



WATERDOG NEWSLETTER HUMBOLDT SWIM CLUB

COACH'S CORNER

Hey team! As we roll into November, our Gold, Senior, and Senior Comp swimmers are kicking off individual goal talks — it's an awesome chance to look at what's going well, what we can improve, and where we want to go this season.

October was packed with homecoming and school events, and we definitely felt it in attendance. Let's make a big push to get back on the attendance wagon this month — consistency is key if we want those big results later on!

Thanksgiving Break Reminder: No practice on Thanksgiving Day (Thursday) or Friday — enjoy the turkey, time with family, and a little extra sleep!

Quick reminder: Too many swimmers and families are missing updates because emails and messages aren't being read. We totally get that life is busy, but most of what you need (meet info, schedules, team news) is already posted on our website — so please check it regularly!

Let's finish the fall strong and head into winter with focus and energy!

-Coach Casey

IMPORTANT DATES

- 11/4: Parent & Guardian SafeSport Zoom Training
- 11/8: Athlete 12+ SafeSport Zoom Training
- 11/8 & 11/9: RAD Rock the Knight C/B/A+
- 11/7-11/9: PC SCY Senior 2 P & F Trials & Finals/ Senior 2
- 11/18: Date Change: HSC November Board Meeting
- 11/22-11/23: Mendocino Coast Sea Dragons C/B/A+
- 11/27 - 11/28: No Practice for all groups
- Due 12/2025- The 2026 USA Swimming and HSC annual registrations are open

NOVEMBER BIRTHDAYS

- | | | |
|---------------------------------------|-------|----|
| • Bevan Hill | 11.3 | 7 |
| • Callie McKnight | 11.5 | 10 |
| • Ripley Levine | 11.8 | 10 |
| • Harriet Batini | 11.9 | 10 |
| • Ronan Condon | 11.14 | 11 |
| • Oren Baugh | 11.26 | 12 |
| • Jamie Hill-Workman HSC Board Member | 11.26 | |
| • Hailey Preston | 11.30 | 14 |

SWIMMER OF THE MONTH

Intro: Violet Sperling & Skye Ferrara

Bronze: Ocea Ferrara

Silver: Ted Sager

Gold: Luca Porter

Senior: Annika Bucklin

Senior Comp: Tallulah Grantham

ALL ABOUT THE GROUPS

INTRO GROUP

Happy November, Intro Group! This has been such a fun month with the kids! There have been a lot of laughs, smiles, and bubbles! I am very proud of the way the intro swimmers competed at the Block Party meet this past month! You can tell that they have been working a ton on their technique, and especially their dives! The confidence within this group has soared since they began, and I look forward to seeing this squad progress through the Water Dog ranks for many more years to come

Intro I Swimmer of the Month: Violet Sperling– Violet has consistent attendance, and is always a ray of positive energy. I am very proud of her for attending the Block Party meet; that takes extreme bravery!

Intro II Swimmer of the Month: Skye Ferrara– Skye has been a terrific leader this month for the new Intro II swimmers. Her experience has served well for demonstrations and overall instruction. I wish her the best in Bronze next month!

–**Coach Jacob**

BRONZE GROUP

Happy November, Bronze group! I am very proud of the progress this month from this squad. All of their strokes are becoming respectable, and they are starting to excel in some pretty difficult sets. I can't wait to see how this group continues to progress moving forward, given all of the progress they have made in just a month!

Bronze Swimmer of the Month: Ocea Ferrara Ocea is an excellent swimmer who listens hard and does what is expected of him.

– **Coach Jacob**

SILVER GROUP

Happy November, Silver Group! This group is made up of wonderful, unique, vibrant personalities, and that is why they are so special. Every day is exciting, and they have made a lot of progress this month just like the other groups. I have been hitting them lately with some heavy conditioning. Despite this, they still show up every day with a smile on their face. I can't wait to see how this group moves forward!

