



WATERDOG NEWSLETTER HUMBOLDT SWIM CLUB

New HSC Team Record
Nathan Bareilles
Boys 13-14 100 breast LCM 1:13.37

IMPORTANT DATES

- June 14 – Fun Day! 4-6
- June 14 HSC Boosters 4-5 @ ACP
- HSC Board Meeting June 20 @ Cal Poly Humboldt at 5:30
- June 15 – 16 Willits Otters SCY – **We are NOT attending as a team meet**
- June 21 –23 Redding Aquaducks LCM C/B/A+
- June 28-29 Ukiah Dolphins SCY C/B/A+ **** note this is a short course meet (during long course season) – NO Saturday Practice!**

JUNE BIRTHDAYS

• Oliver Altic	6.1	8
• Jasmine Christian	6.2	13
• Fiona Condon	6.2	14
• Trystan Cavanagh	6.5	9
• Ryan Tan	6.10	14
• Teodor Demirev	6.13	14
• Henry Hague	6.13	9
• June Ashbrook	6.20	10
• Nallia Meyer	6.22	15
• Roslyn Bumgardner	6.26	8
• Mai Bareilles	6.28	11
• Isabella Zalik	6.28	15

COACH'S CORNER

Summertime! So nice to have the summer swim season upon us. We have some fun meets to look forward to. First up, the Team Intrasquad meet at Cal Poly Humboldt. Then we have the Redding Trials and Finals LCM meet June 21st- 23rd. The following weekend is the Ukiah Dolphins meet June 28th- 30th. The Water Dogs had a great meet in Santa Rosa May 17th- 19th. Our team as a whole placed 3rd out of 15 teams. There were some amazing swims! We are really becoming a strong team in the Zone 3 division. A force to be reckoned with!

I would like to congratulate and recognize Nathan Bareilles on achieving his 1st Sectionals time in the 200 Breaststroke. He has been working towards this goal since September. Nathan was also selected to the 2024 Western Zone Diversity, Equity, and Inclusion Select Camp June 17th- 20th. This camp will be held at Butler University, Indianapolis, IN during the Olympic Trials. He will get to swim in the trials pool.

– **Coach Kelly**

Hello Water Dogs! We are in the thick of the summer season, and have a lot of events planned for June! On Saturday, June 1st we will have an intrasquad meet at Cal Poly Humboldt. Following this meet, we will have our annual awards banquet at the university. June 21st – 23rd we will be attending a trials/finals meet at Redding. This meet is a great opportunity to get some long course qualifying times this season, and it is a closer meet for us to attend! At the very end of the month, we will be attending a short course meet at Ukiah June 29th and 30th. I hope that everyone is doing well, and looking forward to the summer season!

– **Coach Jacob**

SWIMMERS of THE MONTH

Intro Group:	Scarlet Miner
Bronze Group:	Justin Aricidi
Silver Group:	Oren Baugh
Gold Group:	Teddy Dimerev
Senior Group:	Annika Bucklin
Senior Comp:	Bryson Meyer

BOARD MEMBER BLOG

HSC BOOSTERS!

The **HSC Booster Club** will usually meet the last Friday of each month from 4-5.

At this meeting we will discuss an upcoming Olympic viewing party, 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

DEI

Pacific Swimming has the following opportunities: Questions about MEAP or Outreach Athlete information? Please reach out to Karin at
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."

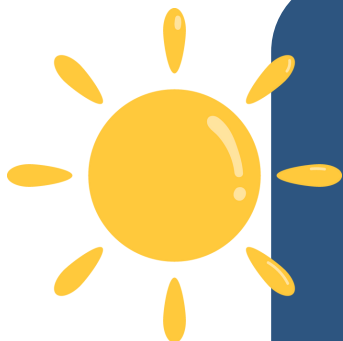
For Athletes: USA Swimming HSC recommends our 13 years and older members to follow the same sign in options under their family account, go to education, then athletes and complete the course, "SafeSport for Youth Athletes 13-17."

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:

While Coach Chris is back coaching with the Ukiah Dolphins this summer, Coach Naomi and Coach Madeline will be stepping in as the Intro Coach leader. Intro swimmers have been really working hard at practice, although they love their "freetime" they are competitive and love to out kick each other at practice. We are looking forward to watching you all swim and compete at the next intrasquad meet.

