



# WATERDOG NEWSLETTER HUMBOLDT SWIM CLUB



## IMPORTANT DATES

- September 16- HSC Booster Club Meeting ACP @ 5:30pm
- September 18- HSC Board Meeting
- August 18-September 30- All Team Registration for 2026 season
- September 9- Senior Athlete and Parent Meeting @ 6pm
- September 10- Silver Parent Meeting @ 5:30pm
- September 11- Intro Parent Meeting @ 4:45pm
- September 12-Gold Athlete and Parent Meeting @ 5pm
- September 12- Bronze Parent Meeting @ 6pm
- September 20-21 Novato's TCA Senior Meet
- September 27-28 Santa Rosa Neptune C/B/A+ Meet Meet

## COACH'S CORNER

Our first meets are this month—please sign up for them. Our goal is to increase attendance at swim meets this year. Sign up for as many as possible. We work hard in the pool, let the reward be the improvement seen in best times. As a reminder, if you have questions, issues, concerns or compliments, please email the lead coach of the group first. For Gold and below, that is Jacob. For Senior/Senior Comp that is Casey. Any general questions can also be directed to Coach Casey.

Attendance is trending up—nice work. Keep it going: consistent practice is the fastest path to improvement. Please also support performance with a healthy diet (lean proteins, fruits/veggies, complex carbs) and plenty of fluids—every swimmer should bring a full water bottle to practice and hydrate throughout the day. We're still early in the season, which means habits are being made right now—and it's the athlete's choice whether those habits are good or bad. Choose preparation, focus, and great streamlines/underwaters at every practice. Go HSC!

**Coach Casey**

## SEPTEMBER BIRTHDAYS

|                      |      |    |
|----------------------|------|----|
| • Stellabelle Brents | 9.4  | 11 |
| • Hendrix Taylor     | 9.4  | 11 |
| • Josie Bowers       | 9.9  | 7  |
| • Silas Isaac        | 9.18 | 15 |
| • Matilda Landis     | 9.26 | 7  |
| • Charlie Hill       | 9.29 | 9  |

## SWIMMER OF THE MONTH

Intro: Bevan Hill  
Bronze: Maxwell Belltran  
Silver: Munai Marieluo  
Gold: Sophia Spellmeyer  
Senior: Lyla Porter  
Senior Comp: Amalia Baugh

## ALL ABOUT THE GROUPS

### INTRO GROUP

Hello Intro Families! I am so excited to work with this group for the first time! It has been a pleasure getting acquainted with the swimmers over the past couple of weeks. We have been working a lot on good body position in the water, good streamlines, and dolphin kicking. Looking forward to a great month!

**Intro Swimmer of the Month: Bevan Hill** – Bevan has been crushing it to start off the season! He's a great listener and always has a great attitude. Way to go Bevan!

–Coach Jacob

### BRONZE GROUP

Hello Bronze Families! It has been so exciting to get back to coaching the group I started my career with! This is a great group of kids, and their love for swimming is on full display every practice. To start the season, I want to challenge the swimmers and see what they can handle, especially since so many of them are returning Bronze members. We have been tackling everything, from kicking to swimming all four strokes. I have been very impressed with what I've seen. Looking forward to a great month!

**Bronze Swimmer of the Month: Maxwell Beltran** – Max has been doing a fantastic job with being a lane leader and setting the tone for the rest of the lane. He has become very dependable with knowing what is going on, performing technique correctly, and following intervals correctly. Way to go Max!

–Coach Jacob

### SILVER GROUP

Hello Silver Families! The first couple of weeks has been excellent, and attendance has been solid. The swimmers are eager to work hard, and we have been able to accomplish a lot in a very short amount of time. I have been very impressed with their dryland work especially; the natural athleticism is off the charts! I look forward to seeing the continued improvement from this group of kids, I have a feeling that this season is going to be very successful for them.

**Silver Swimmer of the Month: Munai Marieluo** – Munai is a silent workhorse: doesn't talk much but is always doing the right thing. I appreciate her focus at practice, and I think that it sets a great example for the other kids. Way to go Munai!

