



WATERDOG NEWSLETTER HUMBOLDT SWIM CLUB



IMPORTANT DATES

- April 3-6 Far Western Championships; Pleasanton (Qualifying)
- April 4 & 5 NO Cal Poly. Please follow All Team ACP Schedule
- April 12-13 Sebastopol SCY: PC-SSS 12 & U Developmental Invitational (Intro & Bronze) PC-SSS April Fools C/B/A (Silver & Gold)
- April 11-13 Elk Grove LCM (Gold & Senior)
- May 3 Team Banquet & Cal Poly Block Party Meet
- Summer Practice Schedule TBA Begins May 5th

COACH'S CORNER

March went by in a flash! Our Age-Group staff added three coaches to work with our swimmers, with a focus on assisting our Intro and Bronze groups. Coach Jeanette and I plan on being in the water with both groups on Monday and Wednesday, while Coach Declan and Coach David assist from the deck along with Coach Chris and Coach Juliana. While we move along with a focus on body stability and swimming tall, the Intro and Bronze groups will be limited with their equipment usage. This gives our coaching staff opportunities to see their deficiencies and develop a training routine to strengthen their weaknesses.

The Silver squad and Gold group will be adding a Breaststroke component to their training through April. The curriculum will still be Freestyle focused, but we want to bring in Breaststroke to help with their IM events.

-**Coach Mike**

Hello Water Dogs! We have had a very successful month of swimming in March, which was highlighted by great swims at both Age Group Championships and the Rohnert Park meet! The coaching staff looks forward to carrying the momentum into April. We have a busy month ahead of us, starting with a couple of our talented swimmers, Yogi Trieu and Sophia Spellmeyer, representing our team at Far Western Championships. Our Silver and down team will travel to Sebastopol for a fun short course swim meet with Coach Mike, while our Gold and Senior groups will be traveling to Elk Grove for the first long course swim meet of the season! Long course season is upon us! If you have any questions, please reach out to our wonderful coaching staff. We look forward to helping your kids continue to achieve their goals, and have a great time doing so!

-**Coach Jacob**



APRIL BIRTHDAYS

• Eve Quinn	4.1	16
• Ocea Ferrara	4.9	10
• Zemira Haas	4.16	11
• Samuel Bucklin	4.20	10
• Malachi McAndrew	4.20	8
• Stella Lyons	4.25	9
• Winslow Condon	4.26	
• Skye Ferrara	4.27	8
• Lydia Gerdes	4.30	15
• Pat Spellmeyer	4.30	

SWIMMERS of THE MONTH

Intro Group:	Bevan Hill
Bronze Group:	Coral Verbeck
Silver Group:	Jude Vidagars
Gold Group:	Anika Terry
Senior Group:	Eve Quinn
Senior Comp:	Amalia Baugh

ALL ABOUT THE GROUPS

INTRO GROUP

Intro is one of my favorite groups to coach. They're squirrely, curious, energetic, hyper-focused...on the thing floating at the bottom of the pool, and simply stoked to be at practice with their friends. April will be all about long-axis stroke work: flutter kicking, Freestyle, Backstroke, and patience when they breathe.

Swimmer of the month: Bevan Hill – Bevan brings a TON of positive energy to our Intro 1 practices. He keeps his head above the water when it's time to listen, is hungry to improve, volunteers to demonstrate drills, and takes advantage of the free-time pockets while on the wall to play with his friends instead of in the middle of instruction.

BRONZE GROUP

Bronze will also continue their long-axis stroke work with the addition of learning when to use their dolphin kick in an underwater. There are two races happening during a single event: underwater and above. As the swimmer progresses, the two races merge efficiently into a singular race. We want them to dolphin kick off the wall to extend their underwater, which is faster than actually swimming, however, some swimmers kick for too long or too deep while most swimmers POP straight up after pushing off the wall.

Swimmer of the month: Coral Verbeck – Coral makes coaching easy. They listen well on the wall, keep their head on a swivel when the lanes get busy, offer to demonstrate when they're confident they know how to do the drill and ask for demonstrations when they're not sure of the task, and RACES when the set calls to compete.

SILVER GROUP

I think they're starting to see how we'll have fun and games throughout their training. We have sneaky little pockets of opportunities here and there that are stroke focused, but a tad silly too. Even though Breaststroke will be brought into focus through April, swimming tall and strengthening their Freestyle body-line will be a constant theme through their development in Silver.

Swimmer of the month: Jude Vidagars – Jude is starting to recognize slowing down doesn't simply mean going slower, it means we have to be able to reflect in the moment how something is helping or hurting our progress. Swimmers like Jude who are competitive and don't want to "lose" their spot in line struggle with this challenging concept. This is a major step forward for his stroke development and why he earned swimmer of the month.

GOLD GROUP

Gold's training path is starting to come into focus. Freestyle is the standard stroke for most periods of conditioning, however, Breaststroke will supplement some of their cardio-conditioning through April as we take a peek at the possibility of swimming the 400 IM before the 2024/2025 season comes to an end.

