

DECEMBER 2025



## WATERDOG NEWSLETTER HUMBOLDT SWIM CLUB

### IMPORTANT DATES

- 12/06-12/07: Santa Rosa Neptunes C/B/A+ (Santa Rosa)
- 12/9: Guardian Virtual Safesport Seminar
- 12/11: Athletes 13+ Virtual Safesport Seminar
- 12/12: Winter Age Group Championships
- 12/18: December HSC Board Meeting (Arcata Open Door)
- 12/20: Dec Fun Day 11am-1pm Games, Holiday races, Ugly sweater
- 12/22-1/2: No practice due to ACP closure
- 12/31: USA Swimming and HSC registration due
- 01/05: First day of 2026 practice schedule. Registrations must be in good standing.

### COACH'S CORNER

On December 20th, we will host a Festivus party for all groups. We'll have games, some fun activities, and plenty of food to enjoy together as we wrap up the year.

I wish all of you happy holidays, joyful celebrations, and a wonderful New Year. Looking forward to closing out 2025 strong and starting the new season refreshed and ready to go!

**Coach Casey**

#### Congratulations to our 2025 Fall Team

##### Record Breakers:

**Sophia Spellmeyer**

*11/12 SCY Girls 200 Backstroke 2:21.41*

**Jonah Hoffman**

*9/10 SCY Boys 50 Freestyle 30.01*

*December*

### BIRTHDAYS

• Coach Chris	12.4	
• Isobel Riley	12.4	8
• Amalia Baugh	12.5	17
• Brynn Beddow	12.9	8
• Anselm Bunch-Cramer	12.9	13
• Clodagh Plante	12.10	9
• Niyah Devinger	12.11	9
• Maya Demireva	12.12	10
• Yogi Trieu	12.14	18
• Ivan Beddow	12.14	10
• Ollie Villagomez	12.20	8
• Rana Willey	12.21	12
• Coach Casey	12.21	
• Jonah Hoffman	12.22	11

### SWIMMER OF THE MONTH

Intro: Ollie Villagomez

Bronze: Max Beltran

Silver: Banyan Villagomez

Gold: Oskar White

Senior: Jasmine Christian

Senior Comp: Yogi Trieu

## ALL ABOUT THE GROUPS

### INTRO GROUP

Happy December, Intro Group! Over the past month, our Intro Group swimmers have shown steady improvement, growing confidence, and so much enthusiasm both in and out of the water. This stage of training focuses on water comfort, basic technique, and learning what it means to be part of a team. I can proudly say that this group has embraced all of it with great energy! Great job to all of our young swimmers who attended the Fort Bragg meet, I am very proud of all of you!

**Intro Swimmer of the Month: Ollie Villagomez** - Ollie had a fantastic Fort Bragg meet and got some race experience under his belt. Very proud of him!

- **Coach Jacob**

### BRONZE GROUP

Happy December, Bronze Group! The swimmers are improving fast when it comes to their body alignment and developing better efficiency across all four strokes. Freestyle rotation and their breathing are becoming more natural, and many athletes are maintaining a longer, cleaner stroke. Backstroke technique is improving as swimmers focus on controlled kick tempo, keeping their head still, and finishing into the wall on their back. Breaststroke timing has been a major area of progress, especially with swimmers learning to keep their kick narrow and glide between each pull. Butterfly is becoming smoother as athletes focus on maintaining rhythm, keeping their hips up, and using a strong kickoff from the core.

**Bronze Swimmer of the Month: Max Beltran** - Max had outstanding performances at the Fort Bragg meet smashing his best times left and right. Congrats Max!

- **Coach Jacob**

### SILVER GROUP

Happy December, Silver Group! Silver swimmers are building consistency across all four strokes, with a major emphasis on efficiency, body line, and stroke count. Freestyle technique is improving through better rotation, stronger kick, and controlled breathing patterns. Backstroke tempo and underwaters have shown strong gains, especially among swimmers committing to a powerful kick through the whole 25. Breaststroke timing is becoming more refined with several swimmers now maintaining a clear pull-kick-glide rhythm. Butterfly endurance and rhythm have improved as well, with more athletes sustaining legal and efficient fly for longer distances.

**Silver Swimmer of the Month: Banyan Villagomez** - Banyan had some great swims at the Fort Bragg meet. Way to go Banyan!

- **Coach Jacob**

### GOLD GROUP

Gold - We are also just about finished with our individual goal meetings. It has been a pleasure getting to know each athlete a little better, and I hope they feel like they've gotten to know me a bit more as well. These conversations have been a highlight of the season. Gold members have been training hard and attending lots of practices. I am very pleased with the overall effort of the group.

**Gold Swimmer of the Month- Oskar White** - Had a great meet at Ft. Bragg, and has worked hard this month.

### SENIOR COMP & SENIOR

We have just about finished up our individual goal meetings. It has been a pleasure getting to know each athlete a little better, and I hope they feel like they've gotten to know me a bit more as well. These conversations have been a highlight of the season. Our Senior Group will have practice at HealthSport on December 22-24 and again on December 29-31, from 9:00 to 11:00 a.m. There will be no formal dryland during this stretch, but if athletes would like workouts, Coach Casey is happy to provide some options to keep them moving.

