

WATERDOG NEWSLETTER HUMBOLDT SWIM CLUB



IMPORTANT DATES

- July 17 HSC Board Meeting
- August 1 "Splash into Cash" Raffles due
- July 11-13 - Age Group Championships LCM. Qualifying
- July 31-August 1 Far Westerns Championships. Qualifying
- August 4-16 All Team Break
- All Team Registration for 2026 season opens August 18th

COACH'S CORNER

Summer is in full swing!! Kids are out and about, enjoying their breaks, having a blast at Jr. Guards, exploring the outdoors, and simply being kids. Practices will start winding down as the competition cycle wraps up. We'll keep them purposeful and playful as the season comes to an end. There will also be a few open water training days in the pool as the team works on introducing open water to our members.

- **Coach Mike**

Happy July, Water Dogs! We are officially in our last month of the season, and what a fun season it has been! I am very proud of all of our swimmers and the various goals that they accomplished. We truly have a wonderful, dedicated group of families that help make our team a success. Thank you to all of the HSC parents for supporting your talented kids in this amazing sport. We would not be able to do any of this without you. We have a couple more championship meets this month, where a handful of our talented swimmers will represent the team. I look forward to one more great month to cap off this season.

- **Coach Jacob**

JULY BIRTHDAYS

• Theodore Barriquand	7.3	11
• Oskar White	7.7	14
• Luca Porter	7.11	13
• Lyla Porter	7.19	15
• Justic Arcidi	7.21	13
• Muncai Marieluo	7.23	11
• Scarlett Fierro	7.24	11
• Olivia Spellmeyer	7.25	10
• Nona Mineva- Board	7.29	

SWIMMERS of THE MONTH

Intro Group:	Ava Ford
Bronze Group:	Gabriel & Bryce Nichols
Silver Group:	Ted Sager & Jonah Hoffman
Gold Group:	Sophia Spellmeyer
Senior Group:	2024-2025 Senior Group
Senior Comp:	2024-2025 Senior Group

ALL ABOUT THE GROUPS

INTRO GROUP

Our Intro swimmers have been mingling with their Bronze teammates for a few weeks. It started off as a challenge for some of our Bronze ready Intro members, but slowly transitioned into all of our 9&Older Intro swimmers meeting the expectations.

Swimmer of the month: Ava Ford – Ava Ford has made incredible growth since I rejoined the team back in February. She was a squirrely 8-year old acting exactly how an 8-year old should in a pool with all her friends. After a few weeks she started asking a few questions, then a few more, and then a TON, but they were all about how she could be a better swimmer. Now she's maintaining almost if not by possible operator error 100% attendance at practice and competing every chance she gets!!

BRONZE GROUP

Our Bronze swimmers continue to improve. With a small group of them completing a series of Silver workouts and the others being team leaders assisting their Intro teammates.

Swimmer of the month: Gabriel & Bryce Nichols – Gabriel has stepped up his practice presence, opened himself up to coaches feedback, putting in the work when it's assigned, and not backing down to challenges when other lanes have free time. All of his recent growth has paid off with him earning a Finals appearance at the Rumble by the River in the 10U 100 Backstroke, where he beat out 14 other competitors to place 8th in the preliminary heat!! Bryce Nichols earned swimmer of the month recognition for something he has earned recognition for already: leadership. He asks questions after the coaching staff explains the set, knows his place in the lane, takes accountability for his actions, and he supports his teammates when they need help. Bryce also stepped up at the Rumble by the River swim meet. There were 400 swimmers attending the meet weekend and our team had quite a few first timers or kids that have only been to our intrasquad meets. He made sure his teammates were where they needed to be for the coach to give instruction and keep everyone on task at the meet.

SILVER GROUP

The Silver squad impressed the coaching staff from the end of May through June with their willingness to accept the challenge of heavy training sets while stepping up at competitions.

Ted Sager and Jonah Hoffman.

Swimmer of the month: Ted Sager and Jonah Hoffman – Ted comes to practice ready to do the work. He has been stepping up his attendance percentage, taking the lead in workouts, pushing himself throughout dryland sets, and keeping a positive attitude when the practices get to be a bit of a grind. Jonah is hungry to improve his stroke work. Swimming is a challenging sport for so many reasons, but one of them clashes directly with the cognitive growth of young participants: slow down to go faster. All kids go through this phase several times throughout their training career and Jonah recently started to slow down during practices to focus on the little corrections necessary to improve. He had a killer performance at the Rumble by the River trials/finals meet, showing how patience brings growth and success.

GOLD GROUP

The Gold group has a few final weeks of training before the 2024/2025 season comes to an end. With a few of them earning last second Age-Group Championship cuts at the Rumble by the River, our Gold swimmers will be focused on what comes next: transitioning to the Senior squad or resetting and preparing for another Age-Group training and competition cycle.

Swimmer of the month: Sophia Spellmeyer – She shares a lot of traits as the other swimmers being recognized: regular practice and meet attendance, willingness to accept feedback and stroke correction, leadership, and a hunger to improve.

