

Monthly Board Coach's Report

Month: April 15 – May 20 Submitted By: Coach Jenn Beech

Submitted By: Coach Jenn Beech

Date Submitted: Monday May 29

I. Numbers Report a. Team Totals: 224

	5- 8	9-10	11-12	13-14	15-18	Total
Girls	19	26	33	29	19	126
Boys	14	17	21	24	22	98

b. Competitive Groups:

Training Group	Last Month Attendance %	Current Month	Last Month
Age Group #1	54%	18	21
Age Group #2	54%	12	14
Age Group Transition	46%	14	10
11&O Bronze	53%	17	16
11-14 Gold	67%	31	28
Senior #2	62%	23	24
Senior #1	53%	21	20

c. Other Groups:

Training Group	Last Month Attendance %	Current Month	Last Month	
Stroke School #1	32%	29	22	
Stroke School #2	50%	16	16	
Pre-Competitive	44%	21	19	
Fitness	31%	19	22	

II. Meet Report= N/A meet since last report no meets

Date	Meet	Meet Type # of		General Summary/ Comments
			Swimmers	
4/26	TMEC Practice Meet	Unsanctioned	58	Second practice meet of the year. Swimmers/families able to learn how to navigate a meet. Passed out Parents Guide to meet. Jason Rothlein volunteered as a USA Ref to present and start for us.
5/5	STAR RW Short Course Meet	RW	39	Hosted by STAR at Temecula Valley High School. Sunday only meet for Red/White swimmers. Short Course meet.

5/18-5/1	HVDA BR/W	BR/ W	73	Hosted by HVDA at West Valley High
9	Long Course			School. A lot to swimmers doing off events
	Meet			and trying distance events like 400 Free,
				800 Free, and 400 IM

III. Travel

a. This Month:

- i. Nova Grand Challenge May 24 26
- ii. Free weekend Meet at Palm Spring May 24 26
- iii. JAG Last Ditch @ DSRT June 1-2
- iv. June Age Group @ Irvine June 13-16

b. Future Scheduled Travel:

- i. Auburn June 19 June 24
- ii. Hillside Short Course R/W June 23-24 @ Rancho Cucamonga

IV. Special Projects/ Events:

- i. Travel Meet Update:
 - 1. Auburn Travel Trip
 - **a.** June 10 we will have a team meeting at MMHS Library 4 pm to get travel documents and go over travel itinerary.

ii. August 24-25 BRW Meet

- 1. Suggested event plan:
 - a. Saturday all Freestyle Events
 - i. 25, 50, 100, and 200 (looking at 500 as well to allow 12&unders a chance to swim it)
 - ii. Relays
 - 1. 5-10 100 & 200 Free Relay
 - 2. 11+ 200 & 400 Free Relay
 - **b.** Sunday Stroke IM based day
 - i. 25 100 stroke events. 100/200 IM
 - ii. Relays
 - 1. 5-10 100 & 200 Medaly Relay
 - 2. 11+ 200 & 400 Medaly Relay

c. Awards:

- i. High point scorer awards in Freestyle and IM pentathlon events for each age group.
- ii. Regular ribbon/medal for 1-6th
- iii. Hot heats!

V. Coaching Staff Notes:

- i. Hailey Last Day May 31st
- ii. Coverage for when Hailey leaves:
 - 1. Coach Sennen will be taking over the Fitness group and will be taking more a lead with the Stroke School groups.
 - **2.** Permanent Replacement for Stroke School:
 - **a.** We currently have job postings out for a year-round coach to replace.

- **b.** For Summer Coach Megan Creyssels will be home from college and will be filling at Stroke School. We will actively search for a coach to take over after summer months.
- iii. Stroke School/ Age Group #2 transition suggestions
 - **1.** Coaches are exploring these being requirements for transition to make sure swimmers are not struggling at the next level:
 - **a.** Suggested that those moving from Pre-comp to Age Group #2 show they are at 2 days a week attendance and legally being able to complete a 100 IM.
 - **b.** Age Group 2 to Age Group 1: Red time standard consideration in either 5-8 or 7-10, 2 meets, 2-3 times a week attendance
 - i. Coach Jenn will explore the red time requirement suggestion with staff. But it weighing towards it remaining at 7-10 red times since group goal in Age Group #1 is Invite/JO cuts.

