

WATERDOG NEWSLETTER HUMBOLDT SWIM CLUB



IMPORTANT DATES

- May 31-June 2: Vallejo LCM; C/B/A+
- June 11-12 SafeSport Webinar for Parents and Athletes
- June 19 HSC Board Meeting
- June 20-22 Redding Aquaducks LCM
- June 28 Block Party
- All Team Break August 4-16



JUNE BIRTHDAYS

• Oliver Altic	6.1	9
• Fiona Condon	6.2	15
• Jasmine Christian	6.2	14
• Trystan Cavanagh	6.5	10
• Kyler Robbins	6.6	17
• Ryan Tan	6.10	15
• Teodor Demirev	6.13	15
• Beatrix Coleman	6.21	12
• Patricia Terry-Board	6.21	
• John Haley	6.23	16
• Roslyn Bumgardner	6.26	9

COACH'S CORNER

How is it June already? There are a few meets over the summer and we'll be in the water training through the end of July, so hop in when you can and enjoy the days when you're not on deck. We are shifting our training focus to meet preparedness as our 2024/2025 competition season comes to a close in July. Our Bronze swimmers will start a cycle of Breaststroke kick and Butterfly arms drills to gauge if they're ready to transition out of Bronze. The Silver squad will have two more weeks of progressive intensity workouts before a series of test sets to gauge their season's progress.

-**Coach Mike**

Happy June, Water Dogs!! May was a very exciting month for swimming. We had an excellent Block Party meet and awards banquet. Additionally, our swimmers who traveled to Santa Rosa and Sunnyvale for a long course meet and Pacific Swimming All-Stars did very well! This month, we have another fun meet with the Redding, Rumble by the River June 20-22. This is one of those rare opportunities where the meet is less than three hours away, so hopefully we can see a lot of Water Dogs out there on the pool deck! Lastly, a big congratulations to all of our swimmers for completing another school year! Balancing school and sports can be hard, so I praise all of our swimmers for always striving to do well in both. Here's to another fun summer!

- **Coach Jacob**

SWIMMERS of THE MONTH

Intro Group: Nadja Bennett & Ledo Matteoli

Bronze Group: Rosalyn Bumgardner & Justin Arcidi

Silver Group: Olivia Spellmeyer & Anabelle McAndrew

Gold Group: Elijah McAndrew & Jasmine Christian

Senior Group: Carina McDonald

Senior Comp: Teddy Demirev

ALL ABOUT THE GROUPS

INTRO GROUP

The coaching staff is stoked on their month of progress through May! Our older Intro swimmers are primed and ready to transition into a wider breadth of training curriculum. They have been able to mix in with a few of our Bronze sets throughout May and in a few cases, they lead their lane or were the one demonstrating the drill. The mighty-mights of our program have absolutely been a blast to coach lately!

Swimmer of the month: Nadja Bennett and Ledo Matteolli – Nadja is one of our 8U swimmers who has flipped a switch the last few weeks in the water. She is leading by example now as one of our drill demonstrators and lane leader at times. Ledo has done well learning how to be a proactive teammate in our Intro practices lately. Asking questions at the right time, switching his place in the lane when he falls behind or gets ahead, and being comfortable restarting a drill at the start of the lap.

BRONZE GROUP

The Bronze group has done well the last few weeks, they've risen to the recent challenges in their routine. They are showing a willingness to continue being pushed out of their comfort zones. We will start introducing Breaststroke and Butterfly drills to their Summer routine.

Swimmer of the month: Rosalyn Bumgardner and Justin Arcidi – Rosalyn's attendance and attention to detail have improved throughout April and May, earning her Swimmer of the Month recognition. Rosalyn is keeping her eyes on the coach more frequently, ignoring her teammates' splashes and calls for attention, and comes to practice ready to work. Justin earned Swimmer of the Month recognition for his consistent practice and meet attendance, improved lane presence, willingness to embrace coaches feedback, and make changes to his stroke that are a bit out of his comfort zone.

SILVER GROUP

Well...shoot. Last month they were the little siblings, this month they're the older siblings. They respectfully held each other accountable for their practice presence, continued to accept and rise to the challenge of their swim set focus being a bit more swimming than drill work, have improved their group's average attendance, and overall presented themselves as an emerging group of young student-athletes. The Silver squad is becoming the little sibling of the four groups. They're keeping the coaching staff on their toes, making sure they get what they work for and earn through their hard work.

