

WATERDOG NEWSLETTER HUMBOLDT SWIM CLUB



New Team Records

Nathan Bareilles 13-14 boys 1000 free LCM 10:52.72

Sophia Spellmeyer 9-10 girls 200 free SCY 2:18.70

IMPORTANT DATES

- HSC Board Meeting March 21st @ Cal Poly Humboldt at 5:30
- March 15-17 Spring Age Group Championships, Hollister CA
- All Team Photo March 29th @ 4:30/ Friday Fun Day After
- HSC Intrasquad Team Meet at Cal Poly Humboldt March 30th 9:30 - 1:30

This event is FREE to families & made Possible through the Pacific Swimming Diversity, Equity, Accessibility and Inclusion Grant that we were awarded earlier in the year

MARCH BIRTHDAYS

• Annabelle McAndrew	3.1	10
• Vaughn Knox Roberts	3.2	9
• Sailor Moeller	3.4	12
• Huck Russell	3.6	14
• Gabriela-Anne Mollberg	3.6	13
• Cedar Farrell	3.6	11
• Raven Defenbaugh	3.8	11
• Cameron Riley	3.10	9
• Abel Boyce	3.10	12
• Anya Seiler	3.11	15
• Zara Gover	3.22	7
• Nova Brittman	3.26	10
• Molly Beam	3.28	10
• Rebecca Baugh- Board	3.31	

COACH'S CORNER

Happy March Water Dog swimmers and families! Congratulations to all the swimmers who competed in the Grants Pass swim meet last month. What a great turn out! We had many swimmers who attended thier first swim meet, and plenty of experienced Water Dogs show up to race. The coaching staff was so proud of thier courage to compete, and the incredible sportmanship of all our swimmers.

- Coach Kelly

Happy March Water Dogs!!! As we enter the championship short course season, I would like to give a shout out to three exceptional athletes that got qualifying times this season! **Yogi Trieu got two western zones times in the 100 fly (55.29) and 50 free (22.98), Amalia Baugh got a western zones time in the 50 free (25.90), and Robert Powers got a senior 2 time in the 50 free (24.75),** which officially places him in the senior comp group! While I know the short course season is not quite done yet, I want to congratulate all the swimmers who competed in meets this season, ranging from getting best times to experiencing your first swim meet!

- Coach Jacob

HSC IntraSquad Team Meet @ Cal Poly Humboldt

Sign ups will be open on our Team Unify site the 1st week of March. We encourage all swimmers to sign up. It will be a fun mock meet, where swimmers will experience what it will be like to compete in a USA swimming sanctioned swim meet, parents can learn how to officiate and time, and we will have team gear for sale!

SWIMMERS of THE MONTH

Intro Group:	Ben Chastain
Bronze Group:	Jonah Hoff
Silver Group:	Keely Evenson
Gold Group:	Ryan Tan
Senior Group:	Annika Bucklin
Senior Comp:	Robert Powers

MARCH 2024

WATERDOG NEWSLETTER

BOARD MEMBER BLOG

HSC Intrasquad Team Meet at Cal Poly Humboldt March 30th 9:30 – 1:30

This event is **FREE** to families & made Possible through the Pacific Swimming Diversity, Equity, Accessibility and Inclusion Grant that we were awarded earlier in the year.

Both of these events will be a great opportunity for new and veteran swimmers to get event times AND for parents who are interested in learning how to lane time and officiate.

Sign ups on TeamUnify will be open March 1-21. Families, we will need volunteers on deck. This is a great opportunity for parents to learn how to lane time or become a stroke and turn official. Parents can sign up to time, or learn how to be an official.

We will also need help with check in, concessions, set up and clean up.

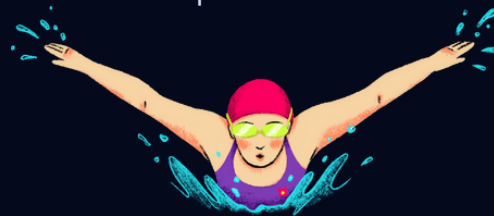
The Board is always looking for interested parent volunteers. Reach out if you would like to help with our amazing team events and functions!

Mark your calendar for the next Intrasquad Meet which will be held on **May 4th from 9:30-1:30 pm.**

CONGRATULATIONS TO THE
14 & UNDER AGE GROUP ALL STAR TEAM
FROM HUMBOLDT SWIM CLUB

KAYONA BROWN, OLIVIA SPELLMEYER,
RANA WILEY, ANIKA TERRY, RYAN TAN,
TAALIN BROWN, TEDDY DEMIREV, HUCK
RUSSELL, AND NATHAN BAREILLES

These swimmers were selected by Coach Kelly to swim in Reno, NV the first weekend in March. Good luck Age-Group Swimmers!



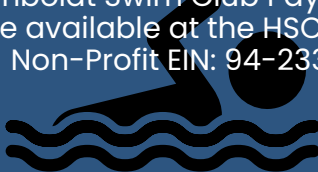
The 2024 Sponsorship Drive is Underway!

Our annual Sponsorship Drive is Underway and takes place January-May. For every family that secures a team sponsor 50% of the funds raised goes toward your family fundraising requirements for the year. Sponsoring HSC allows for us to offer scholarships and keep dues affordable for families. Team sponsors get to advertise in the newsletter as well as on the Sponsorship Banner at the Arcata Community Pool.

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.

Click in TeamUnify to access the Humboldt Swim Club PayPal Account. Paper copies of the donation letter are available at the HSC Kiosk at HSC.

Non-Profit EIN: 94-2331987



ALL ABOUT THE GROUPS

INTRO GROUP

I would like to welcome all the new swimmers to the Intro group. This month will be working on flutter kick and body position for freestyle and backstroke. We will be introducing racing dives, and flip turns.

