



New Team Records

Kayona Brown

50 Free: 33.94 SCY

50 Fly: 39.99 SCY

WATERDOG NEWSLETTER HUMBOLDT SWIM CLUB



IMPORTANT DATES

- March 1 All Team Clinic & Block Party- Check In 9:15, Meet 10-12:30
- March 14 & 15 No Cal Poly- Follow All Team ACP Practice Schedule
- March 14-16 Spring Age Group Championships (Qualifying)
- March 20 HSC Board Meeting Cal Poly, Harry Griffith Hall, Rm 217 5:30
- March 21 & 22 No Cal Poly- Follow All Team ACP Practice Schedule
- March 21-23 Rohnert Park Piranhas C/B/A+
- March 28 HSC TEAM PHOTO Cal Poly - Wear Royal Blue or Black Suit

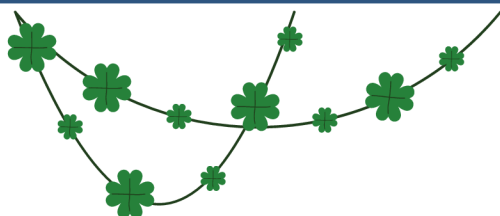
COACH'S CORNER

It has been a crazy few weeks back on deck with Humboldt Swim Club. We have a rambunctious group of swimmers in the water on a daily basis and I can't wait to see their growth over the next few months as we gear up for the second half of the 2024/2025 season. I especially look forward to our hometown meets!! Block-Party events are the perfect introduction to the competition side of swimming. They allow us opportunities to support our membership in whatever ways needed to get them comfortable on deck and in the water. Our next home-meet will be **May 3rd**. Please reach out if you have any questions, unless you're asking if you think it's time for your little one to attend because the answer will be YES!!!

• **Coach Mike**

Happy March, Water Dogs! We are kicking off the month with a fun stroke clinic for our age groupers on Saturday, **March 1st from 9am - 1pm** at Cal Poly Humboldt. This will be a fun opportunity for the swimmers to dial in their technique and improve their strokes! Additionally this month we have the Rohnert Park short course meet **March 22-23rd**. This is an all team meet, so please don't hesitate to register on Fastswims if you are interested! Please refer to the meet schedule for all other upcoming meets and competitions! Lastly, we will be having our annual team photos on **Friday, March 28th** at Cal Poly Humboldt starting at 4pm. Thank you, and I look forward to a fun month of swimming with everyone!

- **Coach Jacob**



MARCH BIRTHDAYS

• Annabelle McAndrew	3.1	10
• Nadja Bennett	3.6	8
• Asher Gavin-Chenette	3.6	7
• Cameron Riley	3.10	10
• Abel Boyce	3.10	13
• Zara Gover	3.22	8
• Molly Beam	3.28	10

SWIMMERS of THE MONTH

Intro Group:	Greyson Eden
Bronze Group:	Ocea Ferrara
Silver Group:	Callie McKnight
Gold Group:	Luca Porter
Senior Group:	Lydia Gerdes
Senior Comp:	Yogi Trieu

ALL ABOUT THE GROUPS

INTRO GROUP

Our Intro swimmers are continuing their training focus on a tall long bodyline driven by a consistent kick. They might find it a little boring over the next few weeks while we establish this pivotal component of their swimming foundation, but there will still be games and free time to keep them smiling. **Swimmer of the month: Greyson Eden**

Greyson has done well in the few short weeks I've been on deck. Keeping his head above water, ready for instruction. He puts coaches' feedback into practice and keeps his head on a swivel when the lane gets a little crowded.

BRONZE GROUP

The Bronze group is following a similar curriculum as the Intro as I get acclimated with them and our other coaches. They will have the added component of certain expectations being placed on their underwater transitions into breakouts. **Swimmer of the month: Ocea Ferrara**

Ocea has demonstrated a drive to improve the little things that will help them throughout their swimming journey. He takes his time to focus on the purpose of a drill, but has no problem switching gears and RACING when asked.

SILVER GROUP

Silver squad!! High energy, disciplined, inquisitive, and a strong work ethic. I feel a bit like the Grinch at the moment as I learn about our Silver swimmers: what they want from a practice, how they respond to being challenged, basically ZERO FREE TIME! or games, what strokes they're comfortable with, their weaknesses and strengths, and noticing Saturday practices are 2-hours (completely ruining their day). **Swimmer of the month: Callie McKnight**

Callie's attendance and coachability have been impressive in the short time I've been on deck. She is respectful with her questions, competitive when it's time to RACE, focused on the intent of the drill, and doesn't back down when challenged with a complicated drill or working outside of her current comfort zone.

GOLD GROUP

Our Gold group is a bit wonky at the moment with a few new members and teammates coming back from their off-deck sports. March will be a challenging month as they begin the early stages of their Summer competition training regimen. Their workouts will begin to sync with event selections at meets as they develop an understanding of performance expectations based off of their training.

