



Monthly Board Coach's Report

Month: October 13 – November 16th

Submitted By: Coach Jenn Beech

Date Submitted: Friday November 16, 2018

I. Numbers Report

a. Team Totals: 259

	5- 8	9-10	11-12	13-14	15-18	Total
Girls	19	32	40	36	19	146
Boys	13	27	26	31	16	113

b. Competitive Groups:

Training Group	Current Month	Last Month
Age Group #1	25	25
Age Group #2	16	16
Age Group Transition	17	23
11&O Bronze	13	19
11-14 Gold	30	30
Senior #2	27	24
Senior #1	15	15

c. Other Groups:

Training Group	Current Month	Last Month
Stroke School #1	22	28
Stroke School #2	30	29
Pre-Competitive	33	30
Fitness	30	34

II. Meet Report

Date	Meet	Type	# of Swimmers	General Summary/ Comments
10/12/18	FAC Meet	BRW	72	Hosted at Fontana Aquatic Center.
10/21/18	Senior Race #3	Senior	16	Hosted at Cerritos. Won 1 dual meet, Lost 1 dual meet.
10/27/18	Blue v. Black v. White	Innersquad	120	Annual innersquad hosted at MMHS. White team was the 2018 winners
11/1/18	Kevin Perry Senior Meet	Senior	14	Hosted at La Mirada. Lelaini Abalos got her first sectional cut and Jacob Rivers qualified for Winter Junior Nationals. Ty Schneider got 11-12 1650 Free Team Record. Leilani Abalos got 13-14 100 & 200 Breast Team Records. Justin Schneider got 13-14 50 Free, 500 Free, 1000 Free, 1650 Free Team Records.

				Maximus Dillon got 15-18 100 Breast, 200 IM Team Records. Jacob Rivers got 15-18 100 Fly and 200 Fly Team Records. Sonja Aarsvold got 13-14 1650 Free Team Record.
11/09/18	TMEC BRW Hosted Meet	BRW	127	Hosted meet. Friday night was at GOHS and Saturday/ Sunday at MMHS.

III. Travel

a. This Month:

- i. Palm Springs Free Weekend Meet 11/16 – 11/18: Coach Jenn attending as Coach
- ii. La Mirada Senior Race Series Championships 11/18: Coach Reynolds attending as Coach

b. Future Scheduled Travel:

- i. BR WAG Qualifier @ MESA (Drop Zone) 11/30-12/2
- ii. 2018 Winter Junior Nationals @ San Antonio 12/6-12/8
- iii. 2018 Winter Age Group Championships @ Palm Springs 12/7-12/9
- iv. 2018 CA/NV Winter Sectionals @ Yucaipa 12/14-12/16
- v. 2018 SCS Senior Regional Invite @ Lakewood 12/14-12/16
- vi. DSRT RW Meet @ Victorville 12/15

IV. Special Projects/ Events:

- i. Travel Meet Update:
 1. Age Group Travel Meet
 - a. Looking at PST Invite over Memorial Day Weekend
 - b. Sent out survey for interest had 36 responses: 26 yes/ 10 no's
 - c. Will have meeting on November 20th @ MMHS 4:00 PM to confirm those that are interested and give out price details.
 2. Senior Travel Trip Meet
 - a. Narrowed down to a San Antino Invite in June after June Age Group Champs.
 - b. Getting pricing now.
 - c. Next step we will set-up meeting to confirm interest in going.

V. Coaching Staff Notes:

- a. 2019 Blue v. Black v. White Meet Suggestions:
 - i. Include stroke school swimmers with offering them these events:
 1. 25 Free
 2. 50 Free
 3. 25 Kick
 4. 50 Kick
 - ii. Adding "Hot Heats"
 1. See if we can get some donated gift card or prizes
 2. Then through out the meet randomly choose heats that whatever swimmer wins that heat gets the prizes
- b. Guiding New Swimmers @ Meets
 - i. Coaches are establishing several meets through out 2019 that we would like to push for our newer swimmers to attend

