



Monthly Board Coach's Report

Month: September – October 12

Submitted By: Coach Jenn Beech

Date Submitted: Friday October 12, 2018

I. Numbers Report

a. Team Totals: 275

	5- 8	9-10	11-12	13-14	15-18	Total
Girls	21	32	45	41	19	158
Boys	16	28	27	34	12	117

b. Competitive Groups:

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

c. Other Groups:

Training Group	Current Month	Last Month
Stroke School #1	28	N/A
Stroke School #2	29	N/A
Pre-Competitive	30	N/A
Fitness	34	N/A

II. Meet Report

Date	Meet	Type	# of Swimmers	General Summary/ Comments
9/21/18	RST Meet	BRW	10	Hosted at Redlands High School. Swimmers attended on own since the coaches took off as a focus meet. Kaylee Richmond achieved 7-8 50 Free, 25 Back, and 25 Breast Team Records.
9/23/18	Senior Race #1	Senior	16	Hosted at El Toro High School. Won 1 dual meet and lost 1.
9/29/18	Tri- Meet	BRW	102	Hosted at Drop Zone. Meet was against MESA and NCA. Team placed 2 nd overall.
10/7/18	Senior Race #2	Senior	14	Hosted at Riverside Aquatics Center. Won 1 dual meet and lost 1.

III. Travel

a. This Month:

- i. Fontana Aquatics Center 10/12 – 10/14 (FAC BRW Meet)
- ii. Cerritos Swim Center 10/21 (Senior Race Series #3)

b. Future Scheduled Travel:

- i. Kevin Perry @ La Mirada 11/2-11/4 (Senior Meet)
- ii. Free Weekend Meet @ Palm Springs 11/16 – 11/18 (BRW)
- iii. Senior Race Series Championships @ La Mirada 11/18 (Senior Meet)

IV. Special Projects/ Events:

- i. Swim-A-Thon was hosted on October 6th at MMHS. Will be sending out news letter that includes all the participating swimmers with lap totals. Members have till October 21st to continue fundraising.
- ii. Travel Meet Update:
 - 1. Narrowed to following meets:
 - a. Far Westerns at Santa Clara: April 4-7
 - i. Faster then JO cuts
 - b. Northern Nevada Age Group Open-Location: Reno NV March 23-24
 - i. Been in contact with meet director. They express they would love to have us attend
 - c. San Antino, Texas: June 21-23, 2019 – AAAA GB Invite, NorthSide
 - 2. Hoping to find more meets from Arizona but they haven't updated past April.
 - 3. Meets that were considered:
 - a. Willamete Valley Season Finale Invite Location: McMinville, OR March 16-19
 - i. Would be the same dates as JO's
 - b. Desert Thunder TYR Sweetheart AB Invitational -Location: Chandler AZ-February 1-3rd
 - i. Meet director hasn't contacted back
 - ii. No School vacations around this time
 - 4. Blue v. Black v. White Meet
 - a. Practices were on October 5th
 - b. Coaches will have events chosen by October 17th and posted online.
 - c. Meet will be hosted on October 27th

V. Coaching Staff Notes:

a. Stroke School

- i. Chart: Hailey and Sennen have started using a chart at Stroke School #1 and #2 that swimmers can check on at the end of each practice to view their progress
- ii. Adding on first day of new cycles to do a quick meeting with swimmers and parents
- iii. Lauri and Jenn with assistance from Hailey are working on updates to lesson plans for stroke school. Including the use of progress sheets to be passed out at the end of cycle (similar to what we use in swim lessons)

- b. Next Coach Meeting is on October 23
- VI. **Practice Schedule Updates (EX: Changes/ Modified/Adjustments)**
 - a. October 29
 - i. Bronze will change 4-5:30 PM at CRC and Age Group #2 5:30 – 6:45 PM at CHS.
 - 1. This change is due to girls water polo needing the MMHS pool till 6:00 PM
 - 2. With Bronze being earlier Reynolds will start doing Senior drylands at 6:00.
 - ii. Practice October 31st
 - 1. No practices for all groups except:
 - a. Senior #1 and those in Senior #2 attending Kevin Perry
 - i. Practice will be 4-6 PM at CRC
 - b. Girls Water Polo Games:
 - i. Still waiting on MMHS and CHS to submit their final game schedules. Once we know the home games days we will send out.
 - c. November 9th: Modified Schedule TBD due to our team hosting the Friday night session at MMHS.

VII. **LSC & Committee News:**

- a. **Southern Cal Swim**
 - i. Announce Winter Age Group Assignments:
 - 1. TMEC will be at Palm Springs for the meet
 - ii. House of Delegates Meeting November 14th
 - 1. Coach Jenn will attend as TMEC Rep.
 - 2. SCS Board Nominations:
 - a. Coach Jenn for Age Group Chair
 - b. Joslyn Rothlein as Athlete Rep
 - c. There will be a vote at the delegates meeting to confirm.
- b. **Eastern Committee**
 - i. CCAQ Meet was moved from Feb 2-3 to January 26-28th
 - ii. Next Meeting October 25th
 - 1. Coach Jenn will attend
 - 2. Board vote meeting
 - a. Coach Jenn nominated to continue as Committee Age Group Rep
 - b. Joslyn Rothlein nominated as Junior Athlete Rep

VIII. **Miscellaneous:**

- a. Hosted Meet:
 - i. Friday November 9th:
 - 1. We will be able to get on GOHS deck between 7-9 PM.
 - 2. Will add jobs for set-up at the location for the night.
 - 3. Will move snack bar donation location from MMHS to GOHS
 - ii. Its Veterans Day weekend. Maybe we get swimmers whose parents have served or currently serve to hold small flags behind blocks during National Anthem?