Silver Swimmer of the Month: Ted Sager– Ted is a model listener, and a great leader to the group. I appreciate Ted so much!

– **Coach Jacob**

GOLD GROUP

Gold Swimmer of the Month – Luca Porter

SENIOR COMP & SENIOR

Swimmer of the Month – Annika Bucklin

Swimmer of the Month – Tallulah Grantham
–**Coach Casey**



Team Store

Team Store: We are excited to partner with ARENA swim wear as our swim club sponsor. Look for great NEW gear and discounts soon on our HSC Swim Club Store!
[Humboldt Swim Club Team Store](#)

New HSC Club APP

HSC will be adding another layer of communication through the Band app. This is a great way to receive up to date information and communicate directly with your swimmer's coach. Reach out to Head Coach Casey for a new invite link Coach.Casey@hscswim.org

2025 FALL MEET SCHEDULE

- **September 20 & 21 Senior Open; Novato**
- September 26-28 Neptunes Swimming; Santa Rosa, Ca C/B/A+
- October 11-12 HSC Home Meet, Cal Poly
- October 25 HSC Creepy Crawl; ACP
- **November 7-9 Senior 2 P+F; Pleasanton**
- November 8-9 RAD Trials & Finals C/B/A+ Redding
- November 22-23 Mendocino Sea Dragons; Fort Bragg, Ca C/B/A+
- December 5-7 Neptune Swimming; Santa Rosa, Ca C/B/A+
- December 5-7 Senior P & F
- December 12-14 Winter Age Group Championships; San Ramon, Ca *Qualifying
- December 19-22 CA/NV Winter Sectionals; Walnut, Ca *Qualifying

SPRING SCHEDULE TBD

Spring 2026 Schedule and New Program restructure: Look for more information and details on hscswim.org, emails, text and on our new club app Band.

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 age group 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
 HSC is required to have an official at away meets. Find out the benefits of becoming an official today!

October 4, 2025 Pac Swim Officials Clinic in Pleasant Hill, Ca.

FALL PRACTICE SCHEDULE STARTS AUGUST 18TH

- **Intro:**

Monday	Intro 1 4-4:45 Intro 2 4:45-5:30
Tuesday	Intro 1 4-4:45 Intro 2 4:45-5:30
Thursday	Intro 1: 4-4:45 Intro 2: 4:45-5:30
Friday	Intro 1: 4-4:45 Intro 2: 4:45-5:30
Saturday	Intro 1 & 2: 1-2
 - **Bronze:**

Monday	5:45-6:45
Tuesday	5:45-6:45
Wednesday	5:45-6:45
Thursday	5:45-6:45
Friday	5:30-6:30
 - **Silver:**

Monday	Dryland 5:30-6 Swim 6-7:30
Tuesday	6:30-7:30
Wednesday	Dryland 5:30-6 Swim 6-7:30
Thursday	6:30-7:30
Friday	6:30-7:30
 - **Gold:**

Monday	Swim 4-5:45 Dryland 6-7:00
Tuesday	6-7:30
Wednesday	Swim 4-5:45 Dryland 6-7:00
Thursday	6-7:30
Friday	4-5:30
 - Senior:**

Monday	4-6 swim HealthSport 6:30-7:30
Tuesday	6-7:30 am swim 4-5:45 swim
Wednesday	4-5:45 swim
Thursday	6-7:30 am swim 4-5:45 swim
Friday	4-5 swim
Saturday	Healthsport 9:30-10:30 11-1 swim
 - Senior Comp:**

Monday	4-6 swim Healthsport 6:30-7:30
Tuesday	6-7:30 am swim 4-6 swim
Wednesday	4-6 swim Healthsport 6:30-7:30
Thursday	6-7:30 am swim 4-6 swim
Friday	4-6 swim
Saturday	Healthsport 9:30-10:30 11-1 swim
- ** Gold may swim with Senior/Senior Comp in the AM T/Th 6-7:30 @ ACP & Silver (10 y/o+ with time trial)**

WATERDOG NEWSLETTER

BOARD MEMBER BLOG

Congratulations to our newly elected 2026 HSC Board members: Winslow Condon, Jamie Hill-Workman, Rebecca Baugh and Dan Eden. Thank you to Pat, Karin and Dave for volunteering to run the 2025 nominating committee. Please join us for our November Board meeting in person or via Zoom Tuesday, November 18th at 5:30pm.

