



WATERDOG NEWSLETTER HUMBOLDT SWIM CLUB

IMPORTANT DATES

- May 2 HSC Tryouts 4:30 @ ACP
- May 3: End of Season Banquet-Potluck & Awards; Cal Poly Block Party 9-1.
- May 10: Last Cal Poly Practice until Fall 2025
- May 12: Summer Practice Schedule Starts
- May 16 -18 Santa Rosa Neptunes LCM; C/B/A+
- May 30-June 2: Vallejo LCM; C/B/A+
- All Team Break August 4-16

May

MAY BIRTHDAYS

• Ivan Tokarev	5.1	11
• Greyson Manson	5.6	9
• Banyan Villagomez	5.8	10
• River Brinson	5.9	12
• Nora Parage	5.12	8
• Ellie Bowers	5.13	10
• Madeline Miller	5.15	10
• Coach Mike	5.18	
• Tallulah Grantham	5.19	15
• Max Beltran	5.20	13
• Leopold MacDonald	5.20	10
• Atlas Brents	5.27	8
• Lucia Herndon	5.30	9

COACH'S CORNER

May is the beginning of the end of our 2024/2025 competition season. We have a few meets remaining before the season comes to a close in Santa Rosa for our swimmers qualified for the Age-Group LCM Championships in early July, Willits for our final SCY meet mid-July, or our Far Westerns qualifying swimmers at the end of July. Competition might be a bit intimidating for some of our swimmers, but it's a BLAST!! to be on deck with your swim buddies, sharing snacks, watching your teammates compete, racing yourself, and jumping in with a relay. The coaching staff is noticing improvements throughout the Age-Group programming in taller bodies, consistent kicking, side-breathing, and even a little bit of dolphin kicking. We will continue to train in cycles of heavy focused kicking, reaching while they kick, balancing on their side while kicking, rotating while keeping their hits and shoulders in alignment, and other long-axis stroke techniques.

-Coach Mike

Happy May Water Dogs! We had an excellent month of swimming in April. Yogi Trieu and Sophia Spellmeyer represented our team at the Pacific Swimming Far Westerns Championships in Pleasanton. Sophia had best times in the 200 Back (2:23.98) and 100 Back (1:07.99), while Yogi had some very strong swims in the 100 Fly (54.64) and 100 Back (54.73). At our first long course meet in Elk Grove, our team came to race and rocked it! One notable time of our senior group was Tallulah Grantham's 200 Free (2:26.93) and from our gold group Luca Porter's 400 IM (6:14.43). I am very proud of our team's meet performances last month! We are starting off May with a Block Party & Awards Banquet event on Saturday, May 3rd from 9am - 1pm @ Cal Poly Humboldt. Following that, our team will travel down to two more long course meets in Santa Rosa (May 17-18th) and Vallejo (May 30th - June 1st). I look forward to another fun month of swimming for our team. Go Water Dogs!

- Coach Jacob

SWIMMERS of THE MONTH

Intro Group:	Tilly Landis & Bea Coleman
Bronze Group:	Lucia Herndon & Keira McNeil
Silver Group:	Oren Baugh & Kayona Brown
Gold Group:	CJ Nichols
Senior Group:	Lyla Porter
Senior Comp:	Tallulah Grantham

ALL ABOUT THE GROUPS

INTRO GROUP

Our Intro swimmers have made major strides over the last few weeks. They're showing an understanding of why we ask them to have calm bodies on the wall and tall bodies in their drills. Their swimming is looking a lot cleaner in the water, with fewer wiggle bottoms and fishtails.

Swimmer of the month: Tilly Landis and Bea Coleman - Tilly is already showing an incredible feel for the water, keeps her head above water during instruction, explores the depths of the lane when she has a free moment, and is a regular at practice. Bea buckled down the last few weeks. They're spending less time doing underwater handstands and more time focusing on the assigned drills. The coaching staff is looking forward to seeing them continue their growth.

BRONZE GROUP

The Bronze group as a whole has cleaned up their behavior in the water. Bringing a bit more focus, staying above water more frequently, asking pertinent questions, and have recently unlocked dolphin kick. Dolphin kick is an important step in growing as a swimmer. It's a crucial part of their underwater sprints, necessary for Butterfly, and takes a considerable amount of body awareness to achieve.

Swimmer of the month: Lucia Herndon and Keira McNeil - Lucia is another one of our swimmers that any coach would enjoy coaching. They're hungry to improve, supportive of their teammates, loves RACING!, natural leader, and takes accountability for their actions. Lucia is also a regular at our practices, regardless of the day of the week, and has been joining us at meets. Keira does well in the water with her natural feel and understanding of how to move through it efficiently. There are flares of intense competitiveness during our sprint sets and relays. The coaching staff looks forward to seeing Keira continue her path in the water.

