



Monthly Board Coach's Report

Month: January 18 – February 18

Submitted By: Coach Jenn Beech

Date Submitted: Monday Feb 18, 2019

I. Numbers Report

a. Team Totals: 213

	5- 8	9-10	11-12	13-14	15-18	Total
Girls	15	24	34	32	15	120
Boys	9	24	20	21	19	93

b. Competitive Groups:

Training Group	Last Month Attendance %	Current Month	Last Month
Age Group #1	68%	21	21
Age Group #2	45%	12	11
Age Group Transition	51%	12	14
11&O Bronze	49%	14	20
11-14 Gold	74%	28	30
Senior #2	67%	24	27
Senior #1	70%	18	15

c. Other Groups:

Training Group	Last Month Attendance %	Current Month	Last Month
Stroke School #1	55%	13	18
Stroke School #2	47%	13	24
Pre-Competitive	36%	21	31
Fitness	26%	20	26

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

Date	Meet	Type	# of Swimmers	General Summary/ Comments
01/19-01/20	EC Senior Q Qualifier	Senior	36	Hosted by RAA. Prelims and finals meet. First type of meet for our area for the Senior Level. Qualifying meet for LSC Senior Q Meet.
01/25-01/27	BRW Meet	BRW	66	Held by CCAQ at Eastvale Roosevelt High School. Meet was first one of the season for age group.

02/09 – 02/10	IMX/ IMR Challenge	BRW	49	Held at Palm Springs. Swimmers were competing for IMX/IMR scores. Had several swimmers place in age group category.
02/15 – 0217	SCS Senior Q Meet	Senior	21	Held at MVN. Swimmers had to qualify to be at this meet from last months committee qualifier. Team combined scores was 10 th place.

III. Travel

a. This Month:

- i. Eastern Committee RW Festival @ RAA Feb 23-24
- ii. CA/NV Sectionals @ NCA (Carlsbad) Feb 28 – March 3
- iii. Eastern Committee BR Championships @ MESA (Perris) March 1-3
- iv. TMEC RW Hosted Meet @ Great Oak High March 9
- v. 14&Under Junior Olympics @ Rosebowl (Pasadena) March 13 - 17

b. Future Scheduled Travel:

- i. Quad Long Course Meet @ RAA March 30th

IV. Special Projects/ Events:

i. Travel Meet Update:

1. Auburn Travel Trip

- a. 27 Swimmers have confirmed with deposits
- b. Will be doing Fundraisers next
- c. Waiting on meet hosts event file to start putting in events for the meet.

ii. March 9 RW Meet

1. We should have confirmation on number of swimmers by Feb 28 from our meet admin

iii. Senior Swimmer Clinics

1. Coaching staff looking at two dates over the week of spring break (first week of April) for the Senior level swimmers to do mini clinics with other groups.
 - a. Will use afternoons at MMHS

iv. Practice Meets

1. March & April we will offer practice meets for Stroke School, Pre-comp, Age Group #2, Age Group Transition, Fitness and Bronze
 - a. Will be on Friday evening at MMHS
 - b. Short distance events
 - c. Good practice for both parents and swimmer on meets especially as we head into the summer meets

v. Hosted Meet Suggestion: Open Relay Invite

1. Looking at hosting a Relay Only meet in the fall.
2. Invite multiple teams
3. Only events relays
 - a. Have all ages relays for teams to get qualifying times for the championship meets
 - b. Throw in a few fun relays (ex: Wild Card, Kick Board, Mixed age)
 - c. Do medals for top 3 finishing teams in each event

- d. Have a team trophy for overall placing team (suggested maybe a bobble head version).

V. Coaching Staff Notes:

i. Shark Attack

- 1. Coach Lauri & Jenn will be meeting Feb 20th to finalize details for registration:
 - a. Will review instructor requests (have been receiving e-mails)
 - b. Still waiting on what sites will be used and hours
 - i. NOTE: MMHS may not be available due to need to re-plaster the pool
 - c. Suggested Programs/Sessions:
 - i. Learn-to-Swim 30 minute (4 – 12): 2 Week Sessions- 4 times each week M-TH (\$80)
 - 1. June 10 – 20
 - 2. June 17 – 27
 - 3. July 1 – 11 (NO Class July 4)
 - 4. July 15 – 25
 - ii. Private Swim Lessons 30 minute (4+): 4 week Sessions- 2 times each week- M/W or T/TH (\$160)
 - 1. June 10 – June 27
 - 2. July 1 – July 25
 - iii. Summer League 45 minute (4-12): 4 week sessions- 4-times each week M-TH (\$120)
 - 1. June 10 – June 27
 - 2. July 1 – July 25
 - a. Do a little meet (Tentative July 30)
 - iv. High School Summer League 1 hour – 1.5 hour (13-18) 8 week session- 4 times each week M-TH (\$200)
 - 1. June 10 – July 25
- 2. Also looking at lessons through fall & next spring (Dec – Feb maybe a break due to weather):
 - a. Saturdays @ MMHS
 - i. 4 week sessions