SENIOR GROUP

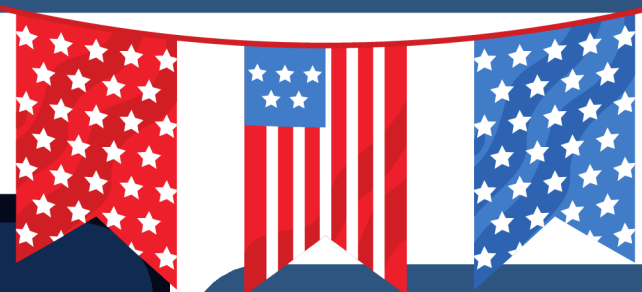
Happy July, Senior Group members! A lot of our athletes' seasons are officially wrapped up, so I just wanted to take a moment to say how proud I am of all our wonderful senior athletes. This will likely be my last season of directly overseeing their training, so whether I have been your senior coach for the last 3 years or just this season, I couldn't be more honored to say that I was your children's coach. These are such pivotal years in young people's lives, and I am so happy that I could pass on my knowledge and wisdom to them. I honestly felt like a lot of times we were all growing together. I can't wait to see how everyone continues to grow and develop in this wonderful sport.

Senior Comp/Senior Swimmer of the Month: 2024-2025 Senior Group

–Coach Jacob

Team Store

Check out our NEW TEAM STORE for HSC suits, hoodies and MORE!! Link on HSCSWIM.ORG or <https://theswimteamstore.net/teamlogin/index/loginpost?username=humboldt&password=swimclub>



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 12-13 Sebastopol C/B/A+
- **April 11-13** **Elk Grove LCM *Gold and Senior**
- May 16-18 Santa Rosa Neptunes LCM C/B/A+
- May 30-31 Vallejo JO LCM C/B/A+
- June 20-22 Redding Aqua Ducks LCM
- June 27-29 AC- San Rafael C/B/A+ LCM
- July 11-13 Summer Age Group Championships, Santa Rosa
- July 18-19 Sectionals, Coronado *Qualifying
- July 31-Aug 1 Far Western Championships Morgan Hill *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

STROKE AND TURN

Interested in volunteering as a stroke and turn official?! Check out our Stroke & Turn Officials page under the, "Swim Meet Info" dropdown on our website HSCSWIM.ORG



SUMMER PRACTICE SCHEDULE

STARTS MAY 12TH

- **Intro:**

Monday	4-5
Tuesday	4-5
Thursday	4-4:45
Friday	4-4:45
- **Bronze:**

Monday	4-5
Tuesday	4-5
Wednesday	4-5
Thursday	4-5
Friday	4-5
- **Silver:**

Monday	5-6
Tuesday	5-6
Wednesday	4:15-5 dryland 5-6 swim
Thursday	5-6
Friday	4-6
- **Gold:**

Monday	5:30-6/ Dryland 6-7:30 swim
Tuesday	5:30-6/ Dryland 6-7:30 swim
Wednesday	4-6
Friday	6-6:30/Dryland 6:30-7:30 swim
Saturday	11-1
- **Senior:**

Monday	5:30-7:30 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	6-7:30 swim
Saturday	11-1
- **Senior Comp:**

Monday	Dryland 6-7:30 am 5:30-7:30 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 time trial

WATERDOG NEWSLETTER

Welcome Coach Casey to Humboldt Swim Club!

We are excited to welcome Coach Casey Hnatiuk as the new Head Coach of Humboldt Swim Club!

Coach Casey brings over 25 years of coaching experience, including 10 years at Lyons Aquatics, where he coached numerous athletes to the national level. He also had the privilege of coaching Olympian Blake Pieroni during the early stages of his career. Casey's coaching journey spans a wide range of levels, from age-group swimmers to elite high school athletes. He was and continues to be a high-level athlete with a lifelong dedication to sport and performance.

In addition to his coaching background, Casey holds a master's degree in IT and cybersecurity and served six years in the U.S. Army as a military intelligence sergeant. His leadership skills, technical expertise, and commitment to athlete development make him a powerful addition to our club.

2025 Fairy Festival

HSC has the opportunity to host a booth during the 2025 Fairy Festival in Arcata, Sunday, July 27th. We will be promoting Humboldt Swim Club to our community with a HSC mermaid themed booth. Handing out pamphlets, sharing our program, and doing mermaid themed face jewelry by donation. HSC families and athletes interested in volunteering for the event reach out to President@hscswim.org



HSC SPLASH FOR CASH!

HSC SPLASH FOR CASH! All athletes will receive 10 raffle tickets (minimum) to sell for the chance to win \$1000, gift cards or local items. Collection of raffles and proceeds will end at the beginning of our last practice of the season 8/1/25 and the winners will be announced later that day. You do not need to be present to win. ALL PROCEEDS BENEFIT OUR HSC ATHLETES. Supporting local block parties and the HSC scholarships program.

- If you are interested in donating a local item and/or gift certificate for our raffle giveaway please reach out today to Jamie at President@hscswim.org



2025 SPONSORS

RUBY (\$5,000 +)
DIAMOND (\$2,500-\$4,999)
 HUMBOLDT SPONSORS
 SCHMIDBAUER LUMBER

PLATINUM (\$1,000-\$2,499)
 SHMIDBAUER FAMILY FOUNDATION
 HUMBOLDT SPONSORS

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

BRONZE (UNDER \$250)
 SOROPTIMIST INTERNATIONAL OF ARCATA
 THE MILL YARD
 NEELY AUTOMOTIVE

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 or
www.hscswim.org

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

coach.jacob@hscswim.org

- Jamie Hill-Workman** President
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- Pam Willey** Secretary
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- Pat Spellmeyer** Board Member/Stroke & Turn/Meet Director
 - boardmember.pat@hscswim.org

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