Swimmer of the month: Luca Porter

It has been fun to be back on deck. High fiving kids, making them laugh, letting them enjoy their time during practice with their friends, being silly, etc. All of that is what makes coaching easy and something I don't consider "work". Luca's presence in practice is exciting for a different reason: it's a challenge. He's hungry to improve his craft, motivated by his goals, and self-disciplined to do what is needed to meet those goals.

SENIOR GROUP

Happy March, Senior groups! Thank you to everyone who participated in our Gold and up Block Party meet on Friday, February 28th. It was a lot of fun, and we look forward to putting together more in the future. The Rohnert Park short course meet March 22-23rd will be one of our last short course meets of the season, so if you are looking for any last short course times outside of Block Parties, that is your chance! On the horizon, the senior swimmers will be attending a long course meet in Elk Grove, CA April 11-13th. One of the things I want to improve on this long course season is more senior participation at swim meets. Elk Grove is in the Sacramento area, so hotel rates should be cheaper than the Bay area meets. This meet will be posted on ome.swimconnection, and I will keep you posted when it does. Thank you, and I look forward to a fun month of swimming with everyone!

Senior 1 Swimmer of the Month: Lydia Gerdes

Lydia is one of the hardest workers in the group, and an excellent leader because of that. I can always count on her to help direct the senior 1 program in the right direction. It is inspiring to watch her come to practice and work her hardest every day. Congrats Lyd!

Senior Comp Swimmer of the Month: Yogi Trieu

Yogi had a great senior open meet in San Jose where he went best times in his 100 Fly (54.19) and 100 Back (54.73). He is a very talented young man, and I look forward to helping him continue to drop time into his final year with the team. Congrats Yogi!

TEAM PHOTOS

Team Photos are **March 28th** at Cal Poly beginning at **4pm**. Each swim group will have a specific time slot unless you are taking buddy/family photos. Please have your swimmer wear a **Royal Blue or Black suit**.

Photos will be taken by Scurfield Photography. New this year is online ordering with direct shipping. No need to send payments or paperwork day of. All swimmers will take up to 4 poses. Scurfield will create an online portfolio for HSC where families can choose preferred poses, photos and packages. Payments online will include shipping, where photos will come directly to you. *No regular practice this evening.*

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

NEW RATES FOR 2025

Due to an increase in operating costs HSC must raise dues for the first time since 2019. Your dues pay for facilities, insurance, coaching staff, and much more. Scholarships are available; email President@hscswim.org for more information

Intro: \$95/month

Bronze: \$110/month

Silver: \$140/month

Gold: \$180/month

Senior I: \$195/month

Senior Comp: \$210/month

SPRING PRACTICE SCHEDULE

- **Intro:**
Monday 4-5:15 (Group 1 & 2)
Wednesday 4-5:15 (Group 1 & 2)
Friday 4-5 (Both Groups)
Saturday 11-12 (Both Groups)
Park Days 1x/month- check newsletter
- **Bronze:**
Monday 4-5:15
Tuesday 4-5
Wednesday 4-5:15
Friday 4-5:30
Saturday 12-1
Park Days 1x/month - check newsletter
- **Silver:**
Tuesday 5-6
Wednesday 5-6
Thursday 4-5
Friday 5-5:30 dryland
5:30-7 swim
Saturday 9-11 (Cal Poly)
- **Gold:**
Monday 5:15-6:15/ Dryland
4:15-5:15
Tuesday 4-6
Thursday 4:30-6/Dryl. 4-4:30
Friday 4-7 drop in (Cal Poly)
Saturday 10-11:30 (Cal Poly)
- **Senior:**
Monday 5:15-7:30 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 4-7 drop in (Cal Poly)
Saturday 11-1 (Cal Poly)
- **Senior Comp:**
Monday Dryland 6-7:30 am
5:15-7:30 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 test set.

WATERDOG NEWSLETTER

Still Need a Blue or Black Suit for the Team Photo?

Check out Swim Outlet for a royal blue or black suit



BOARD MEMBER BLOG

I hope everyone has had a good couple months of swimming. I'd like to welcome **Coach Mike** back on deck with our age group swimmers.

Coach Mike and Coach Jacob are working on our Block Party schedule moving forward for the rest of the year and that information will be sent out soon.

We are in need of officials! If this is something you are interested in please reach out to me at boardmember.pat@hscswim.org or visit pacswim.org/officials for all the up to date information. Some of the perks of becoming an official are your USA swimming membership is paid for. Also, your family fundraising obligation for the year is waived. If you don't have the time to officiate please sign up on the team website to be a lane timer at meets. As a timer you get the best seat in the house to watch your swimmer.

Pat Spellmeyer

Meet Director

HSC SPONSORSHIP DRIVE

The 2025 HSC Sponsorship Drive has begun! Our annual sponsorship drive runs from January-May and is an opportunity for our athletes to reach out to our community and request their support. Half of all funding directly goes toward your families' annual fundraising requirements. Because of the tremendous support from our community, families and friends, HSC is able to offer 3 practice locations even with an increase of facility costs, purchase updated equipment, fund scholarship opportunities and offer competitive training at affordable rates.

2024 SPONSORS

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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

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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

