



Monthly Board Coach's Report

Month: October 19 – November 18

Submitted By: Coach Jenn Beech

Date Submitted: Sunday November 18

I. Numbers Report

a. Team Totals: 236

	5- 8	9-10	11-12	13-14	15-18	Total
Girls	24	29	26	30	23	132
Boys	16	12	31	20	25	104

b. Competitive Groups:

Training Group	Last Month Attendance %	Current Month	Last Month
Age Group #1	69%	11	13
Age Group #2	61%	20	20
High School Competitive*	12%	20	19
Bronze	61%	26	24
Gold #2*	61%	17	16
Gold #1*	75%	16	16
Senior #2	56%	18	20
Senior #1	66%	18	18

c. Other Groups:

Training Group	Last Month Attendance %	Current Month	Last Month
Stroke School #1	43%	27	33
Stroke School #2	42%	22	25
Pre-Competitive	46%	23	15
Fitness	40%	16	15

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

Date	Meet	Type	# of Swimmers	General Summary/ Comments
10/20	Senior Race Series #3	Senior	19	last of three dual meets in the Senior Race Series. Meet hosted by MVN at Margurita Aquatic Center.
10/26-10/27	Lakewood	BRW	54	IMX Meet hosted by Lakewood at Belmont Shores Pool.
10/31 – 11/03	Kevin Perry Meet	Senior	20	Kevin Perry senior meet hosted by La Mirada at the La Mirada Splash Park.

11/8-11/10	YST November Meet	BRW	82	Friday night session hosted by FAC at Fontana Aquatics Park. Saturday/Sunday hosted by YST at Crafton College. Regular committee scheduled meet
11/16-11/17	Senior Race Series Champs	Senior	10	Top 32 swimmers from the Senior Race Series dual meets compete at La Mirada in the championship meet of the meet series.

III. Travel

a. This Month:

- i. Lakewood Invite @ Cerritos November 22-24
- ii. WAG Qualifier hosted by MESA @ Dropzone December 6-8
- iii. Junior Nationals in Washington December 11-14
- iv. Winter Age Group Champs @ Palm Springs December 13 -15
- v. Winter Sectionals @ East LA December 13-16

b. Future Scheduled Travel:

- i. Senior Regionals at Cerritos December 21-22

Special Projects/ Events:

ii. Fitter Faster

1. Scheduled Jan 3-5

- a. Registration now posted. Price goes up after December 5.

iii. Nutrition Presentation:

1. Coach Jenn will have a nutrition/ USADA presentation over Winter Break.
 - a. Looking at using Mesa Library.
 - b. Suggested Groups: Senior & Golds (may open to other suggested groups as well).
 - c. Suggested Dates:
 - i. December 27 or Jan 2

iv. College Recruiting

1. Coach Jenn having a presentation on College Recruiting. Focus being on the process to expect and how the swimmer/family should be proceeding with the process.
 - a. Looking at Mesa Library
 - b. Suggested Groups: Senior, Gold and High School
 - c. Suggested Dates: Dec 26, Dec 27, or Jan 2

v. TMEC Athlete Reps:

1. Job Description and Applications at end of this report.
2. Would like to get the process started so that we can have reps at the start of the new season to be ready for what SCS and Easter Committee are looking to do with Reps

IV. Coaching Staff Notes:

i. Holidays:

1. Coaching staff would like to remind swimmers that we understand with the holidays that swimmers may be traveling. The staff highly encourages swimmers to find teams to possibly train with while

traveling or to reach out to your direct coach for workouts they can do. This is a big reminder as we have meets happening right out of the holidays.

ii. Registration:

1. Swimmers/Families need to make sure their swimmers 2020 registration is done by the new year so that it does not effect them attending meets or practices
 - a. Link is up on the events page
 - b. Suggest completed by December 15
 - c. Swimmers with late registration may have to pay double plus fees to be entered into any of the early January meets.

iii. Safe Sport Trainings

1. Reminder that to have our Safe Sport Recognition completed as a team we need swimmers and parents to take the Athlete Protection Trainings online.

