

WATERDOG NEWSLETTER HUMBOLDT SWIM CLUB



IMPORTANT DATES

- HSC Board Meeting February 15th @ Cal Poly Humboldt
- Grant's Pass C/B/A+ Meet February 3rd & 4th
- **Senior Open P & F Meet - Milpitas February 17 - 18**
- Friday Fun Day! February 16th 4-6
- HSC Intrasquad Team Meet at Cal Poly Humboldt March 30th 9:30 - 1:30

This event is FREE to families & made Possible through the Pacific Swimming Diversity, Equity, Accessibility and Inclusion Grant that we were awarded earlier in the year

COACH'S CORNER

I would like to welcome all of the new swimmers and their families to the Humboldt Swim Club Water Dogs! Congratulations to all of our swimmers who competed at the Zone 3 championships in Santa Rosa. We had some great swims with everyone dropping time! The coaching staff is looking forward to the Grants Pass swim meet on February 3rd and 4th. The Water Dogs have 50 swimmers signed up!

- Coach Kelly

Happy February Water Dogs! We are starting off the month with the Grants Pass swim meet, and we have a lot of swimmers attending! Coach Kelly, Mary, and I will all be at that meet, and we cannot wait to see everyone compete and have fun! Thank you to everyone who participated in last month's Fitter and Faster swim camp! It was our first time hosting one, and I hope that everyone was able to learn something new and have a fun time!

- Coach Jacob

FEBRUARY BIRTHDAYS

- | | | |
|-----------------------|------|----|
| • Sophia Spellmeyer | 2/5 | 11 |
| • Avery Kowalski | 2/6 | 8 |
| • Coral Verbeck | 2/7 | 12 |
| • Charlotte Landis | 2/11 | 8 |
| • Ariana Catt-Fishman | 2/12 | 9 |
| • Ethan Prescott | 2/16 | 14 |
| • Zoey Gai | 2/17 | 12 |
| • Iosefa Alofaituli | 2/20 | 12 |
| • Lucia Biondo | 2/23 | 13 |
| • Ledo Matteoli | 2/28 | 11 |

SWIMMERS of THE MONTH

- | | |
|----------------------|---------------|
| Intro Group: | Nova Britzman |
| Bronze Group: | Camille Clem |
| Silver Group: | Henry Workman |
| Gold Group: | Luca Porter |
| Senior Group: | Madison Trieu |
| Senior Comp: | Amalia Baugh |

BOARD MEMBER BLOG

HSC Intrasquad Team Meet at Cal Poly Humboldt March 30th 9:30 - 1:30

This event is **FREE** to families & made Possible through the Pacific Swimming Diversity, Equity, Accessibility and Inclusion Grant that we were awarded earlier in the year.

Mark your calendar for the next Intrasquad Meet which will be held on May 4th from 9:30-1:30 pm.

Both of these events will be a great opportunity for new and veteran swimmers to get event times AND for parents who are interested in learning how to lane time and officiate.

The Board is always looking for interested parent volunteers. Reach out if you would like to help with our amazing team events and functions!



HUMBOLDT SWIM CLUB COLLABORATED WITH CRESCENT CITY SWIM TEAM TO BE A PART OF THE FITTER AND FASTER CAMP!



The Fitter and Faster Clinic was a huge success! Swimmers got to practice with the Crescent City Swim Team AND the Fitter and Faster coaches who are both looking to Olympic Trials in a few months!

What an amazing experience for our athletes!

2024 Dues & Fundraising Obligation

Maintaining a high quality swim team that is accessible and affordable continues to be a priority for Humboldt Swim Club. The HSC Board of Directors has finalized the 2024 budget, and there will be no dues increase for 2024. Our operating costs continue to rise, and we anticipate needing to raise dues in 2025. HSC is a non-profit and we are reliant on balancing membership dues, corporate sponsorships and family fundraising to cover all of the annual operating costs for the team. We thank our families and strive to continue to keep swimming affordable and accessible to everyone.

