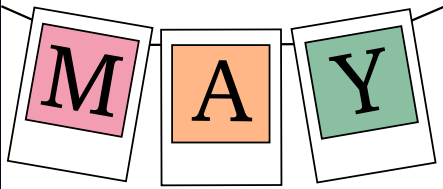


MAY 2024

WATERDOG NEWSLETTER HUMBOLDT SWIM CLUB



New HSC Team Record
Huck Russell
Boys 13-14 200 back SCY 2:04.23
Boys 13-14 400 IM SCY 4:24.84

COACH'S CORNER

We are rolling into spring after some amazing swims from the month of April. Nathan and Huck crushed Far Westerns. Both earned best times in all of their events. Nathan finaling in the 200 Br, and Huck broke 2 team records. Our Water Dogs who competed in Sebastopol dominated in the pool. We had 1st time competitors winning races, super fast relays, and the combined women of the C/B/A meet earned Humboldt Swim Club 1st place! Last weekend was our 1st long course in Vallejo. Humboldt had a strong showing, the men earning 6th place, and the women 8th place. It is going to be a fun long course season! Go Water Dogs

- **Coach Kelly**

Happy May, Water Dogs! Summer is around the corner, and long course season is now in full swing! Our first meet of the season in Vallejo proved strong for the two senior athletes who attended. Anya Seiler placed 4th in both her 100 meter back and 50 meter free. Amalia Baugh placed 1st in the 800, 400, 200 and 50 meter freestyle events. Our very own Yogi Trieu will be representing Humboldt County at NCS this weekend swimming the 100 back! Additionally, May 17th - 19th we will be attending our second long course meet of the season down in Santa Rosa. Looking forward to another great month of swimming!

- **Coach Jacob**

IMPORTANT DATES

- HSC Board Meeting May 16th @ Cal Poly Humboldt at 5:30
- May 17 - 19 Santa Rosa Neptunes LCM C/B/A+
- June 15 - 16 Willits Otters SCY C/B/A+
- June 21 -23 Redding Aquaducks LCM C/B/A+
- May 31 Fun Day 4-6!
- HSC Boosters May 31st 4-5 @ ACP

MAY BIRTHDAYS

- Coach Kelly 5.7
- Banyan Villagomez 5.8 9
- Samuel Castillo 5.9 10
- Maya Losh 5.16 11
- Tallulah Grantham 5.19 14
- Leopold Macdonald 5.20 9
- Max Beltran 5.20 12
- Lucia Herndon 5.30 8

SWIMMERS of THE MONTH

- | | |
|---------------|-------------------|
| Intro Group: | Maya Demirev |
| Bronze Group: | Penelope McAndrew |
| Silver Group: | Rana Willey |
| Gold Group: | Talullah Grantham |
| Senior Group: | Annika Bucklin |
| Senior Comp: | Amalia Baugh |

BOARD MEMBER BLOG

HSC BOOSTERS!

The **HSC Booster Club** meets 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 MEFAT or Outreach Athlete information? Please reach out to Karin at VicePresident@hscswim.org

[Diversity Programs | Pacific Swimming Association \(pacswim.org\)](#)
[MEFAP 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 Sponsorship Drive is in the Final Stretch!

Our annual Sponsorship Drive is in the final month! 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

Happy spring Intro swimmers. April has been Chris's last month of coaching with the Water Dogs until August. He is going home to coach with the Ukiah Dolphins. This month will be a month of kicking. We will be focusing on increasing our body balance and continuous forward motion from the legs, our biggest muscle group!

Intro swimmer of the month: Maya Demirev

Maya has been very focused, she has great attendance, and she always knows what we are doing. She pays great attention and has improved so much lately. Congratulations Maya!

- *Coach Chris*

Move Ups: Addie Beam, Molly Beam, Max Beltran, Gabriel Dieme, Zoey Gai, Micah Harman, Lucia Herndon, Coral Verbeck, Leo MacDonald, and Django Steffen. Great job everyone!

BRONZE GROUP

Great job to all swimmers who participated at the Sebastopol and Vallejo meets last month! As we roll into the summer months, we'll focus on strengthening our kick base for all four strokes.

Swimmer of the month: Penelope McAndrew

Penelope is a joy to coach. Her strokes have improved a lot, and she is a natural lane leader. Keep it up Penelope!

- *Coach Mary*

SILVER GROUP

Long course season is upon us. That means kicking, kicking, kicking. We will be strengthening the legs that we will be relying on for the distance of a 50 meter pool. There will be lots of dive practice and longer distances to look forward to this month.

Silver Swimmer of the month: Rana Willey

Rana has been competing alot lately. She has been setting goals and showing that she is ready to achieve them. Keep up the good work Rana!

- *Coach Kelly*

GOLD GROUP

This group has been training hard, and will continue to do so through the Santa Rosa long course meet. We will be focusing on strong kicking that will carry us through the end of your races. During dryland we will push our strength for the next 4 weeks.

Swimmer of the month: Tallulah Grantham

Tallulah has been stepping up her game at practice these past few months. She had a great meet in Vallejo and is showing that she can find the eye of the tiger when racing. Great job Tallulah!

- *Coach Kelly*

SENIOR GROUP

Hello Senior families! Long course season started a month ago, which means that we are in our final stretch of the season. Our training lately has been focused on skill improvement in all four strokes, and increased aerobic capacity to prepare for long course competition. I am very happy with how our training has been going recently. The swimmers seem engaged and focused, which is translating to having some excellent practices as a group. Looking forward to May with this team!

Senior I Swimmer of the Month: Annika Bucklin

Congratulations Anika on being senior I's May swimmer of the month!

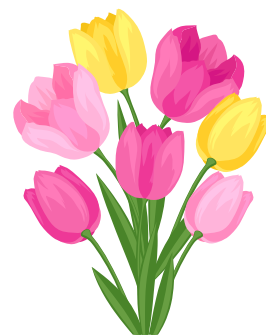
Anika has shown terrific improvement over the last month due to her consistent attendance and work ethic. She shows everyday that she is at practice to improve, and is very coachable as a result.

Senior Comp Swimmer of the Month: Amalia Baugh

Congratulations Amalia on being senior comp's May swimmer of the month!

Amalia has had the best attendance over the past month, and she puts so much effort into every training session. She works very hard, and cares a lot about what she is doing.

- *Coach Jacob*



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
- March 15 - 17 Spring Age Group Championships, Hollister CA *Qualifying
- **April 3-6** Western Zones Senior Championships SCY - St. George Utah *Qualifying
- April 4-7 Far Western Championships Pleasanton * Qualifying
- April 13-14 Sebastopol C/B/A+
- April 19 - 20 VJO LCM C/B/A+
- May 17-19 Santa Rosa Neptunes LCM C/B/A+
- June 15-16 Willits Otters C/B/A+ SCY
- June 21-23 Redding Aqua Ducks LCM
- July 25-28 Far Western Championships Santa Clara *Qualifying
- **July 30-August 3** 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



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 5:00 - 7:00
 - 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**

WATERDOG NEWSLETTER

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!



MAY 2024

WATERDOG NEWSLETTER



hello
May

2024 SPONSORS

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

SWIM SUPPORTER (\$100)
CYPRESS GROVE CHEESE

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