



WATERDOG NEWSLETTER HUMBOLDT SWIM CLUB

IMPORTANT DATES

- August 21 HSC Board Meeting
- August 1- last practice of season
- August 4-16 All Team Break
- August 18 Welcome Back HSC!
- HSC Team Try Out: Three Optional Dates August 26th, 27th or the 28th @ACP
- All Team Registration for 2026 season August 18th-September 30th

COACH'S CORNER

Hello Humboldt Swim Club families! My name is Casey Hnatiuk, and I'm incredibly excited to be joining HSC as your new Head Coach. With over 25 years of experience coaching competitive swimmers—from beginners to Olympians—my passion lies in helping athletes grow not only in the water but as confident, disciplined individuals outside the pool. I'm honored to lead this program and look forward to working with each of you as we build a season full of progress, pride, and personal bests.

As we kick off August, our focus is on establishing strong habits, technical fundamentals, and a positive team culture. This month is about setting the tone for the entire year. Whether you're a seasoned swimmer or just getting started, every practice is a chance to learn, grow, and have fun. Parents—thank you in advance for your support. Your encouragement plays a key role in your swimmer's success, and I look forward to partnering with you throughout the season.

We have big plans ahead—new training plans, team-building activities, local and travel meets, and plenty of opportunities for our athletes to shine. You'll eventually see some updates to group structures and practice schedules that are designed to optimize development at every level. Most importantly, we'll focus on creating an environment where effort is celebrated, improvement is constant, and team spirit thrives.

Let's make this season one to remember. Keep an eye on your inbox for updates, dryland start dates, and upcoming parent meetings. If you see me around the pool deck, don't hesitate to say hi—I'm eager to get to know every swimmer and family. Let's dive in and make waves together! Until next time, make sure you streamline!

Coach Casey

HELLO AUGUST

AUGUST BIRTHDAYS

• Linnea McDonald	8.1	12
• Gabriel Dieme	8.3	10
• Carina McDonald	8.4	15
• Jackson Werner	8.4	14
• Greyson Eden	8.7	8
• Henry Landis	8.16	12
• Henry Workman	8.17	12
• Fiona Cavanagh	8.18	13
• Rosemary Haley	8.26	12
• Keira McNeil	8.26	12
• Demetri Gai	8.30	12

WATERDOG NEWSLETTER

ALL ABOUT THE GROUPS

PLEASE WELCOME **COACH CASEY HNATIUK** AS OUR NEW HEAD COACH FOR HUMBOLDT SWIM CLUB.

COACH CASEY WILL BE DIRECTLY RESPONSIBLE FOR COACHING OUR **SENIOR AND SENIOR COMP GROUPS** AS WELL AS ADMINISTRATIVE OVERSIGHT OF THE ENTIRE TEAM.

PLEASE WELCOME BACK **COACH JACOB IRELAND** IN HIS NEW ROLE AS THE **LEAD AGE GROUP COACH**. COACH JACOB WILL BE OVERSEEING TRAINING FOR AGE-GROUP ATHLETES.

WELCOME BACK ASSISTANT COACHES; **COACH CHLOE, COACH JULIANA, COACH CHRIS AND COACH JEANETTE** WHO WILL BE ASSISTING WITH THE TRAINING OF OUR AGE GROUP ATHLETES

INTRO GROUP

Practice Times:
 Mon/Tues/Thurs/Fri Intro 1 4-4:45
 Intro 2 4:45-5:30
 Saturday Intro 1 & 2 1-2

BRONZE GROUP

Practice Times:
 Monday - Thursday 5:45 - 6:45
 Friday 5:30 - 6:30

SILVER GROUP

Practice Times:
 Monday Dryland 5:30 - 6
 Swim 6 - 7:30
 Tuesday 6:30 - 7:30
 Wednesday Dryland 5:30 - 6
 Swim 6 - 7:30
 Thursday 6:30 - 7:30
 Friday 6:30 - 7:30



Gold

Monday Swim 4-5:45
 Dryland 6-7:30
 Tuesday 4-5:45
 Wednesday Swim 4-5:45
 Dryland 6-7:30
 Thursday 4-5:45
 Friday 4-5