The Fundraising obligation per family will continue to be \$400 per year. Families who have not raised \$400 in 2023 will be billed the balance in January 2024. The two largest fundraisers for 2024 will be the **Sponsorship Drive** and **Creepy Crawl Lap-a-Thon**. The Sponsorship Drive will take place January-May; for every family that secures a team sponsor 50% of the funds raised goes toward your family fundraising requirements for the year. The Creepy Crawl Lap-a-Thon will take place in October; 100% of the donations brought in for Creepy Crawl will count toward a families fundraising obligation.

ALL ABOUT THE GROUPS

INTRO GROUP

I'd like to welcome all the new swimmers to the Intro group. This month will be working on flutter kick and body position for freestyle and backstroke. We will be introducing racing dives, and flip turns.

Swimmer of the month: **Nova Britzman**

Nova is a great teammate, she is kind, ask questions, and shows great leadership. Keep up the goodwork Nova!

- *Coach Chris (New Intro Group Coach)*

BRONZE GROUP

Welcome to all of our new bronze swimmers! This month we will focus on stroke development, with a strong kick base.

Happy new year, swimmers! I hope you all had a great holiday season. We all need a lot of work with breaststroke, so that will be our focus this month.

Swimmer of the month: **Camille Clem**

Camille is a joy to coach. She takes direction well, is a natural leader, and is friendly with her teammates. Keep it up, Camille!

- *Coach Mary*

SILVER GROUP

The Silver group has been working really hard on their kick for all 4 strokes. This helps with the bodyline position and control of the stroke. This month we will focus on racing dives, turns, and finishes.

Swimmer of the month: **Henry Workman**

Henry is a leader, he helps keep the group on track during difficult sets. He has been working very hard at every practice. Henry had some magnificent swims at Zone 3 championships, dropping time in every event he swam. Keep up the good work Henry!

- *Coach Kelly*

GOLD GROUP

Gold group has been grinding! They are all hard workers and are focused on improving. This month we will be emphasising turn work and finishes.

As usual we will focus on our breakouts and race prep.

Swimmer of the month: **Luca Porter**

Luca has been challenging himself at every practice. He doesn't back down from hard sets and faster intervals. He has been working hard on his technique and it showed at the Zone 3 championship meet. Congratulations Luca and keep up the good work!

- *Coach Kelly*

SENIOR GROUP

Happy February senior groups! The short course swim season is coming to an end, and we have two more meets left on the schedule, the Grants Pass and Milpitas swim meets. I strongly encourage everyone who at least has a senior open to sign up for Milpitas. It is a prelims/finals meet, and gives the swimmers a great opportunity to compete against some faster competition! During practice, we will continue to work on improving our race skills, doing a lot of race pace and high quality training. I am super excited to see how everyone does at these upcoming meets!

Senior I Swimmer of the Month: **Madison Trieu**

Congratulations Madison on being Senior I's February swimmer of the month! Madison has had great attendance and works very hard at each practice. She is a pleasure to have on the team as her fun personality makes the training environment enjoyable for everyone.

Senior Comp Swimmer of the Month: **Amalia Baugh**

Congratulations Amalia on being Senior Comp's February swimmer of the month! Amalia continues to display an impressive work ethic through attending nearly every practice and putting all her energy into sets. She is very driven and is determined to unlock the best version of herself.

Upcoming Team Building Activities

The board is putting together some upcoming team building events such as an Olympics viewing party, team bike rides and end of the season banquet.

If anyone is interested in helping organize and/or collaborate for these events please message President@hscswim.org or attend a Board Meeting!

2023-2024 MEET SCHEDULE

- **September 23-24** Senior Open Meet – Novato
- **October 7-8** Santa Rosa Neptune C/B/A+
- **November 17-19** Mendocino Coast Sea Dragons C/B/A+
- **December 1-3** Winter Age Group Championships *Qualifying
- **December 8-10** Senior 2 P & F Meet – Santa Clara *Qualifying
- **December 8-10** Santa Rosa Neptune C/B/A+
- **January 20-21** Zone 3 Championships *Qualifying– Santa Rosa Grants Pass C/B/A+
- **February 3-4** Senior Open P & F Meet – Milpitas CA
- **February 17-18** Spring Age Group Championships, Hollister CA *Qualifying
- **March 15 – 17** Western Zones Senior Championships SCY – St. George Utah *Qualifying
- **April 3-6** Far Western Championships Pleasanton * Qualifying
- **April 4-7** Sebastopol C/B/A+
- **April 13-14** VJO LCM C/B/A+
- **April 19 – 20** Santa Rosa Neptunes LCM C/B/A+
- **May 17-19** Willits Otters C/B/A+ SCY
- **June 15-16** Redding Aqua Ducks LCM
- **June 21-23** Far Western Championships Santa Clara *Qualifying
- **July 25-28** Western Zones Senior Championships LCM – Clovis, CA * Qualifying
- **July 30-August 3**

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



Do you still need 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!





