

SUMMER FUN! HSC SWIMMERS ENJOYING SUMMERTIME!





2024-2025 MEET SCHEDULE

- September 27-29 Santa Rosa Neptune C/B/A+
 - November 1-3 Senior 2 P & F- Pleasanton
 - November 4-5 Redding, C/B/A+
 - November 23-24 Mendocino Coast Sea Dragons C/B/A+
 - December 6-8 Winter Age Group Championships *Qualifying
 - December 13-15 Senior 2 P & F Meet - TBD
 - December 13-15 Sectionals, Walnut CA *Qualifying
- **Spring meets pending 2025 budget adoption:**
- Jan/Feb 31-2 Zone 3 Championships -TBD *Qualifying
 - February 8-9 Grants Pass C/B/A+
 - February 15-16 Senior Open P & F Meet - San Jose, CA
 - 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 11-13 Sebastopol C/B/A+
 - April 12-13 Senior Open- TBD
 - May 16-18 Santa Rosa Neptunes LCM C/B/A+
 - June 20-22 Redding Aqua Ducks LCM
 - June 27-29 AC- Petaluma 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-Aug1 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>

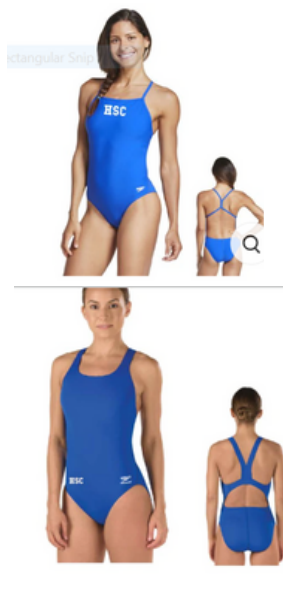
- C/B/A+ Meets = All swimmers may attend.
- Zone 3 Championships = swimmers must qualify with either A or B times

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



Make Sure to Purchase a Team Suit

Team Suits and Equipment can be ordered from the following site:

<https://elsmoreswim.com/collections/humboldt-swim-club>

Team Suits should be worn to meets only!

FALL PRACTICE SCHEDULE

- **Intro:**

Monday	4-5:15 (Group 1 & 2)
Wednesday	4-5:15 (Group 1 & 2)
Friday	4-5 (Both Groups)
Saturday	11-12 (Both Groups)

Park Days 1x/month- check newsletter
- **Bronze:**

Monday	4-5:15
Wednesday	4-5:15
Thursday	4-5:30
Saturday	12-1

Park Days 1x/month - check newsletter
- **Silver:**

Tuesday	5-6
Wednesday	5-6
Thursday	4-5
Friday	5-5:30 Dryland 6-7:30 swim
Saturday	9-10:30 (Cal Poly)
- **Gold:**

Monday	5-6 / Dryland 4-5
Tuesday	4-6
Thursday	4:30-6 / Dryl. 4-4:30
Friday	4-6 (Cal Poly)
Saturday	10-11:30 (Cal Poly)
- **Senior:**

Monday	6-7:30 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	5-7 (Cal Poly)
Saturday	11-1 (Cal Poly)
- **Senior Comp:**

Monday	Dryland 6-7:30 am 5:30-7:30 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 5-7 swim (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

GROUP CRITERIA + GROUP COACHES

Age Group Criteria for Intro-Gold

Group criteria can now be found on Team Unify. These group criteria display a set of skills for swimmers to achieve within each training group. These criteria allow for transparency in move up decisions, all while maintaining coach discretion.

For individual questions about your swimmer's progress please reach out to your group coach.

Intro Group: Coach Chris is our Intro Coach!

Bronze Group: Coach Mary is our Bronze Coach!

Silver Group: Lead Age-Group Coach Kelly is our Silver Coach!

Gold Group: Lead Age-Group Coach Kelly is our Gold Coach!

Senior & Senior Comp Group Criteria

Senior Group: Lead Senior Group Coach Jacob is our Senior Coach!

- Highschool athlete
- Members of the Senior program must have their own equipment: snorkel, paddles, fins, buoy, and alignment board.

Senior Comp: Lead Senior Group Coach Jacob is our Senior Comp Coach!

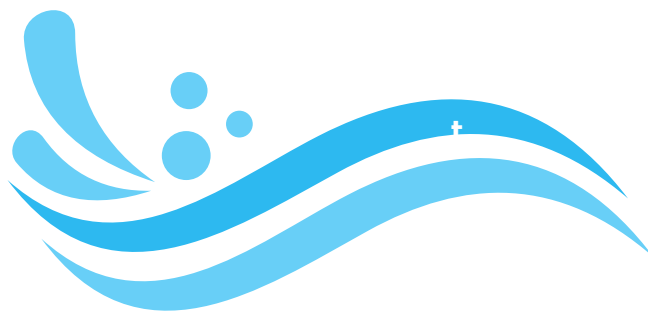
Standards for the Senior Comp Group:

- High School Age
- Compete in all scheduled monthly competitions and their designated championship meet for the competition cycle
- Maintain an 80% monthly attendance record
- Train at a base 100 pace of 1:20 and a base 50 pace of :40
- Members of the Senior program must have their own equipment: snorkel, paddles, fins, buoy, and alignment board.

Do You Want to Volunteer?

Email a board member (emails on the next page) for suggestions on how you can help support our amazing group of swimmers!

WATERDOG NEWSLETTER



2024 SPONSORS

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ALVES INC

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VALLEY PACIFIC PATROLEUM

NOR CAL OIL INC

BEAR RIVER CASINO

HSC CONTACT INFORMATION

MAKE NOTE OUR NEW TEAM EMAILS!

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

www.teamunify.com/pchsc or
www.hscswim.org

Kelly Nathane Lead Coach (Age G.) 707- 407-6191

coach.kelly@hscswim.org

Jacob Ireland Lead Coach (Senior) 707- 362-1397

coach.jacob@hscswim.org

Jamie Hill-Workman President

• president@hscswim.org

Karin Grantham Vice President

• vicepresident@hscswim.org

Winslow Condon Treasurer

• treasurer@hscswim.org

Rebecca Baugh Secretary

• secretary@hscswim.org

Russ Turpin Board Member

• boardmember.russ@hscswim.orgNona Mineva Board Member/Fundraising &
Grant Writing Coordinator• boardmember.nona@hscswim.org

Pat Spellmeyer Board Member/Stroke & Turn

• boardmember.pat@hscswim.org

WEB SITES:

Swim Connection:

<https://ome.swimconnection.com/meets>Fast Swims: <https://fastswims.com/>Pacific Swimming: www.pacswim.orgUSA Swimming: www.usaswimming.orgDiscount Swim Gear: www.swimoutlet.com