



HUMBOLDT SWIM CLUB

COACH'S CORNER



Hello Water Dogs!

February is a busy month for us in the water. The team will be attending three meets this month:
 Zone 3 Championships in Napa (2/1-2/2),
 Senior Open Prelims/Finals in San Jose (2/15-2/16)
 Shasta YMCA in Redding (2/22).

Registration for the Senior Open meet will be on ome.fastswims.com. Registration for the Shasta YMCA meet will be on ome.swimconnection.com.

Thank you to everyone who came to last month's Block Party! We will plan to have our next one in March. The practice schedule will remain the same throughout the month, as we welcome Coach Mike as our new Lead Age Group Coach!

Please be on the lookout for emails regarding any minor adjustments made on a week to week basis. Thank you, and see you on deck!

- Coach Jacob

IMPORTANT DATES

- HSC Board Meeting January 13 @ Cal Poly Humboldt at 5:30
- February 14 - 16 Senior Open P&F-San Jose
- February 22 Shasta Y C/B/A+

FEBRUARY BIRTHDAYS

• Rhett Honrado	2.4	8
• Sophia Spellmeyer	2.5	12
• Avery Kowalski	2.6	9
• Coral Verbeck	2.7	13
• Charlotte Landis	2.11	9
• Naya McCarthy	2.15	7
• Ethan Prescott	2.16	15
• Zoey Gai	2.17	13
• Iosefa Alofaituli	2.20	13
• Zoe Eichamer	2.26	10
• Ledo Matteoli	2.28	12

SWIMMERS of THE MONTH

Intro Group:	Atlas Brents/Skyler McClurg
Bronze Group:	Ivan Tokereva
Silver Group:	Jules Davis
Gold Group:	Henry Seiler
Senior Group:	Annika Bucklin
Senior Comp:	Tallulah Grantham

ALL ABOUT THE GROUPS

INTRO GROUP

Welcome new swimmers to Intro. Intro has been focusing on the kick base and bodyline position of freestyle and backstroke. The kick is the driving force behind both of these strokes.

Swimmer of the month: Atlas Brents/Skyler McClurg

Atlas has been working hard and taking the lead in her lane. Keep it up Atlas! Skyler is kind, works hard, and is a great teammate. Great work Skylar!

- Coach Chris

BRONZE GROUP

Information: None Submitted

Swimmer of the month: Ivan Tokareva

Ivan is a dream to coach. He works hard, implements instruction, and always wants a challenge. You're doing great, Ivan!

- Coach Mary & Coach Naomi

SILVER GROUP

Silver always has the best energy! They come ready to swim, race, play, and ask us questions! They are so much fun, I can't wait to see what each and everyone of you go and do in and out of the pool. Silver has been working on underwaters and turns.

Swimmer of the month: Jules Davis

Jules has an amazing attitude! He comes to learn, get faster, and always knows what's going on in his lane. He has come a long way, and I can't wait to see what he can do in the pool!

Silver appreciation day: Wednesday February 12th. We will go to Redwood yogurt at 430 pm, so please drop your swimmer off early! We will swim and play polo from 515 - 6pm.

- Coach Kelly

GOLD GROUP

Gold is really solid. They come to practice excited. They help each other out by encouraging each other to do their best. We have been focusing on our underwater, breakouts, and IMs.

Swimmer of the month: Henry Seiler

Henry is working on dialing in his swimming. He is very vocal about asking what he can do to improve. I have to ask him what he thinks he needs to do, and he is spot on every time. He knows what to work on, and also knows he needs reminders.

- Coach Kelly

SENIOR GROUP

Happy New Year, Senior members! I am very happy with how we ended the year. We have had great training and excellent meet performances. Our group of swimmers are extremely hard working, dedicated individuals. It has been so much fun to see them continue to grow both as people and swimmers. Our next senior open meet will be February 14-16th in San Jose. Hopefully more of our swimmers can get senior open qualifying times before then so that we can take a large group!

Senior 1 Swimmer of the Month: Annika Bucklin

Annika has had great attendance over the last month and has worked really hard to make improvements. Despite being involved in many different activities, she is still finding the time to stay dedicated to swimming. Congrats Annika!

Senior Comp Swimmer of the Month: Tallulah Grantham

Tallulah has been dealing with a foot injury since October. Despite this temporary setback, it has not stopped her from attending every morning dryland practice, and still swimming as much as she can. She has shown incredible resiliency through a difficult time, and I am very proud of her for keeping a positive outlook. Congrats Tallulah!

- Coach Jacob

Grants & Coaching!

HSC has recently received word that we received a \$4000 grant from Pacific Swimming DEI to host more meets locally. Thank you to Pac Swim for your help in developing our block parity meets and allowing our athletes the ability to compete at home!

HSC is excited to announce Coach Mike Nichols as the new Lead Age Group Coach. Coach Jacob will continue to lead our Senior Age Group Program. We are grateful to the leadership of Coach Jacob and Coach Mike. Both bring extensive knowledge of the sport of swimming to our community. We would also like to thank our group coaches: Coach Chris, Coach Juliana and Coach Chloe. HSC has many exciting events planned for the near future. Please look at the newsletter, this week in the water emails and in the events portion of hscswim.org. HSC plans to host more block party meets and travel options so that our swimmers have more chances to get those official times. We also have ideas for fun team building experiences and welcome all members to join the HSC Board for monthly board meetings and/or become involved with our HSC Booster Club.

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 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-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 4-5:15 (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
 Tuesday 4-5
 Wednesday 4-5:15
 Friday 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
 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

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 and coach Naomi are 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
- 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.

Dear Humboldt Swim Club Families and Swimmers,

After over 20 wonderful years of coaching with the Humboldt Swim Club, I am writing to share that I have decided to retire from the team. This has been one of the most rewarding chapters of my life, and I am incredibly grateful for the opportunity to have been part of this incredible community. When I first began coaching with the Water Dogs, I could not have imagined the countless memories, friendships, and life lessons that would come from working with such fun, exciting, amazing, talented swimmers and supportive families. Watching each of you grow, not only as athletes but as individuals, has been a true privilege. Living and coaching in this rural area far from the heart of Pacific Swimming presented its challenges, but it also allowed us to forge a unique and close-knit team. It has been my greatest joy to see our swimmers excel, represent Humboldt with pride, and carry the lessons of hard work and sportsmanship into their lives. I want to thank each and every one of you for trusting me as your coach, for sharing your goals and triumphs, and for allowing me to play a part in your journeys. Wishing you all the very best, both in swimming and in life. With heartfelt gratitude, Coach Kelly

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

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GOLD (\$500-\$999)

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GREEN DIAMOND RESOURCE COMPANY

KIWANIS CLUB OF ARCATA

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CONTRACTING, INC

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FINNEY CONSULTING SERVICES

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CENTURY ORTHODONTICS

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ALVES INC

JLF CONSTRUCTION

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

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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