WATERDOG NEWSLETTER

SPRING PRACTICE SCHEDULE

- **Intro:**
 - Tuesday 4-5
 - Wednesday 4-5
 - Friday 4-5
 - Saturday 1-2
 - Park Days 1x/month - check newsletter
- **Bronze:**
 - Tuesday 4-5
 - Wednesday 4-5
 - Thursday 4-5
 - Friday 4-5
 - Saturday 1-2
 - Park Days 1x/month - check newsletter
- **Silver:**
 - Monday 4-5
 - Wednesday 5-6
 - Thursday 4-5
 - Friday 5-6/ Dryland 4-5
 - Saturday 11-1
- **Gold:**
 - Monday 5:30 - 7:30
 - Tuesday 5-6/ Dryland 4-5
 - Wednesday 5:30 - 7:30
 - Thursday 5-6/ Dryland 4-5
 - Saturday 11-1
- **Senior:**
 - Monday Dryland 4:15 - 5:45/ Healthsport
 - Tuesday 6-7:30 am + 5:30 - 7:30 pm ACP
 - Wednesday Dryland 4:15 - 5:45/ Healthsport
 - Thursday 6-7:30 am + 5:30 - 7:30 pm ACP
 - Friday 5:30 - 7:30
- **Senior Comp:**
 - Monday Dryland 4:15-5:45/ Healthsport 6:00 - 7:30 pm ACP
 - Tuesday 6-7:30 am + 5:30 - 7:30 pm ACP
 - Wednesday Dryland 4:15 - 5:45/ Healthsport
 - Thursday 6-7:30 am + 5:30 - 7:30 pm ACP
 - Friday 5:30-7:30 pm ACP
 - Saturday 11-1 swim @ ACP Dryland 9-10:30/Healthsport

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

GROUP CRITERIA + GROUP COACHES

Coach Jacob & Coach Kelly are working on new group criteria for 2024.

The updated criteria will be available soon!

The group criteria will be a bullet list of elements which swimmers must be proficient in to move into the next group. This list will allow for transparency in move up decisions, all while maintaining coach discretion.

****Age Group Criteria Coming Soon!****

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

- Highschool athlete

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

Standards for the Senior Comp Group:

- Age 13 and older
- Compete in all scheduled monthly competitions and their designated championship meet for the competition cycle
- Maintain an 80% monthly attendance record
- PacSwim Senior 2 cut in at least one event
- Train at a base 100 pace of 1:20 and a base 50 pace of :40
- Race pace train at 1:15/100 and :35/50
- Members of the Senior program must have their own equipment: snorkel, paddles, fins, buoy, and alignment board.

The HSC Board is pleased to announce that we received a competitive grant \$3,600 grant from Pacific Swimming's, Disability, Diversity, Equity and Inclusion Committee that will be used to offset the costs of renting the Cal Poly Humboldt swimming pool for use for intrasquad meets.

This is something the team might otherwise not be able to afford without passing on these costs to you. The Cal Poly pool is the only facility in our area with 6 lanes and a full set of diving blocks. The use of this facility for intrasquad swim meets will provide our swimmers a chance to compete without the costs of travel and transportation. We will share the dates of these events soon!

FEBRUARY 2024

WATERDOG NEWSLETTER



THE 2024 SPONSORSHIP DRIVE IS UNDERWAY!

HSC CONTACT INFORMATION

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
kellymundo@gmail.com

Jacob Ireland Lead Coach (Senior) 707- 362-1397
jacobjamesireland@gmail.com

Jamie Hill-Workman	President
Karin Grantham	Vice President
Winslow Condon	Treasurer
Rebecca Baugh	Secretary

Russ Turpin	Board Member
Nona Mineva	Board Member
Pat Spellmeyer	Board Member

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