

Happy
New YearWATERDOG NEWSLETTER
HUMBOLDT SWIM CLUB**New Team Records**

Amalia Baugh - Girls 15-16 1650 Free SCY 19:37.09
 Sophia Spellmeyer- Girls 9-10 500 Free SCY 6:18:78

IMPORTANT DATES

- HSC Board Meeting January 18th @ Cal Poly Humboldt
- HSC Tryouts! - January 13th @ ACP
- Zone 3 Championships January 20th & 21st - Qualifying*
- Fitter & Faster Swim Camp January 27th & 28th @ Cal Poly Humboldt
- Grant's Pass C/B/A+ Meet February 3rd & 4th
- **Senior Open P & F Meet - Milpitas February 17 - 18**

COACH'S CORNER

Welcome to 2024 Water Dogs! Congratulations to everyone who competed in the Intersquad meet on December 22nd. What a fun way to bring in the holiday season. As we begin our January training we will be focusing on our swim meet skills. All groups will work on dives, turns, and finishes.

- **Coach Kelly**

Welcome to the new year Water Dogs! I hope that everyone had a fantastic holiday break, and is ready to take on the swim season in 2024! We have some fun events coming up around the corner! Team Tryouts are Saturday, January 13th at 1:00pm! If you know anyone who is interested, let them know! I am looking forward to seeing how everyone improves this month as we move into the final stretch of short course season.

- **Coach Jacob**

- January 20th and 21st are our Zone 3 Championships in Santa Rosa. If you qualify, please get entered by January 10th.
- Grant's Pass Swim Meet: it has a late start on Saturday, 11am warmups, meet beginning at 12pm. If interested in attending please go to the events and competition page on the team website. Coaches will enter the swimmers in this meet. If you would like to pick the events they want to swim, please type them into the notes section, including relays. Sign-Ups close January 19th by 5pm.

JANUARY BIRTHDAYS

- | | | |
|-------------------------|------|----|
| • Winslow Condon -Board | 1/1 | |
| • Bryce Nichols | 1/2 | 8 |
| • Tucker Perez | 1/5 | 11 |
| • Skylar McClurg | 1/6 | 8 |
| • Kayona Brown | 1/15 | 8 |
| • Henry Seiler | 1/18 | 13 |
| • Lela Caruso | 1/20 | 12 |
| • Grant Bumgardner | 1/24 | 11 |
| • Coach Jacob | 1/26 | |

SWIMMERS of THE MONTH

Intro Group:	Henry Hague
Bronze Group:	Ethan Prescott
Silver Group:	Hailey Preston
Gold Group:	Carina McDonald
Senior Group:	Anya Seiler
Senior Comp:	Yogi Trieu

JANUARY 2024



BOARD MEMBER BLOG

The 2024 season is here and we would like to both introduce and thank our board members who are transitioning to officer positions, as well as to welcome our new member. The HSC Board of Directors operates our non-profit and is comprised of volunteers who are dedicated to youth swimming.

Jamie Workman - President - Jamie joined the board in June of 2022 and has a swimmer in Silver Group. She will be replacing Rebecca Baugh & Russ Turpin.

Karin Grantham - Vice President - Karin joined the board in December of 2019 and has a swimmer in Gold group. She will be replacing Ivy Breen.

Winslow Condon - Treasurer - Winslow joined the board in May of 2023 and has swimmers in Bronze and Gold Groups. Winslow is continuing in his role as Treasurer.

Rebecca Baugh - Secretary - Rebecca joined the board in 2013 and has swimmers in Silver Group, Senior Comp and part of the coaching staff. She will be replacing Amy Martin.

Russ Turpin - Board Member. Russ joined in June 2018, serving as Co-President. Thank you Russ for your dedication!

Please Welcome:

Nona Mineva - Board Member. Nona joined in June 2023
Pat Spellmeyer - Board Member. Pat joined in October 2023

WATERDOG NEWSLETTER

HUMBOLDT SWIM CLUB IS HOSTING A FITTER AND FASTER CAMP!

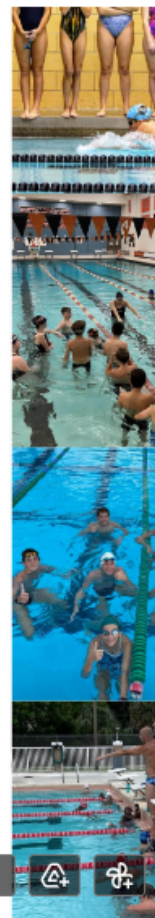


Fitter & Faster is producing a 2-day swim camp at Cal Poly Humboldt in Arcata, California on
January 27th & 28th, 2024!

FAST STARTS, TURNS, UNDERWATERS & MORE SWIM CAMP

DAY 1 (Saturday, Jan. 27):
Fast Starts, Underwaters & Breakouts

DAY 2 (Sunday, Jan. 28):
Fast Flip Turns, Open Turns & Finishes



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

Happy Holidays to intro and all of its amazing swimmers! We have had a great time learning about I.M.s and how that involves different kicks and strokes.

Swimmer of the month: **Henry Hague**

Henry brings a lot of energy to practice and has had his hard work pay off with his stroke.

