducks
October 12-14	Zone 3 Championships @ Vallejo
December 7-9	*Santa Rosa Neptunes (indoors)
December 15-18	Speedo Championships Sectionals @ Long Beach (swimmers must qualify)

\*Team meet - all swimmers encouraged to participate!

## **SCHEDULE CHANGE FOR GOLD & SENIOR**

We are back in the pool on Tuesday January 3rd. All groups will be back swimming at ACP until Tuesday January 17th when the HSU pool reopens. Green, Bronze, and Silver see NO changes, and here is the January practice schedule for **Gold and Senior:**

**January 3rd - 16th : M, F: 5:30-7pm @ACP (with Silver), T/W/Th: normal practice schedule**  
**Starting 1/17: M @HSU 5:45-7:30pm (F still 5:30-7pm with Silver),**  
**Morning practices & Saturday practices begin @HSU**

## **GRANTS PASS, OR 'LAST CHANCE' MEET: FEB 4-5**

This is a different, yet very fun indoor meet out of state! We are awaiting the completion of the meet sheet. As soon as it is received, we will email it out to the team ASAP. Entries will be different from what we are used to, as Oregon is not a part of Pacific Swimming; we will not be using online entries/ Swim Connection. Swimmers must submit a 'paper entry' on a consolidated entry card (which will also be emailed to the team along with the meet sheet), as well as meet entry fees to be submitted to Coach Cameron. Stay tuned, and we hope to get a large group in attendance!

## **CONGRATS TO CHLOE PIGG!**

Chloe Pigg competed in South Carolina for the National age-group Cross-Country Running Championships on December 12th. Chloe won the 13-14 girls age group by over 16 seconds and is the National Champion! Chloe's work ethic in and out of the pool is exceptional. She is a fine example to ALL Water Dogs that hard work really does pay off!

## **eSCRIP**

Please consider signing up for eScrip. To date fewer than 18 team families are participating. It is really easy and painless and there is a good potential for the team to make money. Locally, Wildberries Marketplace will give us 4% of our purchases in the store and there are MANY online merchants (including Amazon) that will give us a percentage of our purchases - if you need help contact Lynn Carlin at 825-0940.

## **FUNDRAISING NEWS**

Thank you to everyone who participated in our fundraising activities throughout 2011. I do mean everyone - from the folks who sold tons of candy and candles to the volunteers who put in hours of work, and those who gave goods and products for the dinner and auction. We, the board, appreciate your efforts!

New club members may be curious about our fundraisers. We have several spaced throughout the year. We start the year with a Sponsorship Drive from January through March. Cindy Peterson, the board treasurer, spearheads this and we ask all members to consider participating. Cindy follows with the See's Candy Sale timed to coincide with Easter. We usually have a Car Wash mid-year, and this provides both parents and swimmers an opportunity to participate. We plan to have another Dinner and Auction in fall, the Creepy Crawl very near Halloween, and the Candle Sale through November. We are adding a Spring Candle Sale and have discussed having a Rummage Sale, which we have done in the past.

Is there a parent out there willing to manage the Car Wash? Is there someone interested in managing a Rummage Sale? Would you please contact me if you are. Thank you and Happy New Year!

- Linda Broadman (599-5414)

*from Treasurer Cindy*

## **THANK YOU ALL AROUND!**

First to Paula Petersen and Linda Broadman for doing another fabulous job with the candle fundraiser. Our annual Creepy Crawl fundraiser was a record breaker, and helped us through the year end! Next, to all the hard work and donations made to the extremely successful dinner auction which kept our Waterdogs wet! The dinner/auction was our first attempt at this event and contributed over half our fundraising income for the year! This was crucial to the club. Of course our consistently successful candy sale is due to all the families that participate year after year! When it comes to fundraising the Fukushima family was top dog, raising over \$800 in 2011 for our kids!


## **SPONSORSHIP DRIVE 2012**

Happy New Year!