Big shout out to Nona Mineva-Demireva and Pat Spellmeyer for your time and dedication as HSC Board members! We appreciate the amazing support given throughout the years to HSC. Once a Water Dog always a Water Dog!

Thank you to all members who participated in the annual HSC stakeholder survey!

2026 ALL Team Annual Registration Renewals are open! Do not wait until the end of year and holiday chaos. Register for HSC and USA Swimming today at Humboldt Swim Club - Calendar. Reach out to President@hscswim.org for more information on financial assistance and scholarship opportunities.

USA Swim Mandatory Annual Registration Now Open

2026 ALL Team Annual Registration Renewals are now open!

Do not wait until the end of year and holiday chaos. All members who register will receive a fun HSC grab bag of items. Registration for returning members opens September 1st- October 1st. Two registrations are required annually: USA Swimming membership and HSC administrative registrations.

USA Swimming:

USA SWIMMING LINK

HSC:

Humboldt Swim Club - Team Registration

Reach out to President@hscswim.org for more information on financial assistance and scholarship opportunities.

DDEI: Pac Swim Disability, Diversity, Equity and Inclusion committee meets once a month to discuss current and upcoming concerts, strategies and ideas. Interested? Go to Diversity Programs | Pacific Swimming Association or USA Swimming Diversity, Equity & Inclusion for more information.

2025 SPONSORS

RUBY (\$5,000 +)
DIAMOND (\$2,500-\$4,999)

PLATINUM (\$1,000-\$2,499)
SHMIDBAUER FAMILY FOUNDATION
HUMBOLDT SPONSORS
EDWARD JONES FINANCIAL-GREG SEILER

GOLD (\$500-\$999)
SALT AND CAMPGROUND RESTAURANTS
NYLEX.NET INC
NORTH COAST APPLIANCE
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HENSELS ACE HARDWARE
HARPER MOTORS
ACGC, INC
MID CITY MOTOR WORLD
REDWOOD CAPITAL BANK
PAULI-SHAW INSURANCE
LBA CONTRACT CUTTING, INC

SILVER (\$250-\$499)
BLACKBAUD GIVING FUND
VALLEY PACIFIC PETROLEUM
SOROPTOMIST INTERNATIONAL OF ARCATA
THE MILL YARD
NEELY AUTOMOTIVE
WOODLEY FAMILY
ELLOWAY & WONENBURG, DDS.
ALVES INC.
PREMIER OIL CHANGE
CAM

BRONZE (UNDER \$250)
SOROPTIMIST INTERNATIONAL OF ARCATA
THE MILL YARD
BLUE MOUNTAIN CUTTING

SWIM SUPPORTER (\$100)
HUMBOLDT ORTHODONTICS
ELIZABETH SALOCA-FOGG
KNOX FAMILY
DANIELLE WOERMANN

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

Casey Hnatiuk Head Coach
coach.casey@hscswim.org

Jacob Ireland Lead Age Group 707- 362-1397

coach.jacob@hscswim.org

- Jamie Hill-Workman** President
• president@hscswim.org
- Patricia Terry** Vice President
• vicepresident@hscswim.org
- Winslow Condon** Treasurer
• treasurer@hscswim.org
- Pam Willey** Secretary
• secretary@hscswim.org
- Nona Mineva** Board Member/Fundraising & Grant Writing Coordinator
• boardmember.nona@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