

Age Group Chairman Report – October 4-5, 2008

I. 2008 LCM Season Age Group Overview

- A) We had 146 more IMX long course scores out of 14&Under swimmers than we did in 2007. In addition, we had twenty-one 14&Under swimmers ranked in the Top 50 nationally for the 2008 LCM season (up from 14 in 2007). This is partly due to more long course meet opportunities that swimmers had available due to a longer season and hopefully due to better coaching!
- B) The loosening of the 12&Under time standards combined with more long course meet opportunities certainly had an effect on the number of 12&Under swimmers at the Long Course Championships. In 2008, there were 115 more 12&Under swimmers at the meet than 2007.
- C) While there are some tweaks and changes that can potentially be made to positively impact the Zone selection format, the bottom line is that we simply were not as strong from a 14&Under standpoint as we have been in years past. Before any changes are to be made, we should form a committee to fully vet any adjustments and we should wait to see if there is a change in the Zone Meet itself coming out of Convention (which is entirely possible given the new landscape of meets on the National calendar).

II. Items of Interest for Age Group Coaches

- A) There will be a proposal at Convention to restrict some “tech” swimsuits from Age Group competition. However, this legislation will most likely deal with the length of the suit rather than material. Regardless of the outcome of this legislation, it is a good thing for all age group coaches to discuss the matter of high performance swimming suits with their team. Policies or guidelines within each team based on that team’s philosophy should help age group coaches in dealing with this situation before it becomes a major problem.
- B) The IMX is a very valuable tool to motivate and chart swimmers’ progress and improvement in all of the strokes and longer distances. Rankings (Club, LSC, Zone, National) can be obtained through this report and through any coach’s My USA Swimming Page. Swimmers will be able to access their scores through their own My USA Swimming page as well as print their own IMX certificate any time they wish. Visit the USA Swimming website to establish your FREE My USA Swimming webpage. In addition, be creative and develop your own uses for IMX as they best fit your training group. Remember that the goal should be to encourage well rounded swimmers and improvement in all of the disciplines as these young athletes develop mentally and physically. The IMX and similar programs are simply tools to meet that end.
- C) USA Swimming is in the process of developing a companion tool to the IMXtreme program under the working title “IM Ready.” This program will be purely achievement based (i.e. no rankings) and will be a feeder program into the IMX. The program will utilize shorter distances, but still focus on all of the strokes and Individual Medley. More information on this program will be available soon, but I encourage all coaches who are interested to develop their own similar program as a tool to improve development in swimming.

III. Age Group Information & Education

- A) The 2008 ASCA World Clinic was held September 3-7 in Las Vegas, Nevada. I would strongly encourage clubs to send Age Group Coaches to this clinic despite the distance. Very few clubs have been sending age group coaches in previous years.
- B) Upcoming Clinics - Eastern States Clinic – October 16-19 Cherry Hill, NJ (ASCA courses will be offered on October 18-19) – will feature swimmers Ryan Lochte and Kaitlin Sandeno as well as coaches Richard Quick, David Marsh, and Gregg Troy.
- C) The ASCA Website (www.swimmingcoach.org) is a great resource for articles, audio, and other coaching materials.

IV. Southern Zone All Star Meet

- A) 2008 Southern Zone Meet - Meet was held July 29-August 2 at Georgia Tech. Coaching Staff - Matt Webber (BSL) was Head Coach. Jackie Bertucci

(PACK), Bryan Welter (NAC), Mark Krimm (XCEL), and Jenell Eckert (HBT) were assistant coaches. A report from the 2008 SES Zone Meet is listed below.

- B) 2009 Southern Zone Meet - Meet will be held at the YMCA Pool in Orlando, Florida. Dates are still to be determined.

2008 Southern Zone Meet Report

Team Scores:

Combined		Girls	Boys
Florida	1036	Florida	580.5
Georgia	776.5	Georgia	435.5
Florida Gold Coast	717	Southeastern	323
4. Southeastern	658.5		5. Southeastern
			335.5

Team SES Age Group Team Champions

15-18 Boys

Meet Highlights:

- New Southern Zone Meet Records - Hayden Baker (PACK) 15-18 Boys 100 meter Butterfly 55.88
- 2008 Southern Zone Event Champions - Christine Anderson (15-18 Girls 200 Breast, 200 IM), Hayden Baker (15-18 Boys 100 Fly), Paschall Davis (15-18 Boys 50 Free, 100 Free), Taylor Melton (13-14 Girls 200 IM), 15-18 Boys 200 Free Relay, 15-18 Boys 200 Medley Relay