Swimmer of the month: Anika Terry – Anika is starting to understand the feedback her coaches are giving her and how focus isn't just something our eyes do or our attention does, it's a myriad of little things coming together in a singular point. Instead of the widespread energy shooting out of a shotgun, Anika is focusing her underwater speed into a tall drawn-out line shooting forward. She is bracing her core to prepare for the torque created by her breakout strokes, to keep them moving her forward instead of fishtailing. Her focus is the reason she earned swimmer of the month.

SENIOR GROUP

While the month of March was certainly busy with high school swim activities, it was fun to take a break from that and watch our swimmers compete at Rohnert Park. Amalia Baugh, Tallulah Grantham, Teodor Demirev, and Lydia Gerdes all had great swims at the meet. We will be attending the Elk Grove long course meet April 11th – 13th. This meet is Prelims/Finals, so it will be a great opportunity for the kids to build experience in that structure. At practice, the training design won't change much for the upcoming long course season. We will continue to sprint everyday, and build the swimmer's tolerance with sustaining sprint paces. Stroke efficiency will remain a big priority as well, since teaching the swimmer's to swim taller in the water and take less strokes per 25 will help them get faster in the long run. Little details will be enforced everyday!

Senior Comp Swimmer of the Month: Amalia Baugh

Amalia has done a great job in the month of March of hitting her paces at practice, and overall really buying into the training program. She had some great swims at Rohnert Park as well. Great job!

Senior I Swimmer of the Month: Eve Quinn

Eve has stepped up her training over the past month, both in the water and at dryland. She is doing a great job of narrowing in on her paces, and in the weight room has some of the better technique of the group. Excellent work!

– Coach Jacob

APRIL 2025

SAVE THE DATE

End of Short Course Season Team Banquet at Cal Poly!
May 3rd
Block Party Meet followed by Awards & Team Potluck



2025 MEET SCHEDULE

- Jan/Feb 31-2 Zone 3 Championships - Santa Rosa *Qualifying
- **February 15-16** Senior Open P & F Meet - San Jose, CA
- February 22 Shasta Y C/B/A+
- **March 8-9** Senior Open P & F Meet - TBD
- March 14-16 Spring Age Group Championships, Pleasanton, CA *Qualifying
- March 21-23 PRNA Rohnert Park C/B/A+
- **April 2-5** Western Zones Senior Championships SCY - TBD *Qualifying
- April 3-6 Far Western Championships Pleasanton *Qualifying
- April 12-13 Sebastopol C/B/A+
- **April 11-13** Elk Grove LCM *Gold and Senior
- May 16-18 Santa Rosa Neptunes LCM C/B/A+
- May 30-31 Vallejo JO LCM C/B/A+
- June 20-22 Redding Aqua Ducks LCM
- June 27-29 AC- San Rafael C/B/A+ LCM
- July 11-13 Summer Age Group Championships, Santa Rosa
- July 18-19 Sectionals, Coronado *Qualifying
- July 18-20 Willits C/B/A+ SCY
- July 31-Aug 1 Far Western Championships Santa Clara *Qualifying
- **July 31-August 2** Western Zones Senior Championships LCM - Clovis, CA *Qualifying



WHAT DO THE DIFFERENT TYPES OF MEETS MEAN FOR MY SWIMMER?

Swim meets are based on USA and Pacific Swimming Time Standards. These standards are grouped into Age Group and Senior Times. These time standards can be found at <https://www.pacswim.org/swim-meet-times/standards>

- C/B/A+ Meets = All swimmers may attend.
- Zone 3 Championships = swimmers must qualify with either A or B times

Age Group Meets:

- Age Group Championships = swimmers must meet the JO time standard
- Far Western Championships = swimmers must meet the FW time standard

Senior Meets:

- Senior Open = swimmers 13 and up with Senior Open times qualify
- Senior 2 = swimmers 13 and up must have Senior 2 times qualify
- Western Zones Senior Championship = swimmers 13 and up must meet Senior Western Zone times.
- Sectionals = swimmers must meet the minimum sectional time standards

NEW RATES FOR 2025

Due to an increase in operating costs HSC must raise dues for the first time since 2019. Your dues pay for facilities, insurance, coaching staff, and much more. Scholarships are available; email President@hscswim.org for more information

