

JANUARY 2026



## WATERDOG NEWSLETTER HUMBOLDT SWIM CLUB

### IMPORTANT DATES

- 12/22-1/02 - ACP closure
- 12/31- The 2026 USA Swimming and HSC annual registrations due.
- 01/05 First day of 2026 practice
- 01/6-01/07 Team Tryouts @ 5:30
- 1/15 HSC January Board Meeting
- 1/20 HSC Booster meeting @ ACP bleachers 5pm
- 1/24-1/25 PC SCY Senior Open:  
Orinda Aquatics
- 1/31-2/1 ZONE 3 SCY Championships  
Qualifying
- February Cal Poly Meet: Date TBA

### COACH'S CORNER

We hope everyone had a relaxing and enjoyable break and were able to spend some quality time with family and friends. As we move into January, we are excited to kick off the new year with an updated schedule and group structure. This time of year always brings renewed energy, and we are looking forward to building consistency, refining skills, and setting the tone for a strong season ahead.

**Coach Casey**

#### **Board Member Blog**

2026 ALL Team Annual Registration Renewals DUE NOW! Reminder that your swimmer may not return to practice in the new year without these completed. Register for HSC and USA Swimming at [Humboldt Swim Club - Calendar](#). Reach out to [President@hscswim.org](mailto:President@hscswim.org) for more information on financial assistance and scholarship opportunities.

### January BIRTHDAYS

- |                   |      |    |
|-------------------|------|----|
| • Coach Chloe     | 1.1  |    |
| • Manny Marieluo  | 1.1  | 7  |
| • Harper Claussen | 1.4  | 11 |
| • Ava Ford        | 1.4  | 9  |
| • Skyler McClurg  | 1.6  | 10 |
| • Kayona Brown    | 1.15 | 10 |
| • Henry Seiler    | 1.18 | 15 |
| • Ayla Beck       | 1.20 | 10 |
| • Lela Caruso     | 1.20 | 14 |
| • Nadine Honda    | 1.23 | 7  |
| • Coach Jacob     | 1.26 |    |
| • Isaac Sperling  | 1.26 | 11 |
| • Iris Szanto     | 1.26 | 15 |
| • Canyon Coke     | 1.28 | 9  |

### SWIMMER OF THE MONTH

Developmental: Isobel Riley  
Age Group 1: Sam Bucklin  
Age Group 2: Jonah Hoffman  
Senior: Lydia Gerdes  
Senior Comp: Henry Seiler

## ALL ABOUT THE GROUPS

### DEVELOPMENTAL GROUP

Happy January, Intro Group! This month, our Intro swimmers continued to build a strong foundation by developing confidence in the water, improving basic stroke skills, and learning how to move with purpose during practice. Athletes have made noticeable progress with floating, kicking, and early freestyle and backstroke coordination, while also becoming more comfortable swimming independently. Beyond technique, this group has done a great job listening to instructions, supporting teammates, and understanding what it means to be part of a swim team.

**Developmental Swimmer of the Month: Isobel Riley** Isobel had a great month of swimming! Her effort, focus, and positive attitude stood out throughout the month. Very proud of her!

- Coach Jacob

### AGE GROUP 2

Happy January, Age Group 2! This group has made strong technical strides as swimmers continue refining body position, balance, and efficiency across all four strokes. Freestyle improvements are evident through better rotation, stronger kick engagement, and smoother breathing patterns.

Backstroke has progressed with athletes focusing on consistent tempo, stable head position, and confident finishes into the wall. Breaststroke timing continues to improve as swimmers work on a narrow, powerful kick and patient glide phase. Butterfly is becoming more controlled as athletes maintain rhythm, drive from the core, and improve their kick consistency.

Bronze Swimmer of the Month: Sam Bucklin

**Age Group 2 Swimmer of the Month: Sam Bucklin** Sam is a dedicated athlete who had near perfect attendance throughout last month. His positive energy and funny personality is a joy to have at practice!

- Coach Jacob

### AGE GROUP 1 GROUP

Happy January, Age Group 1! Age Group swimmers have shown impressive growth in consistency, discipline, and technical awareness throughout the month. Freestyle continues to improve with stronger rotation, better kick timing, and controlled breathing under fatigue. Backstroke development has been highlighted by improved tempo, cleaner turns, and stronger underwater kicks off each wall. Breaststroke timing is becoming more efficient as swimmers maintain a clear pull-kick-glide sequence while holding speed. Butterfly endurance and rhythm have taken a big step forward, with more athletes sustaining technically sound fly over longer distances.

**Age Group 1 Swimmer of the Month: Jonah Hoffman** - Jonah had a strong showing at Age Groups last month, and is always a hard working, dedicated swimmer. Way to go Jonah!