Swimmer of the month: **Ben Chastain**

Ben has been very consistent and has worked very hard for the past few weeks and has improved a lot! Congratulations Ben.

- *Coach Chris*

BRONZE GROUP

Stroke development will be our main focus this month. Prepare for lots of kicking and drills!

Swimmer of the month: **Jonah Hoffman**

Jonah has grown so much as a swimmer recently. He comes to every practice eager to learn, is a fierce competitor at meets, and is starting to become a leader as well. Keep up the great work, Jonah!

- *Coach Mary*

SILVER GROUP

Great job to our Silver swimmers this month. They had a great showing at the Grants Pass swim meet. All of the Silver swimmers achieved many best times. It was so wonderful watching you all compete! This month our focus will be on longer distances in prep for the long course season. We will focus on our underwaters and breath control, and keeping those streamlines off our turns.

Swimmer of the month: **Keely Evenson**

Keely has been putting in great work at practice. She has a natural leadership within the group. She has been asking how to improve her strokes, and spending time doing so. Keep up the good work Keely!

- *Coach Kelly*

GOLD GROUP

Gold group swimmers are getting stronger and faster everyday, and they have a lot of fun doing it! They all had great swims at the Grants Pass swim meet. Many of the swimmers goal times were reached. Great job Gold groupers. This month we begin working on longer swims with shorter intervals. We will continue to focus on strong kicking and breath work. Your short course goals will be given back to you at the end of the month. Great work Gold!

Swimmer of the month: **Ryan Tan**

Ryan come to practice ready to train. He never backs down from a challenge. He has improved so much recently and I couldn't be more proud. Great job Ryan!

- *Coach Kelly*

SENIOR GROUP

Happy March senior group members! Our short course season is officially wrapped up, and we are now setting our goals on long course training. Our first long course meet of the season is in Vallejo on April 19-21st. Personally, the Vallejo pool is one of my favorites as it holds a lot of great memories for me growing up competing there, so I strongly encourage anyone who can to register! Very proud of the way everyone competed during short course, and I look forward to building on our solid foundation moving forward!

Senior I Swimmer of the Month: **Annika Bucklin**

Congratulations Anika on being the senior I swimmer of the month for March! Anika has just completed her first month on the team, and throughout February she showed an excellent work ethic and attendance. I look forward to watching how she continues to improve!

Senior Comp Swimmer of the Month: **Robert Powers**

Congratulations Robert on being the senior comp swimmer of the month for March! It's been a long time coming for Robert, but he finally got his senior 2 qualifying time at the Milpitas meet last month. The journey to achieve that is a testament to Robert's hard work and dedication to this program, and his unwavering confidence in his abilities. We are all very proud of him!

- *Coach Jacob*

Diversity, Equity & Inclusion

The HSC Board has recently submitted two grant applications. The first is to USA Swimming for a Community Impact Grant that would help support at least two swim meets between HSC and the Crescent City Swim Club, possibly other swim clubs at Cal Poly Humboldt University at dates to be determined. We also submitted a grant application to Coast Central Credit Union's Community Investment Program to try to help bolster our scholarship funds, purchase new team equipment, and mitigate other expenses. HSC has been successful in recent years with small grant applications such as the Pacific Swimming Diversity, Equity, Accessibility and Inclusion grant that we received this year that is funding our upcoming Intrasquad meets. If you are interested in helping the team find additional grant funding opportunities, please don't hesitate to reach out to any board member or come to one of our monthly board meetings.

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** Willits Otters C/B/A+ SCY
- **June 15-16** Redding Aqua Ducks LCM
- **June 21-23** 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>

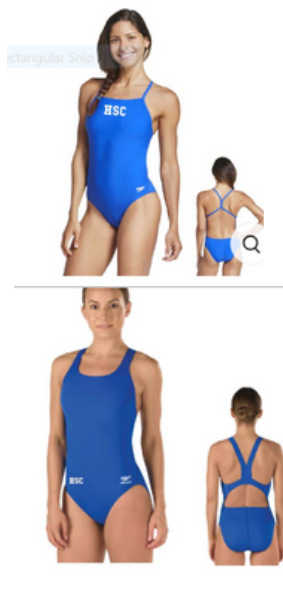
- C/B/A+ Meets = All swimmers may attend.
- Zone 3 Championships = swimmers must qualify with either A or B times

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 4-5
 - Wednesday 5-6
 - Thursday 4-5
 - Friday 5-6/ Dryland 4-5
 - 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

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

GROUP CRITERIA + GROUP COACHES

Coach Jacob & Coach Kelly are working on new group criteria for 2024.

The updated criteria will be available soon!

The group criteria will be a bullet list of elements which swimmers must be proficient in to move into the next group. This list will allow for transparency in move up decisions, all while maintaining coach discretion.

****Age Group Criteria Coming Soon!****

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 for the Team?

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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MARCH 2024



THE 2024 SPONSORSHIP DRIVE IS UNDERWAY!

RUBY (\$5,000 +)

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

PLATINUM (\$1,000-\$2,499)
EDWARD JONES-GREG SEILER

GOLD (\$500-\$999)
NYLEX.NET, INC

SILVER (\$250-\$499)
A TO Z EYE CARE

BRONZE (UNDER \$250)
HENSEL'S ACE HARDWARE
NEELY AUTOMOTIVE
ADAMS COMMERCIAL GENERAL
CONTRACTING, INC
DAVID L MOONIE & CO, MATT HAGUE,
CPA
THE MILL YARD
FINNEY CONSULTING SERVICES

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

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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