

# WATERDOG NEWSLETTER HUMBOLDT SWIM CLUB



## New HSC Team Records

**Huck Russell**

Boys 13-14 400 IM LCM 5:02.08

Boys 13-14 100 Free LCM 58.94

Boys 13-14 200 IM LCM 2:23.32

**Olivia Spellmeyer**

Girls 8 & Under 50 Back LCM 47.61

Girls 8 & Under 100 Back LCM 1:45.43

## IMPORTANT DATES

- July 12-14 - 14 & Under Age Group Championships - Concord  
\* Qualifying
- HSC Board Meeting July 18 @ Cal Poly Humboldt at 5:30
- July 25 - 28 - Far Western Championships - Morgan Hill  
\* Qualifying
- **July 30 - August 3 Western Zones Senior Championships LCM - Clovis, CA \* Qualifying**
- July 31 - Last Day of practice

## JULY BIRTHDAYS

|                         |      |    |
|-------------------------|------|----|
| • Coach Madeline        | 7.1  |    |
| • Karin Grantham- Board | 7.4  |    |
| • Oskar White           | 7.7  | 13 |
| • Luca Porter           | 7.11 | 12 |
| • Obadiah Shank         | 7.11 | 13 |
| • Skylar Sanders-Gatton | 7.15 | 15 |
| • Lyla Porter           | 7.19 | 14 |
| • Justin Arcidi         | 7.21 | 12 |
| • Scarlett Fierro       | 7.24 | 10 |
| • Olivia Spellmeyer     | 7.25 | 9  |

## COACH'S CORNER

The Water Dogs had great performances at two back to back meets in June. Despite the 100 degree plus weather, all of the training and hard work payed off. Individual high point awards were awarded to Anika Terry (3rd) and Rana Wiley (2nd) for the 10 and under girls. Nathan Bareilles (2nd) and Huck Russell (1st) for 13/14 boys. The men placed 4th overall, and the women 3rd. Great job Water Dogs!

July is championship swim meet month. We have Age Groups, Far Westerns, Sectionals, and Senior Western Zones. Congratulations to Nathan Barielles, Amalia Baugh, Huck Russell, Sophia Spellmeyer, Yogi Trieu, and Rana Wiley who will be competing in at least one of these swim meets.

- **Coach Kelly**

Happy July Water Dogs! We are officially in our last month of the season, and I couldn't be happier with how this year went. Everyone swam so well, and our team saw drastic improvements across the board! We had excellent practices, super fun swim meets, and big smiles throughout the entire journey! Thank you so much to all of the parents who got their kids to practice and competitions, none of this could have been possible without you! Also, a huge thank you to our amazing board who worked tirelessly to ensure that our program would continue to be amazing for all of the families. We have Age Group, Far Western, and Western Zones Championships swim meets this month to wrap up our long course season, and water dogs representing each of these meets! I wish the standout swimmers the best! At the very end of the month, Wednesday, July 31st, we will have an all-team Olympic watch party! Hope to see you there!

- **Coach Jacob**

## SWIMMERS of THE MONTH

|                      |                     |
|----------------------|---------------------|
| <b>Intro Group:</b>  | Ariana Catt-Fishman |
| <b>Bronze Group:</b> | Callie McNight      |
| <b>Silver Group:</b> | Olivia Spellmeyer   |
| <b>Gold Group:</b>   | Lydia Gerdes        |
| <b>Senior Group:</b> | Anyia Seiler        |
| <b>Senior Comp:</b>  | Maile Russell       |

**BOARD MEMBER BLOG****HSC BOOSTERS!**

The **HSC Booster Club** will meet July 15 at ACP 4-5 and July 26 4-6. Location TBD!

At these meetings we discuss potential fundraising ideas and Stroke and Turn officiating. Future discussions will review becoming an official, DEI, Safesport, upcoming fundraisers and events. This is a great way to become involved with Humboldt Swim Club!

Reach out to Jamie at  
[President@hscswim.org](mailto:President@hscswim.org)

**DEI**

Pacific Swimming has the following opportunities: Questions about MEAP or Outreach Athlete information? Please reach out to Karin at  
[VicePresident@hscswim.org](mailto:VicePresident@hscswim.org)

[Diversity Programs | Pacific Swimming Association \(pacswim.org\)](#)  
[MEAP Instructions & Form v5\(1\).pdf \(pacswim.org\)](#) Pac Swimming's Meet Entry Fee Assistance Program.

**SafeSport**

To remain a USA Swimming, SafeSport recognized club, Humboldt Swim Club must renew its membership every two years. Our Coaches and Board Members follow the SafeSport guidelines and remain up to date with the multi-level program. We are asking for your help to meet the renewal requirements of our membership athletes and families.

The Adult and Athlete **(13 over)** learning exercises consist of a quick online course. USA Swimming tracks the number of people who complete the program and HSC will be awarded club completion points. **For Guardians:** USA Swimming Sign in to your account, click education, parents/volunteers then follow the course labeled, "Parents Guide to Misconduct in Sport."

**For Athletes:** USA Swimming HSC recommends our 13 years and older members to follow the same sign in options under their family account, go to education, then athletes and complete the course, "SafeSport for Youth Athletes 13-17."

**Thank you, HSC, for helping our club be the best for our athletes!**

**THE 2024 HSC SPONSORSHIP DRIVE WAS A SUCCESS!**

Our annual Sponsorship Drive raised  
**\$10,899!**

Due to the support of donations from our community, family and friends our club is able to stay competitive with equipment and facility costs, keep membership dues from increasing and fund scholarships so that any child in our community can enjoy the love of swimming.