iv. Gold Group

- 1. Gold Group is getting bigger with more 11-12 hitting their needed time standards (Yay!!) but need to look at a split at end of summer is apparent. This is a heavy topic for the coaches May and June staff meetings.
 - **a.** Avenues coaches are considering:
 - i. Timestandard becoming harder
 - This one would be help with making the group smaller but then consideration for swimmers to move to other groups would be taken into account
 - ii. Splitting the group into two based on age
 - **1.** 11-12 and 13-14
 - **a.** The group right now would be split pretty even if we did so.

v. Shark Attack

- **1.** Adding evening hours:
 - a. Coach Lauri feels that adding time slots 5-7:30 would be ideal
 - **b.** With only having instructors that can work till 5 though we would like to bring in a evening instructor or 2 to do so.
 - i. Right now we have applicant Megan Coley who can
- Peach Jar
 - **a.** Would like to use for June to push advertisement. Lauri is quoting \$450 to do so.
- Instructors have had two staff training/ meeting days in May to get ready for the summer.

VI. Practice Schedule Updates (EX: Changes/ Modified/Adjustments)

- i. May 20 June 1
 - 1. City of Temecula is limiting use at TES due to summer staff trainings they are conducting.
 - a. Modified dates/times already sent to team

ii. Blackout dates

- **1.** June 4
 - a. TES Not available due to staff training
- **2.** June 6-7
 - a. GOHS blacked out for Graduations
- **3.** June 3-7
 - a. MMHS possibly blacked out for the whole week due to graduations. Trying to see if wiggle room.
 - **b.** We do have the possibility of June 3-7 using Elsinore high school.
 - c. If not then suggest schedule at end of report.
- iii. Summer Schedule (on last page of report)
 - 1. Starting June 10
 - **2.** One change from last meeting:
 - a. Combined Age Group Trans/Bronze

VII. LSC & Committee News:

- i. Southern Cal Swim
- ii. Eastern Committee
 - 1. Next meeting May 30
 - **a.** 2020 planning calendar will be presented and finalized for July bidding

VIII. Miscellaneous:

- i. Justin Schneider will be attending the Western Zone Select Camp June 6-9 in San Diego.
- **ii.** Coach Jenn has been chosen to Head Coach for the Southern Section Diversity & Inclusion Camp at the Southern Carolina University June 12-16.

<u>June 3 – June 8</u>

Due to Blackout dates at pools for trainings and graduations

Times & Locations subject to change

Stroke School Groups

Group	Mon 6/3	Tues 6/4	Wed 6/5	Thurs 6/6	Fri 6/7
Stroke School	5:05 – 5:35 PM	NO PRACTICE	5:05 – 5:35 PM	4:00 – 4:30 PM	4:00 – 4:30 PM
#1	@ TES		@ TES	@ TES	@ TES
Stroke School	5:45 – 6:30 PM	NO PRACTICE	5:45 – 6:30 PM	4:00 – 4:30 PM	4:00 – 4:30 PM
#2	@ TES		@ TES	@ TES	@ TES
Pre-Competiti	4:15 – 5:00 PM	NO PRACTICE	4:15 – 5:00 PM	4:00 – 4:30 PM	4:00 – 4:30 PM
ve	@ TES		@ TES	@ TES	@ TES
Fitness	7:15 – 8:15 PM	NO PRACTICE	7:15 – 8:15 PM	4:30 – 5:30 PM	4:30 – 5:30 PM
	@ GOHS		@ GOHS	@ TES	@ TES