2008 Southeastern Swimming Zone All Star Team Representation:

14 - NAC / 7 - PACK / 4 - BSL, MTS / 3 - MTAC, MYB, XCEL / 2 - HBT, GPAC, SCAC / 1 - BSC, CMSA, MSA, TNT

2008 Southeastern Swimming Zone All Star Team Captains:

Boys - Louis Bunch (PACK) & Andrew Reeves (BSL)

Girls - Audrey Brown (PACK) & Megan Goss (NAC)

New Southeastern Swimming LSC Records (April 1-August 31, 2008)

15-16 G	200y Back	Arden Pitman (BAY)	1:57.22
15-16 G	50m Free	Lauren Harrington (MTS)	25.96
15-16 G	100m Fly	Lauren Harrington (MTS)	59.52
15-16 G	400m Free R.	Memphis Tiger Swimming	3:58.57
15-16 B	200m Back	Woody Joye (MYB)	2:04.83
15-16 B	200m Fly	Dakota Hodgson (NAC)	2:01.16
17-18 B	200m Back	Hayes Johnson (NAC)	2:01.18
17-18 B	200m Breast	Curtis Lovelace (NAC)	2:16.84
17-18 B	200m IM	Andrew Mitchell (NAC)	2:03.17
17-18 B	400m Free R.	Nashville Aquatic Club	3:31.92
17-18 B	200m Medley R.	Baylor Swim Club	1:52.30
Open G	50m Free	Kara Denby (AU)	25.12
Open G	100m Free	Christine Magnuson (TENN)	54.70
Open G	400m Free	Maggie Bird (AU)	4:09.73
Open G	100m Fly	Christine Magnuson (TENN)	57.08
Open G	200m Fly	Ava Ohlgren (UN)	2:09.00
Open G	200m IM	Ava Ohlgren (AU)	2:11.96
Open G	400m IM	Ava Ohlgren (UN)	4:39.69
Open B	50m Free	Cesar Cielo (UN)	21.30
Open B	100m Free	Cesar Cielo (UN)	47.67
Open B	200m Free	Shaun Phillips (NAC)	1:48.79
Open B	200m Breast	Andrew Bree (UN)	2:10.16
Open B	100m Fly	Fred Bousquet (UN)	51.50

2008 Southeastern LCM Meet Team High Point Awards:

Age Group	Girls Champion	Boys Champion
10&Under	Emerald Coast Swimming	XCEL Aquatics
11-12	Nashville Aquatic Club	XCEL Aquatics
13-14	Memphis Tiger	Pilot-Knoxville
Senior	Nashville Aquatic Club	Nashville Aquatic Club

2008 Southeastern LCM Meet Individual High Point Awards:

Age Group	Girls Champion	Boys Champion
10&Under	Emma Strom (ECS)	Macon Graves (H.S.A.)
11-12	Caroline Page (GPAC) & Riley Frost (NAC)	Joey Carbone XCEL)
13-14	Taylor Melton (MTS)	Christian Carbone (XCEL)
Senior	Arden Pitman (BAY)	Reese Shirey (BAY)

USA-Swimming IMXtreme Program - SES Age Group Report

Report of SES Age Group (14&U) swimmers in National Top 50

Age Group	2008	2007	Difference
9&U Girls	5	2	+3
9&U Boys	1	2	-1
10 Girls	2	1	+1
10 Boys	2	1	+1
11 Girls	1	2	-1
11 Boys	2	1	+1
12 Girls	1	1	-0-
12 Boys	2	1	+1
13 Girls	1	2	-1
13 Boys	1	1	-0-
14 Girls	2	0	+2
14 Boys	1	0	+1
TOTALS	21	14	+7

USA-Swimming IMXtreme Program

SES Top 3 IMX Scores - As of 9/16/08 - swimmers in **bold** ranked Top 50 in USA

Total Participants in parentheses – second line is comparison to 2007 LCM

9&U Girls (57) (+33 from 2007)		
Annie Kyriakidis	MTSC	4193
Emma Rudman	ECS	4000
Paige Madden	CMSA	3763
10 Girls (62) (+31 from 2007)		
Emma Strom	ECS	4009
Katrina Chapman	BSL	3967
Emma Rudman	ECS	3493
11 Girls (48) (+6 from 2007)		
Kristen Myers	SCAC	3615
Emma Strom	ECS	3269
Maddie Hoff	XCEL	3171
12 Girls (70) (+16 from 2007)		
Caroline Page	GPAC	3558
Genny Pittman	BSL	3336