## ALL ABOUT THE GROUPS

### INTRO GROUP

#### INTRO:

Intro swimmers have improved so much this month. Their kicking, streamlining, and endurance have jumped up a notch. This month we will spend a ton of time on our stroke work. Introducing more butterfly and breast stroke drills.

#### **Intro swimmer of the month: Arianna Catt-Fishman**

Ari has been working super hard at practice. She has great attendance and listening skills. Great job Ari!

### BRONZE GROUP

July kicks off Bronze Bootcamp. Please be prepared for drills, detail work and jumping jacks as we work on swimming essentials – lots of streamlines, turns, and dives.

#### **Swimmer of the month: Callie McKnight**

Callie is a joy to coach. She is talented, works hard, and is always smiling. Keep it up Callie!

- *Coach Mary*

### SILVER GROUP

Silver is ready for the test sets. This month we will run sets that will challenge! All four strokes will be covered, and new drills introduced. Dryland will now be Mondays from 4-5 and swim from 5-6.

#### **Swimmer of the month: Olivia Spellmeyer**

Olivia had a great meet in Redding, finaling in almost all of her events. She is still only 8, but was competing against 9 and 10 year olds. She works hard at practice and always asks how she can improve. Keep up the hard work Olivia!

- *Coach Kelly*

### GOLD GROUP

Gold will continue swimming longer distances in July. We will have challenging intervals for faster swims, improving our race performance endurance. For a lot of these swimmers this will be the last month they are in the Gold group before moving to the Senior group. We will dial in fundamentals and have some fun swimming too. Gold will now practice Mondays 5:30-7:30.

#### **Swimmer of the month: Lydia Gerdes**

Lydia is such a hard worker, she comes to practice almost everyday. She doesn't shy away from challenges and takes the lead in her lane. Great job Lydia!

- *Coach Kelly*

### SENIOR GROUP

Hello all senior group families! I just want to congratulate all of the senior swimmers on making it through another excellent season! It was a big transition for a lot of the kids coming into their freshman year, but they stuck through it and did remarkably well! I am a very proud coach, and I cannot wait to see the progression built next season! Good luck to **Amalia Baugh** who will be competing at Western Zones in Clovis this month!

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

There is a reason why Anya was awarded most improved this year for the entire senior group. Despite juggling a multitude of extra curriculars, she always finds a way to make it to practice. She is the definition of "no excuses." We are so thankful to have her on our team, and I look forward to coaching her next year. Congratulations Anya!

#### **Senior Comp Swimmer of the Month: Maile Russell**

Maile stepped up her attendance this month, and is always full of positive energy at practice! Our senior group appreciates her so much, and we love the time she has given back to our program with coaching the little guys! Congratulations Maile!

- *Coach Jacob*

JULY 2024

# WATERDOG NEWSLETTER



## 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+ VJO LCM C/B/A+ Santa Rosa Neptunes LCM C/B/A+**
- **April 13-14** **Redding Aqua Ducks LCM**
- **April 19 - 20** **Ukiah Dolphins SCY C/B/A+**
- **May 17-19** **Far Western Championships Santa Clara \*Qualifying**
- **June 21-23** **Western Zones Senior Championships LCM - Clovis, CA \* Qualifying**
- **June 28-29**
- **July 25-28**
- **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 4-5  
 Thursday 4-5  
 Friday 4-5  
 Saturday 1-2  
 Park Days 1x/month - check newsletter
- **Silver:**  
 Monday 4-6/Dryland 4-5  
 Wednesday 5-6  
 Thursday 4-5  
 Friday 5-6  
 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

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

## WATERDOG NEWSLETTER

### GROUP CRITERIA + GROUP COACHES

#### New Age Group Criteria for Intro-Gold

The updated 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 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.

### Do You Want to Volunteer?

Email a board member (emails on the next page) for suggestions on how you can help support our amazing group of swimmers!



# WATERDOG NEWSLETTER



## 2024 SPONSORS

**RUBY (\$5,000 +)**  
**DIAMOND (\$2,500-\$4,999)**  
**PLATINUM (\$1,000-\$2,499)**

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 KERISA ELLOWAY, MS, DDS

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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](http://www.teamunify.com/pchsc) or  
[www.hscswim.org](http://www.hscswim.org)

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

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

**Jacob Ireland Lead Coach (Senior)** 707- 362-1397

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

**Jamie Hill-Workman** President

- [president@hscswim.org](mailto:president@hscswim.org)

**Karin Grantham** Vice President

- [vicepresident@hscswim.org](mailto:vicepresident@hscswim.org)

**Winslow Condon** Treasurer

- [treasurer@hscswim.org](mailto:treasurer@hscswim.org)

**Rebecca Baugh** Secretary

- [secretary@hscswim.org](mailto:secretary@hscswim.org)

**Russ Turpin** Board Member

- [boardmember.russ@hscswim.org](mailto:boardmember.russ@hscswim.org)

**Nona Mineva** Board Member/Fundraising &  
Grant Writing Coordinator

- [boardmember.nona@hscswim.org](mailto:boardmember.nona@hscswim.org)

**Pat Spellmeyer** Board Member/Stroke & Turn

- [boardmember.pat@hscswim.org](mailto:boardmember.pat@hscswim.org)

### 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)