**Swimmer of the Month - Jasmine Christian** - Really doing well with communication and training. Asking lots of questions about improving, and committing to the process.

**Senior Comp Swimmer of the Month- Yogi Trieu** - Swam in a meet and performed greatly. Has made an effort to be more present at practice, and has been training well.

- **Coach Casey**

## Team Store

Team Store: We are excited to partner with ARENA swim wear as our swim club sponsor. Look for great NEW gear and discounts soon on our HSC Swim Club Store!  
[Humboldt Swim Club Team Store](#)

## New HSC Club APP

HSC will be adding another layer of communication through the Band app. This is a great way to receive up to date information and communicate directly with your swimmer's coach. Reach out to Head Coach Casey for a new invite link [Coach.Casey@hscswim.org](mailto:Coach.Casey@hscswim.org)

## 2026 SPRING MEET SCHEDULE

*Subject to Change:*

- January 31-February 1 Zone 3 Championships
- **January 24-25 Senior Open; Orinda**
- March 7-8 Napa Valley SCY C/B/A+
- March 20-22 Short Course Age Group Championships \*Qualifying
- April 9-12 Far Western Championships \*Qualifying
- April 18-19 Elk Grove C/B/A+
- May 2 Shasta Single Day SCY
- May 29-31 Vallejo LCM C/B/A+
- June 12-14 Santa Rosa LCM C/B/A+
- June 20-22 Redding LCM C/B/A+
- July 11-12 Willits SCY C/B/A+
- July 17-19 Summer Age Group Championships \*Qualifying
- July 16-19 Sectionals Novato LCM \*Qualifying
- July 30-August 2 Far Western LCM Concord \*Qualifying
- **July 29-August 2 Senior Western Zones Clovis \*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 age group 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

## CREEPY CRAWL WAS A SUCCESS!

Thank you to all our amazing HSC Water Dogs who swam tough during the Creepy Crawl!

Total donations were: \$ 27,709.05 What a SPOOKY Success

Top Fundraisers: Lucia, Callie, Lydia, Justin, Iris, Henry and Llewella!!

Congrats to our Creepy Crawl Costume Winners: Harlynn, Kiera, Charlie, Orla and Brynn!!

## 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 6-7:00
Tuesday	6-7:30
Wednesday	Swim 4-5:45 Dryland 6-7:00
Thursday	6-7:30
Friday	4-5:30
- **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
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 & Silver (10 y/o+ with time trial)

## WATERDOG NEWSLETTER

### PAC Swim Athlete Rep

*Hi, my name is Amalia Baugh, and I'm our team's athlete representative. Last month, I attended an athlete rep conference, where I worked with all the different athlete reps across Pacific Swimming to learn more about strengthening our team's culture. In addition, I learned about proper nutrition, pre race strategies, and interactive ways for our team to feel more united. As a part of my responsibility of being the Humboldt Swim Club's athlete representative, each month I attend a zoom call, and at the end of each meeting, there's an action item. This month, we need to get our team SafeSport recognized. If any parent is willing to help make this possible, please reach out to Jamie. If you have any further questions about my role or things you'd like to potentially have implemented, please let me know. I'm on deck everyday!*

### Stroke and Turn Official

Thank you Beth Spellmeyer for attending the annual PAC Swim Officials Clinic as a representative of HSC!

*"Hey everyone! I had a fantastic time at the official's clinic in Pleasant Hill on October 4th. It was a great chance to connect with other officials in Pacific Swimming. I learned a lot about the role of chief judge (aka chief inspector of turns) and becoming a starter. The chief judge is "middle management" as it was coined and tends to do a lot of the gopher duties. They make the rotation for the other stroke and turn officials (which still makes my brain spin), pick up DQ slips and will distribute to coaches. It is the job of hurry up and wait but when you're on-your on. The starter is the voice of the meet and makes sure there is a fair start for all! I will now start to apprentice in these roles and after 4 sessions I will become officially certified in these roles.*

**SafeSport:** HELP HSC BECOME A SAFESPORT RECOGNIZED CLUB for 2026! Family members and athletes 13+ may attend a virtual SafeSport seminar for a short and very informative conversation. Join other parents nationwide and USA Swimming representatives on ways to help HSC become a safer and more positive space for our athletes. Free Registration for seminars on [Humboldt Swim Club - Calendar](#) or here:

[SSRP Training Resources](#)

**Athletes 13+ on 12/11, Parents and Guardians meet 12/09.**

## 2025 SPONSORS

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

**PLATINUM (\$1,000-\$2,499)**  
SHMIDBAUER FAMILY FOUNDATION  
HUMBOLDT SPONSORS  
EDWARD JONES FINANCIAL-GREG SEILER

**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  
CAM

**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](http://www.teamunify.com/pchsc) or  
[www.hscswim.org](http://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](http://www.pacswim.org)

USA Swimming: [www.usaswimming.org](http://www.usaswimming.org)

Discount Swim Gear: [www.swimoutlet.com](http://www.swimoutlet.com)