– Coach Jacob

### GOLD GROUP

It has been two weeks already, and I'm proud of the improvement that has already taken place. You have been working hard in and out of the pool and your hard work and dedication will show in your times. I've enjoyed getting to know all of you, and I am really excited to see what the future holds for you in this group and beyond. Keep up the good work and I'll see you at the pool.

**Gold Swimmer of the Month: Sophia Spellmeyer**

### SENIOR COMP & SENIOR

First, it has been a pleasure to get to know all of you. I have enjoyed seeing all of your personalities come out as you grow more comfortable. Next, I am very pleased with the overall effort that is being given on a daily basis. Learning a new coach and their workouts is hard enough. The way you have all responded is incredible. Next, start thinking about them now because we will be going over our goals for the season soon. Finally, sign up for as many meets as possible. You work hard in the pool everyday, let the time drops be your reward. The more swimmers that we have attend, the more fun it is for everyone, athletes and parents alike.

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

**Senior Swimmer of the Month: Lyla Porter**

–Coach Casey

## 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 FALL MEET SCHEDULE

- **September 20 & 21 Senior Open; Novato**
- September 26-28 Neptune 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 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; TBD**
- 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<br>Intro 2 4:45-5:30   |
| Tuesday  | Intro 1 4-4:45<br>Intro 2 4:45-5:30   |
| Thursday | Intro 1: 4-4:45<br>Intro 2: 4:45-5:30 |
| Friday   | Intro 1: 4-4:45<br>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<br>Swim 6-7:30 |
| Tuesday   | 6:30-7:30                     |
| Wednesday | Dryland 5:30-6<br>Swim 6-7:30 |
| Thursday  | 6:30-7:30                     |
| Friday    | 6:30-7:30                     |

- **Gold:**

|           |                               |
|-----------|-------------------------------|
| Monday    | Swim 4-5:45<br>Dryland 6-7:00 |
| Tuesday   | 4-5:45                        |
| Wednesday | Swim 4-5:45<br>Dryland 6-7:00 |
| Thursday  | 4-5:45                        |
| Friday    | 4-5                           |

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

- Senior Comp:**
- |           |                                     |
|-----------|-------------------------------------|
| Monday    | 4-6 swim<br>Healthsport 6:30-7:30   |
| Tuesday   | 6-7:30 am swim<br>4-6 swim          |
| Wednesday | 4-6 swim<br>Healthsport 6:30-7:30   |
| Thursday  | 6-7:30 am swim<br>4-6 swim          |
| Friday    | 4-6 swim                            |
| Saturday  | Healthsport 9:30-10:30<br>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](mailto:President@hscswim.org) for more information on financial assistance and scholarship opportunities.

## BOARD MEMBER BLOG

Interested in becoming more involved with Humboldt Swim Club? Board member elections will be held in October! We welcome HSC membership and our swim community to join our monthly meetings to learn more about our club. HSC is a nonprofit youth sports organization, led by our Head Coach Casey and run by a entirely volunteer board of directors. We also welcome you to join our Boosters club! Reach out to Pam at [Secretary@hscswim.org](mailto:Secretary@hscswim.org)

Coach Jacob will be attending ASCA during the first week of September. HSC wishes him safe travels and is looking forward to hearing back from him when he returns!

## 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

**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](http://www.teamunify.com/pchsc) or  
[www.hscswim.org](http://www.hscswim.org)

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- Nona Mineva** Board Member/Fundraising & Grant Writing Coordinator  
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- Pat Spellmeyer** Board Member/Stroke & Turn/Meet Director  
• [boardmember.pat@hscswim.org](mailto:boardmember.pat@hscswim.org)

### WEB SITES:

Swim Connection:  
<https://ome.swimconnection.com/meets>

Fast Swims: <https://fastswims.com/>

Pacific Swimming: [www.pacswim.org](http://www.pacswim.org)

USA Swimming: [www.usaswimming.org](http://www.usaswimming.org)

Discount Swim Gear: [www.swimoutlet.com](http://www.swimoutlet.com)