- Coach Jacob

### SENIOR & NATIONAL

The Senior group finished the year on a high note with a fun white elephant gift exchange that brought some well-earned laughter and camaraderie to the end of a demanding training block. Moving forward, we have begun integrating *Wisdom Wednesday* into the weekly routine. These sessions provide an opportunity to step back from the physical side of the sport and have open discussions about mental health, race strategy, team culture, and anything else that comes up. The goal is to support our athletes not only as competitors, but as people, and to foster a team environment built on trust, communication, and mutual support.

We are excited to see how these groups continue to grow as we head into the new year and appreciate the ongoing support from our families as we move forward together.

**Senior Swimmer of the Month - Lydia Gerdes:** Had the best attendance for the group for the month, continually brings a positive attitude to practice and is a hard worker.

**National Swimmer of the Month- Henry Seiler:** Competed at age group champs and swam well, and is starting to develop a little more confidence in his abilities

## 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](https://www.hscswim.org/team-store)

## FUNDRAISING

2026 Fundraising Requirement: \$500 per family or \$400 per individual athlete  
 2026 Sponsorship Drive is now open! 50% of all monetary donations goes towards your families annual requirements. Reach out to Pam at [Secretary@hscswim.org](mailto:Secretary@hscswim.org) today.

## 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

## HELP HSC START HOSTING SANCTIONED MEETS!

The last Officials clinic made it clear that we need more officials in all the zones. You don't need to be a swimming expert to start, and anyone can be an official. Plus, you get to meet and become friends with other officials in your zone (and you don't have to worry about what's for lunch or breakfast!). I hope you all consider becoming an official. If you have any questions or need help, just let me know!"

-Beth

## SPRING PRACTICE SCHEDULE STARTS JANUARY 5

- **Developmental:** \$105

Mon & Wed: 5:30-6:15pm  
Tues/Thurs/Fri: 4-4:45pm  
Saturday: 1-2 Clinic ACP option

- **Age Group 2:** \$125

Mon & Wed: 6:15-7:30pm  
Tues/Thurs/Fri: 4-5:15 pm  
Tues & Thurs: 5-5:30 Dryland ACP  
Saturday: 1-2 Clinic ACP option

- **Age Group 1:** \$155

Mon & Wed: 6:00-7:30 pm  
Tues/Thurs/Fri: 4:45-6:30  
Mon & Wed: 5:15-6 Dryland  
*Tues & Thurs: 6-7:30 am option*  
*\*\*Must have Coach approval*  
Saturday: 1-2 Clinic ACP option

- **Senior:** \$205

Monday & Wednesday: 4-5:30pm ACP  
Tues/Thurs/Fri: 5:30-7pm ACP  
Tues & Thurs: 4-5pm Dryland  
Healthsport  
Tuesday & Thursday 6-7:30 am option  
Saturday: 11-1 ACP

- **National:** \$220

Monday & Wednesday: 4-6 pm ACP  
Tues/Thurs/Fri: 5:30-7:30 pm ACP  
Tues/Thurs/Fri: 4-5pm Dryland  
Healthsport  
Tuesday & Thursday 6-7:30 am option  
Saturday: 11-1 ACP



## 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:

## TRAINING FOR PARENTS

Tues., Jan 20 at 8:00 p.m. EST | [REGISTER](#)  
 Thur., Feb 19 at 8:00 p.m. EST | [REGISTER](#)  
 Thur., Mar 19 at 8:00 p.m. EST | [REGISTER](#)

## TRAINING FOR ATHLETES

Thur., Jan 22 at 8:00 p.m. EST | [REGISTER](#)  
 Tues., Feb 17 at 8:00 p.m. EST | [REGISTER](#)  
 Tues., Mar 17 at 8:00 p.m. EST | [REGISTER](#)

## 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)

**Casey Hnatiuk** Head Coach  
[coach.casey@hscswim.org](mailto:coach.casey@hscswim.org)

**Jacob Ireland** Lead Age Group 707- 362-1397

[coach.jacob@hscswim.org](mailto:coach.jacob@hscswim.org)

- Jamie Hill-Workman** President  
[president@hscswim.org](mailto:president@hscswim.org)
- Patricia Terry** Vice President  
[vicepresident@hscswim.org](mailto:vicepresident@hscswim.org)
- Winslow Condon** Treasurer  
[treasurer@hscswim.org](mailto:treasurer@hscswim.org)
- Pam Willey** Secretary  
[secretary@hscswim.org](mailto:secretary@hscswim.org)
- Dan Eden** Board Member

### 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)