Intro: \$95/month

Bronze: \$110/month

Silver: \$140/month

Gold: \$180/month

Senior I: \$195/month

Senior Comp: \$210/month

SPRING PRACTICE SCHEDULE

- **Intro:**
 - Monday 4-4:45 (Group 1)
4:30-5:15 (Group 2)
 - Wednesday 4-4:45 (Group 1)
4:30-5:15 (Group 2)
 - Friday 4-5 (Both Groups)
 - Saturday 11-12 (Both Groups)
- **Bronze:**
 - Monday 4-4:45 (Group 1)
4:30-5:15 (Group 2)
 - Tuesday 4-5
 - Wednesday 4-4:45 (Group 1)
4:30-5:15 (Group 2)
 - Friday 4-5:30
 - Saturday 12-1
- **Silver:**
 - Tuesday 5-6
 - Wednesday 5-6
 - Thursday 4-5
 - Friday 5-5:30 dryland
5:30-7 swim
 - Saturday 9-11 (Cal Poly)
- **Gold:**
 - Monday 5:15-6:15/ Dryland
4:15-5:15
 - Tuesday 4-6
 - Thursday 4:30-6/Dryl. 4-4:30
 - Friday 4-7 drop in (Cal Poly)
 - Saturday 10-11:30 (Cal Poly)
- **Senior:**
 - Monday 5:15-7:30 swim
 - Tuesday Dryland 4:15-5:15
6-7:30 swim
 - Wednesday 6-7:30 swim
 - Thursday Dryland 4:15-5:15
6-7:30 swim
 - Friday 4-7 drop in (Cal Poly)
 - Saturday 11-1 (Cal Poly)
- **Senior Comp:**
 - Monday Dryland 6-7:30 am
5:15-7:30 swim
 - Tuesday 5:30-7:30 swim
 - Wednesday Dryland 6-7:30 am
5:30-7:30 swim
 - Thursday 5:30-7:30 swim
 - Friday Dryland 6-7:30 am
4-7 drop in (Cal Poly)
 - Saturday 11-1 swim (Cal Poly)

** Morning Swim: 6-7:30 T/Th @ ACP
 ** Gold may swim with Senior/Senior Comp in the AM T/Th 6-7:30 @ ACP
 ** Silver may swim if they are at least 11 years old with a test set.

WATERDOG NEWSLETTER

SafeSport

Humboldt Swim Club is a participating USA Swimming member club committed to creating a healthy and positive environment free from abuse for all its members through the development and implementation of club governance measures, Safe Sport policies and reporting mechanisms, Safe Sport best practices and training to athletes and parents. Our Coaches, Board Members and Officials keep up to date with training to ensure HSC is a safe place for all members. For HSC to become a SafeSport Recognized Club, we ask that athletes (12&up) and parents/guardians participate in these courses as well:

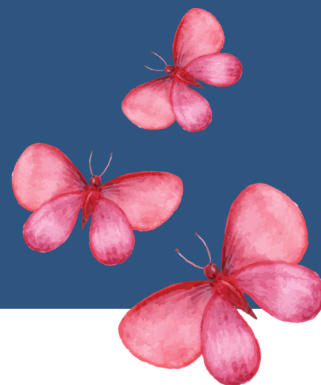
SafeSport Webinar Links found on the events page of HSCSWIM.ORG

Parent Trainings

Wednesday, April 2 at 8:00 p.m. ET
 Wednesday, May 7 at 8:00 p.m. ET
 Wednesday, June 11 at 8:00 p.m. ET
Athlete Trainings (12-17 years old)
 Thursday, April 3 at 8:00 p.m.
 Thursday, May 8 at 8:00 p.m.
 Thursday, June 12 at 8:00 p.m.

BOARD MEMBER BLOG

Let's give a Water Dog welcome to HSC Coach Jeanette, Coach Declan & Coach David! You will see all three group coaches working alongside Lead Coach Mike with our Age Groups swimmers in Intro-Gold. Coach Chris and Coach Juliana will also be on deck, stop by and say hello!



HSC SPONSORSHIP DRIVE

The 2025 HSC Sponsorship Drive has begun! Our annual sponsorship drive runs from January-May and is an opportunity for our athletes to reach out to our community and request their support. Half of all funding directly goes toward your families' annual fundraising requirements. Because of the tremendous support from our community, families and friends, HSC is able to offer 3 practice locations even with an increase of facility costs, purchase updated equipment, fund scholarship opportunities and offer competitive training at affordable rates.

2024 SPONSORS

RUBY (\$5,000 +)

DIAMOND (\$2,500-\$4,999)

PLATINUM (\$1,000-\$2,499)

EDWARD JONES-GREG SEILER

HUMBOLDT SPONSORS

DR. JOSEPH ARCIDI

GOLD (\$500-\$999)

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REDWOOD INSTITUTE OF SOCIAL RESEARCH

GREEN DIAMOND RESOURCE COMPANY

KIWANIS CLUB OF ARCATA

SILVER (\$250-\$499)

A TO Z EYE CARE

HARPER MOTORS

HUMBOLDT MASONIC LODGE NO 79

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LES SCHWAB TIRE CENTER

HUMBOLDT ASSOCIATION OF REALTORS

SWIM SUPPORTER (\$100)

CYPRESS GROVE CHEESE

ADAMS COMMERCIAL GENERAL

CONTRACTING, INC

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FINNEY CONSULTING SERVICES

KERISA ELLOWAY, MS, DDS

CENTURY ORTHODONTICS

SOROPTIMIST INTERNATIONAL OF ARCATA

ALVES INC

JLF CONSTRUCTION

VALLEY PACIFIC PATROLEUM

NOR CAL OIL INC

BEAR RIVER CASINO



HSC CONTACT INFORMATION

MAKE NOTE OUR NEW TEAM EMAILS!

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www.hscswim.org

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WEB SITES:

Swim Connection:

<https://ome.swimconnection.com/meets>

Fast Swims: <https://fastswims.com/>

Pacific Swimming: www.pacswim.org

USA Swimming: www.usaswimming.org

Discount Swim Gear: www.swimoutlet.com