Move ups to Bronze: Ocea Ferrara, Teus Kypka, and Henry Hague

- *Coach Madeline*

BRONZE GROUP

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: **Ethan Prescott**

Ethan's hard work and dedication has really been paying off. He has shown great improvement in the short amount of time that he's been on the team. He's extremely coachable and friendly with his teammates, too. Keep it up, Ethan!

Move ups to Silver: Abel Boyce, Grant Bumgardner, Cedar Farell, Lineaa McDonald, Lela Causo, Raven Defenbaugh and Olivia Spellmeyer. Congratulations!

- *Coach Mary*

SILVER GROUP

This month we will focus on the details of our strokes and racing strategy.

Swimmer of the month: **Hailey Preston**

Hailey has improved so much after moving into the Silver group. She is focused and continues to work hard at every practice. She had a great performance at our Intersquad meet.

Move up to Gold: CJ Nichols

- *Coach Kelly*

GOLD GROUP

Gold group will continue to train longer distances for stroke and freestyle this month. We will be emphasizing work on our breakouts off the start and walls. Great job working hard during the month of December Gold group!

Swimmer of the month: **Carina McDonald**

Carina has been really working hard these past few months. She is taking the time to make appropriate changes to her stroke to improve her speed. Keep up the good work Carina!

- *Coach Kelly*

SENIOR GROUP

Happy January senior groups! We are in the final stretch of the short course season, with many championship meets around the corner! Therefore, we will spend the next couple of months specializing on the races that swimmers will be competing in at these meets. Everyday will have race pace swimming because the swimmers must train at the desired pace in order to perform it when it matters! Looking forward to how the next couple of months go.

Senior Swimmer of the Month: **Anya Seiler**

Congratulations Anya on being the senior I swimmer of the month! Anya continues to be an exceptional athlete, with near flawless attendance and showing a consistent willingness to want to improve. We all really appreciate having Anya on the team!

Senior Comp Swimmer of the Month: **Yogi Trieu**

Congratulations Yogi on being the senior comp swimmer of the month! Yogi had a fantastic Senior 2 Championship meet last month where he went multiple best times! I am excited to see how Yogi continues to improve with more training under his belt!

- *Coach Jacob*



WATERDOG NEWSLETTER

Recapping the 2023 Championship Meets The Board & Coaching Staff would like to recognize...

Amalia Baugh: Competing in Senior Long Course Western Zone Championships in Clovis, CA.

Sadie Breene: Competing in Far Westerns SCY & LCM

Keenan Riggs-Turpin: Competing in Senior Short Course Western Zone Championships in Seattle, WA.

Nathan Bareilles, Huck Russell, Sophia Spellmeyer: Competing in Age Group Championships (SCY & LCM) & Far Westerns LCM

Luca Porter: Competing in Age Group Championships SCY & LCM

Taalín Brown: Competing in Age Group Championships LCM

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>

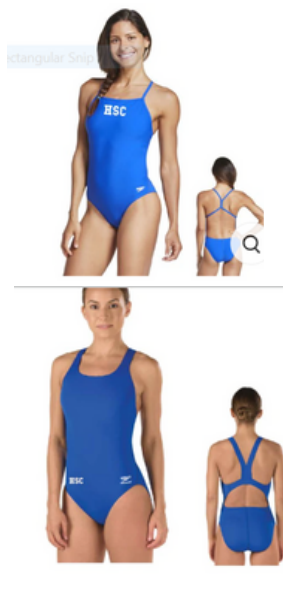
- C/B/A+ Meets = All swimmers may attend.
- Zone 3 Championships = swimmers must qualify with either A or B times

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!

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 5-6
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 in next month's newsletter as well as on Team Unify.

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 Madeline 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!

JANUARY 2024



2023 SPONSORS

Ruby (\$5,000 +)

Mary Schmidbauer - Schmidbauer Lumber

Diamond (\$2,500-\$4,999)

Platinum (\$1,000-\$2,499)

Schmidbauer

Providence Medical Group Emergency Medicine- Eric Gerdes

Barnum Timber

Humboldt Area Foundation- Rob & Jan Ross

Gold (\$500-\$999)

East Bay Community Foundation

Susan & Robert Nathane Jr Charitable Fund

Schmidbauer Family Foundation

Pacific Carpets- Clint Walker

Nylex.net, Inc

McLean Foundation

North Coast Appliance

Campground and Salt Fish House Restaurants

DCW Contracting

Bruce & Janet Nelson

LBA Contract Cutting

Silver (\$250-\$499)

Coast Central Credit Union

Harper Motors

Eureka Chrysler Jeep Ram

Humboldt Fasteners & Tools Inc

Redwood Capital Bank

David L Moonie & Co, LLP

Growing Smiles Dentistry

A to Z Eye Care

PG & E

Corcoran Icon Properties

Kramer Investments

Pro Cycle Service, LLC

Swim Supporter up to \$99

Alves Inc.

Elloway & Wonenberg, DDC

Atlas Engineering

Valley Pacific Petroleum

JLF Construction

Advanced Security System

The Mill Yard

Adams Commercial General Contracting, Inc

Finney Consulting Services

Neely Automotive

Alexandra Stillman

Soroptimist International of Arcata

Premier Oil Change

Humboldt Association of Realtors

Pierson's Building Center

Bear River Casino

Century Orthodontics

HSC CONTACT INFORMATION

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

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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