Competitive Groups

Group	Mon 6/3	Tues 6/4	Wed 6/5	Thurs 6/6	Fri 6/7	Sat 6/8
Age Group #2	7:00 – 8:15	NO	7:00 – 8:15	4:30 - 5:30	4:30 - 5:30	NO
	PM @ GOHS	PRACTICE	PM @ GOHS	PM @ TES	PM @ TES	PRACTICE
Age Group #1	4:00 - 5:30	7:00 – 8:30	4:00 - 5:30	5:30 - 6:45	5:30 - 6:45	6:00 -
	PM @ TES	PM @ GOHS	PM @ TES	PM @ TES	PM @ TES	7:30 AM
						@ DZ
Age Group	5:00 -6:30	NO	5:00 -6:30	4:30 - 5:30	4:30 - 5:30	NO
Transition	PM @ TES	PRACTICE	PM @ TES	PM @ TES	PM @ TES	PRACTICE
Bronze	5:00 -6:30	NO	5:00 -6:30	4:30 - 5:30	4:30 - 5:30	NO
	PM @ TES	PRACTICE	PM @ TES	PM @ TES	PM @ TES	PRACTICE
Gold	6:30 – 8:00	7:00 – 8:30	6:30 - 8:00	5:30 - 6:45	5:30 – 6:45	6:00 —
	PM @ TES	PM @ GOHS	PM @ TES	PM @ TES	PM @ TES	7:30 AM
						@ DZ
Senior #2	7:00 – 8:30	7:00 – 8:30	7:00 – 8:30	6:45 – 8:30	6:45 – 8:30	5:30 -
	PM @ GOHS	PM @ GOHS	PM @ GOHS	PM @ TES	PM @ TES	7:30 AM
						@ DZ
Senior #1	7:00 – 8:30	7:00 – 8:30	7:00 – 8:30	6:45 – 8:30	6:45 – 8:30	5:30 -
	PM @ GOHS	PM @ GOHS	PM @ GOHS	PM @ TES	PM @ TES	7:30 AM
						@ DZ

**Effective June 10th ** Times & Locations subject to change

Stroke School Groups

Group	Mon	Tues	Wed	Thurs	Fri
Stroke School	5:00 – 5:30 PM	5:00 – 5:30 PM	5:00 – 5:30 PM	5:00 - 5:30	5:00 – 5:30 PM
#1	@ CHS	@ CHS	@ CHS	PM @ CHS	@ CHS
Stroke School	5:35 – 6:20 PM	5:35 – 6:20 PM	5:35 – 6:20 PM	5:35 – 6:20	5:35 – 6:20 PM
#2	@ CHS	@ CHS	@ CHS	PM @ CHS	@ CHS
Pre-Competiti	6:45 – 7:30 PM	6:45 – 7:30 PM	6:45 – 7:30 PM	6:45 – 7:30	4:30 – 5:15 PM
ve	@ CHS	@ CHS	@ CHS	PM @ CHS	@ MMHS
Fitness	6:30 – 7:30 PM	6:30 – 7:30 PM	6:30 – 7:30 PM	6:30 – 7:30	6:30 – 7:30 PM
	@ CHS	@ CHS	@ CHS	PM @ CHS	@ CHS

Competitive Groups

Group	Mon	Tues	Wed	Thurs	Fri	Sat 5/4
Age Group #2	5:30 - 6:45	5:30 - 6:45	5:30 - 6:45	5:30 - 6:45	5:30 - 6:45	NO
	PM @ CHS	PRACTICE				
Age Group #1	6:30 - 8:00	5:00 - 6:30	6:30 - 8:00	5:00 - 6:30	6:30 - 8:00	6:30 -
	AM @ DZ	PM @ GOHS	AM @ DZ	PM @ GOHS	AM @ DZ	8:00 AM
						@ DZ
Age Group	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	NO
Transition	PM @ GOHS	PRACTICE				
Bronze	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	NO
	PM @ GOHS	PRACTICE				
Gold	6:30 - 8:00	4:30 - 6:00	6:30 - 8:00	4:30 - 6:00	6:30 - 8:00	6:30 -
	AM @ DZ	PM @ GOHS	AM @ DZ	PM @ GOHS	AM @ DZ	8:00 AM
						@ DZ
Senior #2	6:00 – 8:00	3:00 - 5:00	6:00 – 8:00	3:00 - 5:00	6:00 – 8:00	6:00 -
	AM @ DZ	PM @ GOHS	AM @ DZ	PM @ GOHS	AM @ DZ	8:00 AM
						@ DZ
	3:00 – 5:00		3:00 - 5:00		3:00 - 5:00	
	PM @ GOHS		PM @ GOHS		PM @ GOHS	
Senior #1	6:00 – 8:00	5:30 - 7:30	6:00 – 8:00	5:30 - 7:30	6:00 - 8:00	6:00 -
	AM @ DZ	PM @ GOHS	AM @ DZ	PM @ GOHS	AM @ DZ	8:00 AM
						@ DZ
	5:30 - 7:30		5:30 – 7:30		5:30 – 7:30	
	PM @ GOHS		PM @ GOHS		PM @ GOHS	