SENIOR GROUP

Practice Times:
 Monday 4-6 swim / Healthsport 6:30-7:30
 Tuesday 6-7:30 am swim / 4-5:45 swim
 Wednesday 5-45 swim
 Thursday 6-7:30 am swim / 4-5:45 swim
 Friday 4-5 swim
 Saturday Healthsport 9:30-10:30
 11-1 swim

Senior Comp

Monday 4-6 swim
 Healthsport 6:30-7:30
 Tuesday 6-7:30 am swim
 4-6 swim
 Wednesday 4-6 swim
 Healthsport 6:30-7:30
 Thursday 6-7:30 am swim
 4-6 swim
 Friday 4-6 swim
 Healthsport 6:30-7:30
 Saturday Healthsport 9:30-10:30
 11-1 swim

** Gold may swim with Senior/Senior Comp in the AM T/Th 6-7:30 @ ACP

Team Store

Check out our NEW TEAM STORE for HSC suits, hoodies and MORE!! Link on HSCSWIM.ORG or <https://theswimteamstore.net/teamlogin/index/loginpost?username=humboldt&password=swimclub>



2025 FALL MEET SCHEDULE

- September 26–28 Neptunes Swimming; Santa Rosa, Ca C/B/A+
- October TBD
- October 25 HSC Creepy Crawl; Arcata, Ca
- November 7–9 **Senior 2 P+F; Pleasanton, Ca**
- November 22–23 Mendocino Sea Dragons; Fort Bragg, Ca C/B/A+
- December 5–7 Neptune Swimming; Santa Rosa, Ca C/B/A+
- December 5–7 **Senior P+F; TBD**
- December 12–14 Winter Age Group Championships; San Ramon, Ca *Qualifying
- December 19–22 CA/NV Winter Sectionals; Walnut, Ca *Qualifying

SPRING SCHEDULE TBD

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

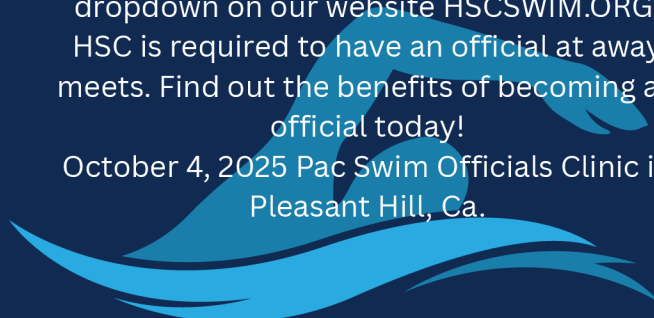
Senior Meets:

- 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

STROKE AND TURN

Interested in volunteering as a stroke and turn official?! Check out our Stroke & Turn Officials page under the, “Swim Meet Info” dropdown on our website HSCSWIM.ORG HSC is required to have an official at away meets. Find out the benefits of becoming an official today!

October 4, 2025 Pac Swim Officials Clinic in Pleasant Hill, Ca.



FALL PRACTICE SCHEDULE

STARTS AUGUST 18TH

- **Intro:**

Monday	Intro 1 4-4:45 Intro 2 4:45-5:30
Tuesday	Intro 1 4-4:45 Intro 2 4:45-5:30
Thursday	Intro 1: 4-4:45 Intro 2: 4:45-5:30
Friday	Intro 1: 4-4:45 Intro 2: 4:45-5:30
Saturday	Intro 1 & 2: 1-2
- **Bronze:**

Monday	5:45-6:45
Tuesday	5:45-6:45
Wednesday	5:45-6:45
Thursday	5:45-6:45
Friday	5:30-6:30
- **Silver:**

Monday	Dryland 5:30-6 Swim 6-7:30
Tuesday	6:30-7:30
Wednesday	Dryland 5:30-6 Swim 6-7:30
Thursday	6:30-7:30
Friday	6:30-7:30
- **Gold:**

Monday	Swim 4-5:45 Dryland 6-7:30
Tuesday	4-5:45
Wednesday	Swim 4-5:45 Dryland 6-7:30
Thursday	4-5:45
Friday	4-5
- Senior:**

Monday	4-6 swim HealthSport 6:30-7:30
Tuesday	6-7:30 am swim 4-5:45 swim
Wednesday	4-5:45 swim
Thursday	6-7:30 am swim 4-5:45 swim
Friday	4-5 swim
Saturday	Healthsport 9:30-10:30 11-1 swim
- Senior Comp:**

