

WATERDOG NEWSLETTER HUMBOLDT SWIM CLUB



New Team Records

Kayona Brown 100 IM SCY 1:29.85; 50 Breast SCY 44.82
Huck Russell 100 BK SCY 55.42; 200 BK SCY 1:57.99; 100 FL SCY 53.58; 200 FL SCY 2:01.11; 200 IM SCY 1:59.4; 400 IM SCY 4:13.91
Nathan Bareilles 100 BR SCY 58.17; 200 BR SCY 2:04.80

IMPORTANT DATES

- HSC Board Meeting January 16 @ Cal Poly Humboldt at 5:30
- January 10 - HSC Booster Club Meeting @ 5 PM; ACP Pool Deck
- January 18- HSC Block Party (Previously known as Intrasquad) @ Cal Poly Humboldt
- January 25 & 26- Fitter & Faster Swim Camp @ Cal Poly Humboldt (PreRegistration Required)
- February 1 & 2 - Grant's Pass Meet C/B/A+
- February 1 & 2 - Zone 3 Champs

JANUARY BIRTHDAYS

Tucker Perez	1.5	12
Skyler McClurg	1.6	9
Rosalie Schertzer	1.14	11
Kayona Brown	1.15	9
Henry Seiler	1.18	14
Lela Caruso	1.20	13
Grant Bumgardner	1.24	12
Coach Jacob	1.26	
Iris Szanto	1.26	14
Galaxy Brents	1.29	13

THE HUMBOLDT SWIM CLUB IS HOLDING A NATIONAL SEARCH TO HIRE A NEW HEAD COACH TO REPLACE OUR CURRENT TWO LEAD MODEL. WE WILL POST ON USA SWIM, PAC SWIM & OTHER OUTLETS. ALL QUALIFIED APPLICANTS ARE ENCOURAGED TO APPLY.



COACH'S CORNER

Happy New Year! Congratulations to our Pac Swim Winter Age Group Championship swimmers; Rana Wiley, Sophia Spellmeyer, Huck Russell, Taalin Brown, and Nathan Bareilles. This season we have had 11 new team records broken! Huck earned a Sectionals cut in the 400 IM, and Nathan earned a Futures cut in the 200 BR. Sophia Spellmeyer swam an amazing 200 FR swim off earning a spot in finals. Looking ahead, the Zone 3 Championship meet is coming up; sign ups are open on fastswims.com. Great job kids!

-Coach Kelly

Happy New Year Water Dogs! We are officially starting the 2025 season, and we have a lot of fun events on the horizon! HSC will be holding its first Block Party Intrasquad meet on Saturday, January 18th at Cal Poly Humboldt. Fitter and Faster swim camp will once again be returning to Humboldt the weekend of January 25th and 26th at Cal Poly Humboldt. The Grant's Pass swim meet is also coming up the same weekend as Zone 3 champs. This is a great meet for any swimmer who has not attended a meet before or are not attending the Zone 3 champs. Let's start the year off right with some great swimming!

- Coach Jacob



SWIMMERS of THE MONTH

Intro Group: Malachi McAndrews/Rosalie Shertzer
Bronze Group: Charlotte Landis
Silver Group: Grant Bumgardner
Gold Group: Sophia Spellmeyer
Senior Group: Annika Bucklin
Senior Comp: Tallulah Grantham

ALL ABOUT THE GROUPS

INTRO GROUP

Intro group has improved so much this last month. They are solid in the water, and have really gained a lot of confidence and ownership of their swimming.

Swimmer of the month: Malachi McAndrews/Rosalie Shertzer

Malachi shows up ready to at swim every practice; he is eager to improve and listens well. Rosalie practices hard, asks questions, and is an incredible listener.

Move-Ups: Intro 1 to Intro 2: Theo Workman, Malachi McAndrews, Ben Chastain, ZaraGrover and Greyson Eden. Intro to Bronze: Ivan Tokarev and Rosalie Shertzer

- Coach Chris

BRONZE GROUP

Happy new year bronze swimmers! We're going to kick off the year by taking it back to basics. This month will be all about streamlines and developing a strong kick base.

Swimmer of the month: Charlotte Landis

Charlotte has really been stepping up her game. She's been coming to more practices, and leading her lane! Way to go, Charlotte!

Move ups: Bronze 1 to Bronze 2: Bryce Nichols, Charlotte Landis, Ari Catt- Fishman, Trystan Cavanagh, Anselm Bunch Cramer, Tucker Perez, and Roslyn Bumgardner. Bronze to Silver: Stella Brents, Annie McAndrews, Penelope McAndrews, Callie McNight, and Banyan Villagomez.

- Coach Mary & Coach Naomi

SILVER GROUP

Silver has been really exceptional this past month. Focusing on underwater and breakouts.

Swimmer of the month: Grant Bumgardner

Grant has been really pushing himself to improve.

He takes advice well, and then works on correcting his stroke. He is a joy to have at practice.

Move ups: Anika Terry, Eli McAndrews

- 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: Sophia Spellmeyer

Now that basketball is over, Sophia is at every practice ready to swim. She is the 1st in the water and the last one out. She is kind and very helpful to her coaches and fellow swimmers. She crushed it at the Pac Swim Winer Age Group Championships. She swam 3 200 FR races in 1 day. Improving her time with each swim.

- 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

Stroke & Turn Officials AND Timers Needed!

HSC is in need of more stroke and turn officials to support our team at meets. Benefits of becoming an official include having annual fundraising obligations waived for the year. Also, at most meets there is hospitality for officials with breakfast and lunch each day. Officiating can also be used as a tax write off. For those interested in becoming an official please reach out to me at boardmember.pat@hscswim.org. You can also visit pacswim.org/members/zones/officals for all the information you need. Humboldt Swim Club will reimburse you for your USA Swimming registration.

If officiating isn't for you, remember that lane timing is an obligation to keep meets running smoothly. Timing is very easy and gives you a front row seat to the competition!



2025 MEET SCHEDULE

- Jan/Feb 31-2 Zone 3 Championships - Santa Rosa *Qualifying
- February 1-2 Grants Pass C/B/A+
- February 15-16 Senior Open P & F Meet - San Jose, CA
- 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.

HSC PARENT BOOSTER CLUB RETURNS

Join us for our first Booster Meeting of the new year on January 10th.

Booster Meetings will be held the second Friday of each Month from 5-6 at ACP

We support: HSC Team Apparel & Gear, Supporting Block Parties, Team Events, Team Banquet, Fun Days and so much more!

HSC BLOCK PARTY @ CAL POLY

We are excited for our first Block Party Swim Meet; January 18th at Cal Poly. Sign ups will open on January 1st and close on January 12th. We are capping the number of athletes at 80 so make sure to get signed up. As part of the meet we will be using the Swimmingly App; parent volunteers are needed, mostly timers to ensure that athlete times are official. We will teach you how to use the app! While not required to compete in the meet there is an \$18 fee per swimmer for the year for the Swimmingly App, this gives families access to times and live updates from the meet. To register as part of the Humboldt Swim Club go to swimmingly.app and create a log in, the sign up link for [Humboldt Swim Club 5c5a67ca-b263-11ef-8b68-c2b3e1fb23ce](https://humboldtswimclub.com). Please contact boardmember.pat@hscswim.org with questions.

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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

Kelly Nathane Lead Coach (Age G.) 707- 407-6191

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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