Swimmer of the month: Olivia Spellmeyer and Anaabelle McAndrew – Olivia has been balancing a hectic extracurricular schedule for a few months. Olivia understands the Silver squad relies on its members to attend practices and support one another, which is why she is earning the recognition. She checks in with the coaching staff if she has a scheduling conflict and they work together to find a compromise to support both. Annabelle has been fighting for her spot in the lane ever since I stepped in as the interim head age-group coach. There were a few times I moved her around, but she would push her way back to where she wanted to be: in the front. Her patience and trust have earned her this month's Swimmer of the Month

GOLD GROUP

It has begun. The Gold group will start June with the final two weeks of stroke/event specific training before heading into the Rumble by the River Trials/Finals meet in Redding.

Swimmer of the month: Elijah McAndrew and Jasmine Christian – Elijah McAndrew has improved his attendance record and the results show in his training with fewer breaks needed, a cleaner Freestyle and taller Backstroke, stronger showing in our "friendly" races, and overall a more athletic presence in practice. Jasmine Christian is starting to get comfortable understanding what to expect from a Gold practice. She is finding her footing on the rough path the Gold group takes to grow

SENIOR GROUP

I have been so impressed this past month with the senior swimmers' commitment to the training program. From the pool to the gym, the focus has been really high across the board, and the competitive energy for training hard is felt in the air everyday. Volume and intensity has been elevated to prepare for the stresses of long course racing. Being able to tolerate the fatigue that builds up towards the end of a 50 meter race is very important, and the swimmers are reminded everyday to practice how you want to race! Currently, we are following a weekly cycle of aerobic rainbow sets on Monday, 200 pace/lactate tolerance on Tuesdays, IM Wednesdays, distance/low intensity aerobic Thursdays, 100 pace/speed Fridays, and seeing what still needs work on Saturdays when we reach the end of the week.

Senior Comp Swimmer of the Month: Teddy Demirev

Teddy's focus at practice has been gradually increasing, his commitment to attacking practices hard has paid off for him. At Pac Swim All-Stars, he swam a new best time in his 200 free. I look forward to seeing how Teddy continues to progress.

Senior I Swimmer of the Month: Carina McDonald

Carina has been a huge part of building a successful culture within the Senior 1 group. She has been leading the charge with her commitment to high attendance and high effort at practices.

– Coach Jacob

JUNE 2025

**Congratulations to
Amalia Baugh and
Lyla Porter**
H-DNL High School
Honorable Mention
All-Sportsmanship
Team

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?](https://theswimteamstore.net/teamlogin/index/loginpost?username=humboldt&password=swimclub)
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 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

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

SafeSport

Humboldt Swim Club is a participating USA Swimming member club committed to creating a healthy and positive environment free from abuse for all its members through the development and implementation of club governance measures, Safe Sport policies and reporting mechanisms,

Safe Sport best practices and training to athletes and parents. Our Coaches, Board Members and Officials keep up to date with training to ensure HSC is a safe place for all members. For HSC to become a SafeSport Recognized Club, we ask that athletes (12&up) and parents/guardians participate in these courses as well:

SafeSport Webinar Links found on the events page of
HSCSWIM.ORG
 Parent Trainings

Wednesday, June 11 at 8:00 p.m. ET

Athlete Trainings (12-17 years old)

Thursday, June 12 at 8:00 p.m.

BOARD MEMBER BLOG

The board is excited to announce that we are in the final process of hiring our HSC Head Coach. Please be on the lookout for updates soon!

Thank you to everyone who completed the HSC survey. We appreciate your input.

Remember, all membership is welcome to join HSC Board Meetings. Event Dates are posted on HSCSWIM.org or usually fall on the third Thursday of the month. Attendance welcome!



SPONSORSHIP EXTENDED THROUGH JUNE

Fundraising goes back to our athletes 100% for purchasing updating equipment, hosting block party meets and scholarships. 50% of all sponsors received go towards annual member families fundraising requirements. Find a sponsorship form at the ACP Kiosk or at HSCSWIM.ORG under the "About" dropdown.

2025 SPONSORS

RUBY (\$5,000 +)

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

HUMBOLDT SPONSORS
SCHMIDBAUER LUMBER

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

GOLD (\$500-\$999)

SALT AND CAMPGROUND RESTAURANTS
NYLEX.NET INC
NORTH COAST APPLIANCE

SILVER (\$250-\$499)

BLACKBAUD GIVING FUND
VALLEY PACIFIC PETROLEUM

BRONZE (UNDER \$250)

SOROPTIMIST INTERNATIONAL OF ARCATA
THE MILL YARD
NEELY AUTOMOTIVE

SWIM SUPPORTER (\$100)

HUMBOLDT ORTHODONTICS

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

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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