Monday	4-6 swim Healthsport 6:30-7:30
Tuesday	6-7:30 am swim 4-6 swim
Wednesday	4-6 swim Healthsport 6:30-7:30
Thursday	6-7:30 am swim 4-6 swim
Friday	4-6 swim Healthsport 6:30-7:30
Saturday	Healthsport 9:30-10:30 11-1 swim

** Gold may swim with Senior/Senior Comp in the AM T/Th 6-7:30 @ ACP

WATERDOG NEWSLETTER

Welcome Coach Casey to Humboldt Swim Club!

We are excited to welcome Coach Casey Hnatiuk as the new Head Coach of Humboldt Swim Club!

Coach Casey brings over 25 years of coaching experience, including 10 years at Lyons Aquatics, where he coached numerous athletes to the national level. He also had the privilege of coaching Olympian Blake Pieroni during the early stages of his career. Casey's coaching journey spans a wide range of levels, from age-group swimmers to elite high school athletes. He was and continues to be a high-level athlete with a lifelong dedication to sport and performance.

In addition to his coaching background, Casey holds a master's degree in IT and cybersecurity and served six years in the U.S. Army as a military intelligence sergeant. His leadership skills, technical expertise, and commitment to athlete development make him a powerful addition to our club.

Far Westerns & New Team Record

Congratulations

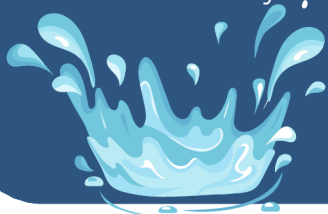
Sophia Spellmeyer and **Amalia Baugh** Qualifiers for 2025 Long Course Far Western Championships

Congratulations

Jonah Hoffman Boys 9-10 100 Breast LCM: 1:39.43

HSC BOARD BLOG

The HSC Board of Directors will be looking for interested parents to become board members during our next elections cycle. Board member elections will be held in October. if you are interested please reach out to the team Secretary.



2025 SPONSORS

RUBY (\$5,000 +)
DIAMOND (\$2,500-\$4,999)

PLATINUM (\$1,000-\$2,499)
SHMIDBAUER FAMILY FOUNDATION
HUMBOLDT SPONSORS

GOLD (\$500-\$999)
SALT AND CAMPGROUND RESTAURANTS
NYLEX.NET INC
NORTH COAST APPLIANCE
GROWING SMILES DENTISTRY
HENSELS ACE HARDWARE
HARPER MOTORS
ACGC, INC
MID CITY MOTOR WORLD
REDWOOD CAPITAL BANK
PAULI-SHAW INSURANCE
LBA CONTRACT CUTTING, INC

SILVER (\$250-\$499)
BLACKBAUD GIVING FUND
VALLEY PACIFIC PETROLEUM
SOROPTOMIST INTERNATIONAL OF ARCATA
THE MILL YARD
NEELY AUTOMOTIVE
WOODLEY FAMILY
ELLOWAY & WONENBURG, DDS.
ALVES INC.
PREMIER OIL CHANGE

BRONZE (UNDER \$250)
SOROPTIMIST INTERNATIONAL OF ARCATA
THE MILL YARD
BLUE MOUNTAIN CUTTING

SWIM SUPPORTER (\$100)
HUMBOLDT ORTHODONTICS
ELIZABETH SALOCA-FOGG
KNOX FAMILY
DANIELLE WOERMANN

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

Casey Hnatiuk Head Coach
coach.casey@hscswim.org

Jacob Ireland Lead Age Group 707- 362-1397

coach.jacob@hscswim.org

- Jamie Hill-Workman** President
• president@hscswim.org
- Patricia Terry** Vice President
• vicepresident@hscswim.org
- Winslow Condon** Treasurer
• treasurer@hscswim.org
- Pam Willey** Secretary
• secretary@hscswim.org
- Nona Mineva** Board Member/Fundraising & Grant Writing Coordinator
• boardmember.nona@hscswim.org
- Pat Spellmeyer** Board Member/
Stroke & Turn/Meet Director
• boardmember.pat@hscswim.org

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