1. CCAQ at the end of January and out TMEC hosted meet March 9th being the first.
2. At these meets we would like to invite our upper level- older swimmers to come to the meets as guides. We would give them community service hours.
3. For the volunteer swimmers at these meets we would like to get them a bright shirt to wear at the meets?
- ii. At all meets get our guides a shirt or vest that alerts members from our team to go them with any questions.
 1. Coaches would point them out.
- iii. In Summer months getting back to unsanctioned practice meets where we can even invite our summer only swimmers as well. A couple Fridays through out the season.
- c. Group Transitions:
 - i. Coaches will start transitioning swimmers to new groups at the end of December after the championship meets are completed.
 - ii. Will meet with swimmers as a group over the next month
 - iii. Coaches will be giving eval sheets to all swimmers in groups to let each swimmer know individually of placement and why.
 - iv. Will be taking into consideration swimmers who age up between January – Feb.
 - v. Reminder transitions will be taking place end of December, March, and August.
- d. January Meet Schedule
 - i. Coaches are looking at skipping the January 12 – 13 meet at RST.
 1. Meet is 12&under BRW and 13&over White only
 2. With CCAQ BRW being two weeks later feel this would be a better focus meet especially after the holidays.

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

- a. November 19 - 24 Modified Schedule for Thanksgiving Week.
 - i. No practice 11/22 and 11/23
 1. Seniors will practice 11/22 6:00 – 8:00 am
- b. December 7 & 14 Modified due to coaches attending meets:
 1. December 7 & 14 (Will send out more detailed schedule November 26)
 - a. Bronze combined with Age Group Transition
 - b. Age Group #1 combined with Age Group #2
 - c. Gold & Senior Groups Combined
- c. Girls Water Polo Games:
 - i. CHS: 11/16, 11/29, 12/11, & 12/20
 - ii. MMHS: 11/21, 11/26, and 12/13
- d. Winter Break will be modified due to pool availability
 - i. Will send out confirmed schedule by December 3rd
 - ii. No practices: 12/24, 12/25, 12/31, ½
 - iii. On 12/26 & 1/2/19 will be fitting team practices at CRC between 1-6 pm due to both high school pools being blacked out.

VII. LSC & Committee News:

- a. Southern Cal Swim
 1. Senior Q Meet

- a. Swimmers will need to attend the committee qualifying meet in January to be able to qualify for the Feb LSC meet at MVN
 - b. Eastern Committee qualifying meet
 - i. Hosted by RAA
 - ii. Min times standard will be 11-12 WAG Cuts
 - iii. Prelims/ finals
 - iv. Swimmers who final in top 6 will move on to LSC Meet
 - c. LSC Meet
 - i. Hosted at MVN
 - ii. Prelims/ Finals
- ii. House of Delegates Meeting on November 14th
 - 1. New Board voted in for 2019
 - 2. Items Voted as Approved
 - a. A Meet Jury required at all LSC Level Meets
 - b. Junior Nationals swimmers will receive \$700 instead of \$600 for their travel grant
 - 3. Items Voted down:
 - a. Meet Marshals being required to be Non-Athlete Registered and take a course
 - i. Tabled: consideration that a training guide be required for marshals to review at the start of meets
 - b. Swimmers “buy back” into meets when missing finals
 - c. Officials Training
 - i. Would have required only 2 officials and 1 admin could be trained at a time
 - ii. Training would have required a “trainer” who is not officiating meet
 - d. Required Peer Review of officials
 - 4. Tabled:
 - a. Late entry for meets
 - i. Would have required double surcharge fees
 - ii. Plus \$150
 - iii. Reasoning: in cases where a coach got in a entry late this could help the team swimmers from not being punished for one persons mistake
 - iv. Was tabled because of the requirement of “Team Check” required.
 - 1. Some teams due to past issues are required to pay by cashiers check
 - 2. Another issue is some teams need a voucher turned in so process needed more clarity.
 - 5. Special House of Delegates Meeting has been called for January 16th to vote in new LSC Bylaws.
- b. Eastern Committee
 - i. New board voted in
 - 1. Joslyn Rothlein is a athlete rep
 - 2. Coach Jenn will be Programs Chair

VIII. Miscellaneous:

- i. Coach Lauri will be attending the 2019 SCS Pacific All-Stars as a Coach
 - 1. Meet will be held January 5-6th at commerce