SILVER GROUP

The Silver squad is becoming the little sibling of the four groups. They want THEIRS!! Gold was allowed to do X, we WANT THAT!! Intro and Bronze got to use Y, it's not FAIR unless we get to too!! Our Silver squad wants it all: the different equipment, relays, sprint sets, relays, drill work, Breaststroke, Butterfly, Backstroke, Freestyle, IM sets, a kick day, a Fun Day, etc. 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: Oren Baugh & Kayona Brown - Oren earned this for his positive attitude, proactive engagement in our practices, and supporting his teammates with his willingness to demonstrate some of our complex drills. Kayona is one of our three highly competitive younger swimmers that earned Swimmer of the Month for consistently pushing themselves in practice, using coach's feedback to make adjustments in their drillwork, regularly attending practices, and being a competitor in practices and meets.

GOLD GROUP

With the season's end starting, Gold's training will be adjusting to guide them to their goals. Some of them will have a heavy road of conditioning, with a few moments of reprieve before getting back to work, while others will start their stroke specific training to prepare for their final opportunities for qualifying cuts.

Swimmer of the month: CJ Nichols - CJ earned this recognition for his multi-sport participation while seeking opportunities to maintain his aquatics competitiveness. After a week of basketball and baseball practices, with a quick dip in the pool for two swim practices, CJ attended a meet in Redding where he earned his first AG-Championships cut while defending his King of the Hill 50-Freestyle title. He cooled down from the meet before playing in two basketball games an hour later.

SENIOR GROUP

I know that the excitement is starting to build in the air for our swimmers as school quickly approaches its end into summer. I am very happy with the way our group competed at Elk Grove. Despite having the disadvantage of not being able to train in a long course pool ever, our swimmers had some very strong performances. I am looking to continue to build on that success at practice. We are going to ramp up the distance that swimmers are asked to sprint so that the long course competitions don't feel quite as strenuous. Practices might get a little harder, but the swimmers will be thankful for it when they have the capacity to finish races hard in a 50 meter pool! I look forward to a fun month of training.

Senior Comp Swimmer of the Month: Tallulah Grantham

Tallulah had some fantastic swims at Elk Grove, dropping nearly six seconds in her 200 freestyle. At practice, she is very consistent and embraces the grind. Excited to see what she does in the upcoming month.

Senior I Swimmer of the Month: Lyla Porter

Lyla had an excellent 400 IM in Elk Grove, which is a very intimidating race to sign up for! That embodies who Lyla has been the past month; never afraid of the moment. Keep being a hard worker Lyla, great job!

- Coach Jacob

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?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](https://www.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

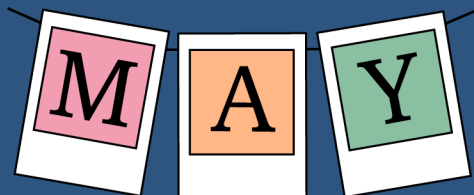
Humboldt Swim Club is a participating USA Swimming member club committed to creating a healthy and positive environment free from abuse for all its members through the development and implementation of club governance measures, Safe Sport policies and reporting mechanisms, Safe Sport best practices and 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](https://hscswim.org)
 Parent Trainings

Wednesday, May 7 at 8:00 p.m. ET
 Wednesday, June 11 at 8:00 p.m. ET
 Athlete Trainings (12-17 years old)
 Thursday, May 8 at 8:00 p.m.
 Thursday, June 12 at 8:00 p.m.

BOARD MEMBER BLOG

The board is excited to announce that we are currently in the process of interviewing HSC Head Coach applicants. As a member with a stake in our club, the board wants to hear from you about what qualities you seek in a head coach? What do you appreciate about our club now? What are you hoping and looking forward to for the future of Humboldt Swim Club? The HSC Board is looking forward to hearing from you all. Look for a questionnaire coming soon or share your thoughts with vicepresident@hscswim.org.



MAY 2025



ALL STARS

We have quite a few Water Dogs invited to the Pac Swim All Star Meet as Zone 3 representatives!!

8U All Stars: Lucia Herndon and Bryce Nichols

9/10 All Stars: Kayona Brown, Olivia Spellmeyer, and Jonah Hoffman

11/12 All Stars: Sophia Spellmeyer, Luca Porter, Rana Willey and CJ Nichols

13/14 All Stars: Taalin Brown, Henry Seiler, and Teodor Demirev

2025 SPONSORS

RUBY (\$5,000 +)

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

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