

HOD Report - Age Group Chair

Intro to new AGC:

Hi, my name is Julia Merrill! I have been coaching for 17 years, the past 10 of which has been in this LSC for the Tri-City Channel Cats. I work with all ages and levels of the team. I have attended Sr Zones as a TCCC coach twice, and AG Zones as an IES coach for the past two years. I enjoy getting to know the other swimmers in the LSC, as well as the other coaches. I am passionate about creating cohesive training groups that work together to challenge and support one another. I also love seeing swimmers rise up to their potential and achieve their goals.

Overview on 2024 Zones

- Sr Zones team traveled to Clovis with 14 swimmers
- AGZ team traveled to Boise with 24 swimmers
 - 14 of these swimmers will be no longer able to attend next year, as they will be turning 15 next summer!

Overview of 2025 Zones

- Sr Zones will be July 29 - August 2, 2025
 - Clovis, CA
- AGZ will be August 6-9, 2025
 - Elk Grove, CA
 - Time standards for IES Athletes are the USA Swimming 2024-2028 AAA Motivational Standards + 2 seconds per 50y/m, up to 200y/m.
- Teams need to complete IES Zones Team Commitment Survey ASAP
 - Deadline is November 15th to allow enough time for planning

Mountain West AG All-Stars Meet Proposal

- Concept: All-Star LCM Meet in Spring
 - IES vs Snake River (potential for MT and WY)
- Structure: 8 athletes of each competition category in 11-12 and 13-14 age groups (24 athletes total). 2 coaches + 2 chaperones.
- Timeframe: One weekend max
- More details TBD
 - Selection process
 - Cost