Intro swimmer of the month: Scarlet Miner Scarlet has been attending more and more practices and has improved so much over the past few months. She is a strong freestyler, and a great listener! We are excited to watch her keep improving!

BRONZE GROUP

Happy Summer, bronze swimmers! I hope that many of you will make it to the meet in Ukiah at the end of this month! It's a great meet for all age group swimmers, whether it's your first competition or your fiftieth. Please reach out to me or any coach for questions/details. In preparation for this meet, practices will be very detail-oriented.

Swimmer of the month: Justin Arcidi

Justin's dedication has been paying off! He attends most practices, and isn't afraid to ask questions. Keep up the great work, Justin!

- *Coach Mary*

SILVER GROUP

Great job to all of you Silver swimmers who competed in the Santa Rosa meet. There were so many best times, and stroke improvements. This month we will focus on finishing our races strong, starts, and adding some finishing touches to our technique in preparation for the Redding meet.

Swimmer of the month: Oren Baugh

Oren has been super driven this last month. He is leading a lane, helping clean up equipment, and helping others with the sets. I love seeing this from the talented swimmer. Keep up the good work Oren!

- *Coach Kelly*

GOLD GROUP

Gold group had a strong showing at the Santa Rosa meet with about 80% of the group competing. All of these swimmers had some great tough swims. With back to back long events, these kids showed perseverance. This month we will be pushing hard until right before the Redding meet. Adding in the extra work will help when it is time to swim fast and consistent during the long course season.

Swimmer of the month is Teddy Demeriv. Teddy has been really pushing himself at practice. He had great meets in Vallejo, and Santa Rosa. He had an outstanding 400 IM in Santa Rosa. Teddy proved that hard work at practice can really pay off. Congratulations Teddy!

- *Coach Kelly*

SENIOR GROUP

Hello all senior group members! We have ramped up the intensity of our training to better prepare the swimmers for long course racing. Practices have featured a lot more 200 yard distances as opposed to 100's, and the adaptation has been very successful! Looking forward to seeing how the long course season continues to unfold, and how the swimmers continue to progress!

Senior I Swimmer of the Month: Anika Bucklin

Congratulations Anika on being the Senior I swimmer of the month! Anika is a pleasure to have at practice. She works hard, responds to feedback well, and is always engaged and determined to improve.

Senior Comp Swimmer of the Month: Bryson Meyer

Congratulations Bryson on being the Senior Comp swimmer of the month! Bryson has been a great leader at practices, and is very attentive to the feedback that coaches give. He is always looking to take the next steps to improvement!

- *Coach Jacob*

JUNE 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+
- **April 13-14** VJO LCM C/B/A+
- **April 19 - 20** Santa Rosa Neptunes LCM C/B/A+
- **May 17-19** Redding Aqua Ducks LCM
- **June 21-23** Ukiah Dolphins SCY C/B/A+
- **June 28-29** 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 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

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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!



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2024 SPONSORS

RUBY (\$5,000 +)

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

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

EDWARD JONES-GREG SEILER

HUMBOLDT SPONSORS

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GREEN DIAMOND RESOURCE COMPANY

KIWANIS CLUB OF ARCATA

SILVER (\$250-\$499)

A TO Z EYE CARE

HARPER MOTORS

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CONTRACTING, INC

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FINNEY CONSULTING SERVICES

KERISA ELLOWAY, MS, DDS

CENTURY ORTHODONTICS

SOROPTIMIST INTERNATIONAL OF ARCATA

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 or
www.hscswim.org

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

coach.kelly@hscswim.org

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

coach.jacob@hscswim.org

Jamie Hill-Workman President

- president@hscswim.org

Karin Grantham Vice President

- vicepresident@hscswim.org

Winslow Condon Treasurer

- treasurer@hscswim.org

Rebecca Baugh Secretary

- secretary@hscswim.org

Russ Turpin Board Member

- boardmember.russ@hscswim.org

Nona Mineva Board Member/Fundraising &
Grant Writing Coordinator

- boardmember.nona@hscswim.org

Pat Spellmeyer Board Member/Stroke & Turn

- 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