



WATERDOG NEWSLETTER

HUMBOLDT SWIM CLUB



IMPORTANT DATES

- HSC Board Meeting November 7th @ 5:30 Redwood Room
- Mendocino Sea Dragons C/B/A Meet- November 18-19
- New Parent Informational Meeting with Coach Kelly & Coach Jacob- November 9 @ 5PM ACP
- ACP Closed Thanksgiving- No Practice. Practice will resume on Friday (11/23)
- Winter Age-Group Championships *Qualifying- December 1-3
- Senior 2 P & F Meet *Qualifying- December 8-9 Santa Clara

COACH'S CORNER

Happy Fall to all you Water Dogs! Congratulations, and a big thank you to all who participated and volunteered to help make this year's Creepy Crawl such a success - and a lot of fun. The coaching staff was so proud to see how many yards were swam!

The competition season started out with a bang! The Water Dog swimmers attended our 1st swim meet of the season in Santa Rosa in early October. Every swimmer who competed blew their old times out of the water. We now have some great building blocks to continue into our short course swim season. This month we will continue to focus on all the details that go into efficient and fast racing. - Coach Kelly

Happy November, Water Dogs!!!

This past month has been a memorable one for our team! We had a very successful first swim meet of the season, as well as a terrific Creepy Crawl fundraiser! Thank you to everyone for the wonderful support of our program! November 18th and 19th will be our second swim meet down at Fort Bragg and hosted by the Mendocino Coast Sea Dragons! We are training toward our Senior Championship Meet in December, let's continue to train hard and swim fast! -Coach Jacob

OCTOBER BIRTHDAYS

• Madison Trieu	11/2	17
• Benjamin Chastain	11/4	8
• Callie McKnight	11/5	8
• Camille Clem	11/7	11
• Micah Harman	11/8	10
• Ripley Levine	11/8	8
• Penelope McAndrew	11/8	11
• Brighton Winfield	11/10	12
• Asa Isaac	11/12	10
• Ronan Condon	11/14	9
• Teus Kypta	11/19	11
• Oren Baugh	11/26	10
• Jamie Workman - Board	11/26	
• Preston Hailey	11/30	12

SWIMMERS of THE MONTH

Intro Group:	Jengo Steffen
Bronze Group:	Stella Brents
Silver Group:	Logan Holmes
Gold Group:	Lyla Porter
Senior Group:	Anya Seiler
Senior Comp:	Amalia Baugh



Creepy Crawl raised \$35,116!
Thank you Families and Sponsors!

NOVEMBER 2023



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BOARD MEMBER BLOG

The Humboldt Swim Club Board of Directors is made up of parents and community members dedicated to promoting and advocating for youth swimming in Humboldt County.

We are a member of USA Swim, Pacific Swimming. The Board of Directors governs the Humboldt Swim Club as a nonprofit organization. We rely on fundraising, community sponsorship and dues to keep the club healthy and stable.

We welcome parent participation in fundraising, officiating and more.

Reach out to our Board for volunteering opportunities.

LEAD COACH JACOB TRAVELS TO THE ASCA WORLD CLINIC IN DALLAS! JACOB WAS THE RECIPIENT OF THE 30 UNDER 30 GRANT.



Coach Jacob was chosen from applicants around the country as one of the 30 most promising "up and coming" young coaches under the age of 30. As part of this recognition, USA Swim funded his attendance at the USA Swim ASCA World Clinic where he took classes with some of USA Swimming's most renowned coaches. You can find a link to his presentation [here](#).

A GIANT THANK YOU to OVERTIME PIZZA for donating pizza to our Friday Fun Day/Creepy Crawl pizza party!



ALL ABOUT THE GROUPS

INTRO GROUP

Intro group did amazing at the Creepy Crawl! All of the swimmers did their best and finished all 800 yards! In the next month breaststroke will be a focused on.

Congratulations to Jengo in swimmer of the month, always invested and completing every work out with determination.

Swimmer of the month: **Jengo Steffen**

Jengo Steffen is always invested and completing every work out with determination.

Move ups to Bronze: Jules Davis, Elsa Coleman, Zemira Haas, Bryce Nichols, Cameryn Holmes, Callie McKnight, Camille Clem.

- *Coach Madeline*

BRONZE GROUP

Great job at the creepy crawl, bronze swimmers! Almost everyone met the 1500 yard goal. This month we'll use varying intervals, and continue to diversify our sets. Keep up the good work!

Swimmer of the month: **Stella Brents**

Stella has been absolutely crushing it since she moved into the bronze group. Her strokes have greatly improved, and she is a natural leader in her lane. Way to go, Stella!

Move ups to Silver: Ellie Bowers, Ellery Craydon, Hailey Preston, Ted Sager, Ena Shiraishi, Brighton Winfield, Jude Vidargas, Maya Losh.

- *Coach Mary*

SILVER GROUP

Silver has spent lots of time working on all 4 strokes. We have been breaking each stroke down so that we head into October with a good stroke base. Kick is still our main focus, helping to create a strong body position/ bodyline in the water. I am looking forward to watching you all compete in the next few months. Great job, and keep it up Silver!

Move ups to Gold: Nico Caruso, Logan Holmes, Carina McDonald, Zeke Mikel, Luca Porter, Sophia Spellmeyer.

Swimmer of the month: **Logan Holmes** Logan has been a great group leader, and positive role model in the group.

- *Coach Kelly*

GOLD GROUP

Gold group has been spending a ton of time on stroke work. We have been focusing on longer distances while holding proper technique. They have had challenging sets in dryland and in the pool. This month we will continue to be challenged. Meet preparation will also be amped up as the competition season moves forward.

Swimmer of the month: **Lyla Porter** Lyla never backs down from a set. She helps keep the group focused and on track. She is a joy to coach. Great job Lyla!

- *Coach Kelly*

SENIOR GROUP

Happy November, senior groups! As we approach the Fort Bragg swim meet, our practices are going to feature a lot of race pace work and sustaining high heart rates on short rest. There will still be some aerobic base work as well to make sure that the swimmers are maintaining their aerobic capacity as well. The swimmers have been doing very well so far, and it seems that they are fully adapted to the way our training operates! I look forward to seeing how well they continue to improve moving forward!

Senior Swimmer of the Month: **Anya Seiler**

Congratulations Anya on being senior group's swimmer of the month! Anya has demonstrated a high level of commitment to the group in her short time being a senior swimmer. She works very hard at practice, attends most morning swims, and has become a trusted individual to lead her lane.

Senior Comp Swimmer of the Month: **Amalia Baugh**

Congratulations Amalia on being senior comp's swimmer of the month! Amalia is a hard worker with great attendance. She has continued to set the tone for the senior comp group through her terrific work ethic and determination.

- *Coach Jacob*