We begin 2012 with confidence after the way all families worked together to give us a successful 2011. Our sponsorship campaign begins now with families soliciting local businesses they frequent. Last year we were able to bring in \$9,700. We plan to raise \$10,000 this year and will show the daily results with a gauge at the pool. Plaques will be placed on the sponsorship board when donations come in, so watch to see who has already given, and THANK them!

Sponsorship paperwork is available at the ACP kiosk or we can email by request. If each family gets at least one sponsor we will meet the need, and share the task. Please remember that sponsorship is separate from family fundraising. Community support is what we are asking for with sponsorship...restaurants, doctors, dentists, retailers, distant relatives, neighbors.

# JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2	3 ARCATA COMMUNITY POOL OPENS	4	5	6 GREEN & BRONZE 3:30-4:30 SILVER, GOLD, SR 4:30-6	7 <b>NO PRACTICE</b>
8	9 SILVER GROUP POLO DAY	10 FUN DAY 3:30 - 5 BRING A FRIEND! TRYOUTS 6 - 6:30	11	12	13	14 <b>NO PRACTICE</b>
15	16	17 HSU POOL OPENS	18 GREEN GROUP PARK DAY SILVER GROUP TIMED 500s	19 HSC BOARD MEETING 5:30pm SBMS ROOM 6	20 DEADLINE FOR PAYING 2012 DUES IN ADVANCE FOR 10% DISCOUNT	21 INTRASQUAD MEET @HSU 10AM-NOON
22	23	24 BRONZE GROUP TIMED 400s	25 GREEN GROUP TIMED SWIMS	26 BRONZE GROUP PARK DAY	27	28 TURNS CLINIC @HSU 10am-noon
29	30	31				

## REGULAR PRACTICE SCHEDULE

Green 1: MF 3:30-4:15, W 3:30-4:30

Green 2: MF 4:15-5, W 3:30-4:30

Bronze 1: MTThF 3:30-4:30

Bronze 2: MF 4:30-5:30, TTh 3:30-4:30

Silver: MF 5:30-7, TWTh 4-5:30 (dryland 4-4:30)

Gold/Senior: M 5:45-7:30 @ HSU  
T/TH 5-7 @ ACP  
(dryland 5-5:30)  
W/F 5:30 -7 @ACP

MORNING PRACTICES TUESDAY/THURSDAY  
SILVER, GOLD & SENIOR: 5:45-7am @ HSU

SATURDAY PRACTICES  
10AM-NOON @ HSU: ALL WELCOME!

## HSC CONTACT INFORMATION

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

Team website [www.hscswim.org](http://www.hscswim.org) maintained by Yoon Kim and Jan Ross

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Brendan McNulty	President	825-6821	<a href="mailto:bmcnulty@csudh.edu">bmcnulty@csudh.edu</a>
Cindy Peterson	Treasurer	677-0620	<a href="mailto:south_95570@yahoo.com">south_95570@yahoo.com</a>
Adrienne McConnell	Board Member	845-0686	<a href="mailto:adrienne.mcconnell@alum.calberkeley.org">adrienne.mcconnell@alum.calberkeley.org</a>
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Linda Broadman	Board Member	839-2197	<a href="mailto:fukuevan@northcoast.com">fukuevan@northcoast.com</a>
Jan Ross	Board Member Newsletter	822-2009	<a href="mailto:jandyross@aol.com">jandyross@aol.com</a>
Lynn Carlin	Board Member	825-0940	<a href="mailto:carlinclan66@gmail.com">carlinclan66@gmail.com</a>
Mike Fukushima	Board Member	840-0515	<a href="mailto:mdfukushima@att.net">mdfukushima@att.net</a>

**WEB SITES:** Humboldt Swim Club: [www.hscswim.org](http://www.hscswim.org)  
Swim Connection: [www.swimconnection.com](http://www.swimconnection.com)  
Swim Connection Meet Entries: <http://ome.swimconnection.com>  
Pacific Swimming: [www.usaswimming.org](http://www.usaswimming.org)  
Norcal Swimshop: [www.swimshop.com](http://www.swimshop.com)  
Swimming News: [www.swiminfo.com](http://www.swiminfo.com)  
EScrip: [www.escrip.com](http://www.escrip.com)