9&U Boys (24) (+10 from 2007)		
Jackson DeFore	XCEL	4134
Jack McCaghren	MTS	3464
Hudson Dobbs	NAC	3449
10 Boys (29) (+8 from 2007)		
Derek Sander	MSA	3656
Macon Graves	H.S.A.	3608
Zach Harting	MSA	3458
11 Boys (19) (-5 from 2007)		
Chatham Dobbs	NAC	4008
Chandler Espy	H.S.A.	3827
Eli Leskinen	XCEL	3038
12 Boys (39) (+8 from 2007)		
Will Glass	CMSA	3694
Jack Tona	GPAC	3595

Calla Michalak	MTAC	3239
13 Girls (21) (+7 from 2007)		
Mallory Mathias	BSL	4173
Zoe MacFarlane	GPAC	3691
Hannah Legg	BMAC	3660
14 Girls (32) (+21 from 2007)		
Taylor Melton	MTS	4644
Angelica Chapman	HBT	4150
Margo Turner	MTS	4095
15 Girls (18) (+12 from 2007)		
Kim Davis	XCEL	4311
Arden Pittman	BAY	4157
Hannah Pinlon	PACK	4109
16 Girls (9) (+4 from 2007)		
Audrey Brown	PACK	4065
Sara Neil	H.S.A.	3326
Maddie MacFarlane	GPAC	3059
17 Girls (9) (+7 from 2007)		
Leah Thornton	HBT	4154
Haley Nicholson	GPAC	3587
Elizabeth Fix	BSL	3184
18 Girls (1) (same from 2007)		
Cameron Bass	HBT	3278

Alan Liang	XCEL	3451
13 Boys (8) (+3 from 2007)		
Evan Pinlon	PACK	4655
Jack Tona	GPAC	3731
Logan Gurtowsky	GPAC	3562
14 Boys (21) (+8 from 2007)		
Christian Carbone	XCEL	4764
Raymond Burch	GPAC	4008
Luke Blackwell	XCEL	3858
15 Boys (30) (+16 from 2007)		
Sam Sloan	NAC	4266
John Paul Gaylor	PACK	4243
Spencer Rowe	BAY	4028
16 Boys (14) (+10 from 2007)		
Spencer Kerns	CMSA	4207
Taylor Wilson	BSC	4106
Jacob Best	SCAC	3592
17 Boys (13) (+11 from 2007)		
Kyle Owens	BSC	4648
Martin Grodzki	BAY	4436
Brett Roberson	BAY	4168
18 Boys (4) (+1 from 2007)		
Bryant Jones	XCEL	3331
Chris Giesen	BSL	3166
Adam Snyder	BSL	2373

USA-Swimming Virtual Club Championships Program **2008 Long Course Meters – Full Team Rankings (as of 9/16/08)**

Nat'l	LSC	Score	Team
23	1	194,787	Nashville Aquatic Club
49	2	167,718	Pilot Aquatic Club - Knoxville
69	3	158,969	Excel Aquatics
151	4	120,237	Birmingham Swim League
217	5	104,299	Memphis Thunder Aquatic Club
260	6	97,718	Baylor Swim Club
287	7	92,557	Huntsville Swim Association
296	8	91,087	City of Mobile Swim Association
300	9	90,175	Memphis Tiger Swim Club
302	10	89,794	Greater Pensacola Aquatic Club
435	11	69,897	Scenic City Aquatic Club
514	12	61,519	Panama City Swim Team
596	13	53,685	Atomic City Aquatic Club
636	14	51,094	Crimson Tide Aquatic

642	15	50,820	Auburn Aquatics
645	16	50,577	Baldwin Mobile Aquatic Club
672	17	48,796	Hoover Blue Thunder
680	18	48,269	Magic City Aquatic League
684	19	47,928	Bluewater Barracudas Swim Team
737	20	44,463	Barracuda Swim Club of Northeast Tennessee
742	21	44,303	Germantown Center Swim Team
745	22	44,181	Bartlett Extreme Swim Team
751	23	43,669	TNT Swimming, Inc
756	24	43,466	Montgomery YMCA Barracudas
824	25	38,451	Madison Swimming Association
869	26	35,973	Emerald Coast Swimming
923	27	32,494	Club Makos
1094	28	25,293	Sevier Aquatics Club
1106	29	24,696	Blount Area Swim Team
1118	30	23,944	Collierville Swimming
1120	31	23,911	Middle Tennessee Swim Club
1228	32	19,481	Cleveland Aqua Tigers
1318	33	16,744	Florence Alabama Swim Team
1388	34	14,849	Bristol Area Swim Association
1403	35	14,477	Mountain Valley Aquatics
1415	36	14,089	Maverick Aquatics
1422	37	13,910	Union Swim Club
1520	38	11,658	Dothan Dolphins Swim Team
1549	39	11,003	Riverdale Rapids Swim Team
1558	40	10,666	Jasper Swim Team
1598	41	9,868	Prattville Swim League of the YMCA
1605	42	9,731	Tulahoma Swim Club
1681	43	8,293	Decatur Aquatic Club
1722	44	7,402	Sheffield Swim Team
1746	45	6,917	Seals Swim Club
1751	46	6,813	Auburn University Swim Team
1775	47	6,369	Tennessee Aquatics
1837	48	5,295	Trussville Y Aquatics
1991	49	2,778	University Of Alabama
2046	50	2,080	Pensacola Navy Youth Swim Team
2093	51	1,503	Gulf Shores Swim Team
2124	52	1,049	Phase One Smyrna Team
2170	53	545	Aqua Jets Aquatic Club
2190	54	264	Greene County Swim

