

OCTOBER 2025



WATERDOG NEWSLETTER HUMBOLDT SWIM CLUB

IMPORTANT DATES

- October 6 - HSC Booster Club 5-6 @ ACP
- October 11-12 - Cal Poly Humboldt Intersquad meet
- HSC Stakeholder Survey open October 1-13th
- HSC Board of Director Election Oct 14, 2025
- October 16- HSC October Board Meeting @ Cal Poly. HSC Board Member elections announced.
- October 25- Creepy Crawl Lap-O-Thon; our largest fundraiser of the year!

COACH'S CORNER

As we get deeper into the season, I want to revisit an important topic: attendance. Consistency is the foundation of success in swimming, and that applies not only to pool sessions but also to dryland training. While most groups are showing strong practice attendance, dryland participation is still not where it should be. Dryland is more than just extra exercise—it's how we build strength, mobility, and injury prevention that directly translate into faster, healthier swimming.

We've already had our first two meets of the season, and I couldn't be happier with how our swimmers performed. Everyone raced hard, showed great team spirit, and we saw exciting time drops across the board. T

Swimming can be demanding, and between school, family, and training, our athletes juggle a lot. Good attendance isn't only about getting in shape physically—it also provides stability, structure, and a sense of community. Being around teammates, following routines, and working toward shared goals all play an important role in building confidence and resilience. As we move into the heart of the season, I encourage everyone to focus on positive habits: eating well, staying hydrated, balancing schoolwork, and taking care of mental well-being. Small choices each day add up to big progress in and out of the pool.

Coach Casey



OCTOBER BIRTHDAYS

• Coach Declan	10.11	
• Ted Sager	10.12	12
• Jude Vidargas	10.13	11
• CJ Nichols	10.13	13
• Trinity Medina	10.17	17
• Anika Terry	10.23	12
• Annika Bucklin	10.29	18

SWIMMER OF THE MONTH

Intro: Harriet Batini & Ava Ford

Bronze: Lucia Herndon

Silver: Ivan Tokarev

Gold: Rana Willey

Senior: Carina McDonald

Senior Comp: Henry Seiler

ALL ABOUT THE GROUPS

INTRO GROUP

Happy October, Intro Group! I have had a blast getting to know all of the swimmers over the past month. Intro I has made some amazing progress in their foundational kick positions, and I am proud to say that the majority of the group has met aspects of the criteria to move up to Intro II. In Intro II, a lot of kids are getting the hang of swimming all four strokes, with freestyle and backstroke especially as they are able to swim 50's and 100's now in those strokes. I am super excited to see how the kids do at this month's Block Party meet! It will be a great indicator of where everyone is at from a competition standpoint.

Intro I Swimmer of the Month: Harriet Batini. Harriet is a great listener, and has made enormous progress in her swimming. I am very proud of her, and look forward to seeing her continued growth!

Intro II Swimmer of the Month: Ava Ford. Ava is a dedicated, hard working swimmer who is always asking questions and seeing ways that she can improve. Very proud of her growth so far this season!
-Coach Jacob

BRONZE GROUP

Practice has been a success this past month with continuing to establish good technique across all four strokes, and then putting it all together with some IM work. The swimmers are eager everyday to learn, and the energy and attitude at practice has been really solid. I am very excited to see this group of swimmers continue to progress and build some great habits with meets coming up!

Bronze Swimmer of the Month: Lucia Herndon Lucia has great attendance, and is very focused on improving everyday. She listens well and applies the feedback given to her immediately. I am very proud of her!

- Coach Jacob

SILVER GROUP

The past couple of weeks have been great training periods for these kids, and I can confidently say that they are taking steps in the right direction. I am continuing to give them increasingly harder practices, and they have been answering the tests in stride. I can't wait to see how these swimmers perform at upcoming meets, and for the rest of their swim careers!

Silver Swimmer of the Month: Ivan Tokarev Ivan is always enthusiastic and ready to improve everyday! He brings great energy to practices, and always treats his teammates with respect and kindness. Way to go Ivan!

- Coach Jacob

GOLD GROUP

Great job at the recent meet. Your hard work is absolutely paying off. New cuts and tons of best times. I enjoyed watching you swim as well. While the swims were great, they still left lots of room for improvement and I am excited to see where that is going to take you all. I look forward to seeing you improve and grow as athletes and people.

Gold Swimmer of the Month - Rana Willey

SENIOR COMP & SENIOR

Senior Comp - Great job at the first meet of the season. It was truly fun watching you swim and race. It was the beginning of what is going to be an amazing year. Keep up the good work. We are about to get into the difficult part of the season. Stay hydrated, stay rested, and stay classy.

Swimmer of the Month - Henry Seiler

Senior - We had two swimmers swim in the most recent meet, and they did awesome! I really would like all of you to at least do one home meet and one travel meet. Also, the attendance for dryland has been less than stellar. I would like the attendance at dryland to increase. We have a good core that shows up and works hard. It would be nice to add a couple more.

Swimmer of the Month - Carina McDonald

-Coach Casey

Team Store

Check out our NEW TEAM STORE for HSC suits, hoodies and MORE!! Link on HSCSWIM.ORG or Follow [this](#)

Big Shout Out to **Amalia Baugh** our HSC, Zone 3, Pac Swim Athlete Representative. Amalia will attend her first Athlete Leadership Summit on October 4 & 5th in Pleasant Hill, CA. Their mission is to develop and promote athlete leadership in and out of the pool.

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 12-14 Winter Age Group Championships; San Ramon, Ca *Qualifying
- December 19-22 CA/NV Winter Sectionals; Walnut, Ca *Qualifying

SPRING SCHEDULE TBD

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

Save the Date for our **LARGEST**
Fundraiser of the Year!

👁️ CREEPY CRAWL

The Creepy Crawl lap-o-thon will be October 25th!! Great fun, swims, prizes and more! Swimmers will seek donations small and large to sponsor them while they swim their individual (group) lap goal! Together as a team HSC will reach the goal of 100,000 yards! Share the link on our website. Log in to personalize your swimmers profile to begin seeking sponsors!

Grab a Creepy Crawl Calendar for our Pick an October Date to Donate! Sponsors pick a date, for example the 1st and 10th and donate \$11 towards your swimmers Creepy Crawl Lap-o-thon. This is a fun way to have our swimmers seek donations in person with family, friends and community. Pick up your calendar at our HSC kiosk or from their coach September 1st.

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

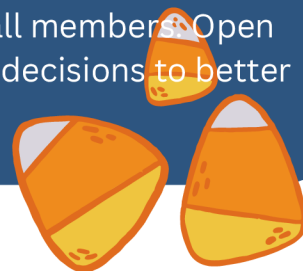
HSC:

Humboldt Swim Club - Team Registration

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

BOARD MEMBER BLOG

Thank you to everyone who applied to become a member of the Humboldt Swim Club Board. Election results will be shared October 16th. Look for the stakeholder survey that will be emailed to all members. Open October 1st-13th. The HSC uses this information to make decisions to better fit the needs of our club.



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
GROWING SMILES DENTISTRY
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
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Jacob Ireland Lead Age Group 707- 362-1397

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- Jamie Hill-Workman** President
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- Pam Willey** Secretary
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- 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