ii. Stroke School

- 1. April Session Start going back to breaking up groups as follows:
 - a. 30 minute groups:
 - i. Freestyle
 - ii. Backstroke
 - b. 45 minute groups
 - i. Breaststroke
 - ii. Butterfly
 - iii. PreComp
 - c. Cycles will remain at 4 weeks to ensure swimmers are having time to work on skills. Lesson plans will be done by early March.

iii. Progress Reports

1. Coaching staff has designed progress reports for Stroke School and Age Groups that will be given to individual swimmers at the end of month or cycle.
 - a. Age Group #2 with Coach Taylor has already been starting this and has been given good feedback.
 - iv. Coach Hailey and Taylor have recommended the following:
 1. Precomp increase from 45 min practice to 1 hour
 2. Fitness increase from 1 hour to 1 15 minutes
 3. Feel the time is a good stepping stone between groups
- VI. Practice Schedule Updates (EX: Changes/ Modified/Adjustments)**
- i. Saturdays
 1. Due to another team after us at Drop Zone we adjusted the schedule on Saturdays so that we can have a 30 min window to adjust the pool and allow swimmers to clear deck.
 - a. Senior 1 5:30 – 7:30 AM
 - b. Senior 2 5:30 – 7:30 AM
 - c. Gold 6:00 – 7:30 AM
 - i. 30 min of dryland after practice at nearby park area
 - d. Age Group #1 6:00 – 7:30 AM
 - e. Bronze 6:00 – 7:30 AM
 - ii. April Proposed Schedule
 1. May get more pool time at GOHS. Suggested schedule if so:
 - a. TES:
 - i. Pre-Competitive 4:15 – 5:00 PM w/Sennen & Hailey
 - ii. Age Group Transition 4:45 – 6:15 PM
 - iii. Stroke School #1 Groups w/Sennen & Hailey
 1. Freestyle 4:50 – 5:35
 2. Backstroke 5:05 – 5:35
 - iv. Stroke School #2 Groups w/ Sennen & Hailey
 1. Breaststroke 5:40 – 6:35
 2. Butterfly 5:40 – 6:35
 - b. GOHS (6:30 on deck 15 min set-up)
 - i. Age Group #2 6:45 – 8:00 w/ Taylor
 - ii. Fitness w/ Hailey 7:15 – 8:15
 - iii. Gold 6:45 -8:15
 - c. MMHS
 - i. Age Group #1 5 – 6:30 PM w/ Jenn
 - ii. Bronze 5-6:30 PM w/Reynolds
 - iii. Senior #1 6 – 8:30 PM w/Reynolds
 - iv. Senior #2 6:30 – 8:30 PM 2/ Jenn
 - iii. High School Meets
 1. 3/12, 3/26, 4/11, 4/18
 - a. Modified for these groups:
 - i. Age Group #1 @ GOHS 6:45 – 8:15 PM
 - ii. Bronze @ TES 4:15 – 5:45
 - iii. Senior #1 & #2 tentative 6:30 start
 - iv. May @ TES

1. City will be doing spring lessons this month and will effect our schedule.
Once we confirmed times then can create a schedule.

VII. LSC & Committee News:

i. Southern Cal Swim

1. December Meets

a. Meet dates have been adjusted:

- i. Committee last ditch Dec 6 – 8**
- ii. Winter Age Group Invites Dec 13-15**
- iii. Senior Regionals Dec 20 – 22**
- iv. Sectionals Dec 20 – 23**

ii. Eastern Committee

- 1. Next meeting May**

VIII. Miscellaneous:

i. Recognition:

- 1. Justin Schneider** has been invited to the Zone Select Camp in June.
- 2. Coach Reynolds** has been chosen by SCS to attend the USA Swimming Leadership Summit at the Olympic Training Center in Colorado.