Highest Point Totals by Age Group (within LSC) - 2008 LCM & Comparison

2008 LCM		
Age Group	Highest Total	Points
11 Girls	NAC	10910
11 Boys	XCEL	10761
12 Girls	NAC	10297
12 Boys	XCEL	11210
13 Girls	NAC	13822
13 Boys	NAC	12983
14 Girls	MTS	16672
14 Boys	NAC	16388

2007 LCM		
Age Group	Highest Total	Points
11 Girls	NAC	9876
11 Boys	XCEL	10329
12 Girls	NAC	9808
12 Boys	NAC	9848
13 Girls	NAC	16038
13 Boys	XCEL	12222
14 Girls	XCEL	16151
14 Boys	NAC	16036

SES Age Group Representation in USA-Swimming Top 10 List

2008 LCM Individual Events Preview List (as of 9/16/08)

71 Total Swims in Top 10 (31 swimmers)

Age Group	Swims in Top 10	Description
11 G	2	E. Blackwood (NAC) - 50 Breast (8), 100 Breast (5)
11 B	20	C. Dobbs (NAC) - 50 Free (4), 50 Back (4), 100 Back (5), 50 Fly (3), 100 Fly (3) J. Carbone (XCEL) - 50 Free (9), 100 Free (3), 200 Free (1), 400 Free (1), 50 Fly (6), 100 Fly (2), 200 IM (6), 400 IM (10) C. Espy (H.S.A.) - 50 Back (7) A. Kim (MTS) - 50 Breast (10), 100 Breast (2), 200 Breast (10) A. Thomas (PACK) - 50 Free (5), 100 Free (8), 200 Free (10)
12 G	0	
12 B	0	
13 G	1	M. Mathias (BSL) - 1500 Free (3)
13 B	2	C. Carbone (XCEL) - 200 Breast (5), 400 IM (7)
14 G	0	
14 B	2	C. Carbone (XCEL) - 200 Breast (8), 400 IM (9)
15 G	4	L. Harrington (MTS) - 50 Free (2), 100 Fly (1), 200 Fly (3) A. Pitman (BAY) - 100 Back (2) M. Molnar (AUB) - 100 Breast (4)
15 B	17	G. Wong (MSA) - 50 Free (6), 100 Free (4) S. Ryan (SCAC) - 400 Free (1), 800 Free (1), 1500 Free (1) J. P. Gaylor (PACK) - 800 Free (9) M. Sheppard (MTAC) - 100 Back (10), 200 Back (4) S. Rowe (BAY) - 100 Breast (4), 200 Breast (3) C. Lovelace (NAC) - 100 Breast (9), 200 Breast (9), 200 IM (9) H. Baker (PACK) - 100 Fly (2), 200 Fly (9) A. Ward (PACK) - 100 Fly (4), 200 Fly (4)
16 G	3	S. Pitman (BAY) - 50 Free (6) C. Reeves (NAC) - 100 Breast (9) A. Lusk (BAY) - 200 Breast (8)
16 B	11	T.J. Leon (CMSA) - 50 Free (9), 100 Free (8), 100 Fly (4) W. Joye (MYB) - 200 Free (4), 200 Back (4), 200 IM (3) M. Grodzki (BAY) - 400 Free (10) M. Sheppard (MTAC) - 200 Back (7) D. Hodgson (NAC) - 100 Fly (5), 200 Fly (2) A. Ward (PACK) - 200 Fly (7)
17 G	0	
17 B	9	T.J. Leon (CMSA) - 100 Free (9), 100 Fly (2) H. Johnson (NAC) - 100 Back (7), 200 Back (6) K. Owens (BSC) - 100 Back (9), 200 IM (7) B. Roberson (BAY) - 200 Breast (5) S. Kiefer (AUB) - 100 Fly (8) A.J. Tipton (PACK) - 200 Fly (2)