iv. Non-Resident Fees

1. The City of Temecula has asked us for our current roster with addresses.
 - a. This usually indicates a \$10 non-resident fee per swimmer outside of City of Temecula Residents (Note: this can include those living in Wine Country and Morgan Hill).

v. Long Course Training

1. Going into winter we are trying to get some long course training for at least senior levels to start.
2. Saturdays starting Jan will most likely move to long course training.
3. Reason for early training prospect is that with it being Olympic year we are seeing earlier Long Course meets happening since they are trying to give more opportunities to get Olympic Trial cuts since you can only qualify in LCM.

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

i. Thanksgiving

1. Schedule at end of report.

ii. Winter Break

1. Winter Break we are currently working on.
 - a. Note that locations are most likely to change day to day because of the facilities having differing availability based on holidays.
 - b. No practices on 12/24, 12/25, 12/31 and 1/1.

VI. LSC & Committee News:

i. Southern Cal Swim

1. PAC & All Star Applications

- a. Swimmers can apply for these events by Dec 5 on the SCS website.

ii. Eastern Committee

1. January Meeting

- a. Next meeting the committee is trying to get a Athlete Rep program established. Asked each team to have reps by this time.

VII. Miscellaneous:

Job Description of TMEC Athlete Representative:

Temecula Swim Club Athlete Rep represents the TMEC's athletes' views and desires and coordinates athlete legislation within TMEC. The TMEC Athlete Rep represents Temecula Swim Club athletes to the coaching staff and board of directors. The Senior Athlete Representative's shall be the main liaison between TMEC athletes and the TMEC coaching staff and Board of directors. The Junior Athlete Rep assists the Senior Athlete Rep.



Temecula Triton Swim Club

Senior Athlete Representative Application

A Temecula Triton Swim Club (TMEC) Senior Athlete Representative is a club position. It is a position that requires one to be a leader and representative of ALL the athletes in the TMEC Swim Club.

To apply for this position, athletes need to be 14 years old as of September 1, 2019. Please email completed application to coachjenn@tmeacswim.org (.pdf or .doc files will be accepted). The deadline to submit applications will be December 2, 2019. No late applications will be accepted.

*Please make sure you are able to comply with all of the following **requirements** before committing yourself to be an Athlete Representative:

- Age 14+ years.
- On the club for 2+ years.
- A member of the Senior #1 or Senior #2
- Reports to Head Coach Jenn Beech each month with any concerns, questions, or suggestions that athletes have that can be reported back to the monthly Board of Directors meeting.
- Must participate in any and all athlete functions, calls, and meetings.
- Will attend any Eastern Committee athlete rep functions.
- Will attend SCS Athlete Summit in Fall 2020
 - TMEC will pay for athlete reps to attend.

Name:

Age/Birthday:

Gender:

Email:

Phone Number:

Position you are applying for:

___Senior Athlete Rep

___Senior Safe Sport Athlete Rep

Please answer the following questions with no more than a paragraph.

1. Are you currently or have experience in a leadership role at school or another organization?
 - a. If yes, what position do you currently/previously held and HOW have you contributed to the your community?
 - b. If no, how WILL you contribute to the team and community?
2. What do you think makes a 'good' leader?
3. What would you like to see happen within the TMEC Club/what are your goals for the TMEC Club?



Temecula Triton Swim Club

Junior Athlete Representative Application

A Temecula Triton Swim Club (TMEC) Junior Athlete Representative is a club position. It is a position that requires one to be a leader and representative of ALL the athletes in the TMEC Swim Club.

To apply for this position, athletes need to be 12 years old as of September 1, 2019. Please email completed application to coachjenn@tmeCSwim.org (.pdf or .doc files will be accepted). The deadline to submit applications will be December 2, 2019. No late applications will be accepted.

*Please make sure you are able to comply with all of the following **requirements** before committing yourself to be an Athlete Representative:

- Age 12+ years.
- On the club for 2+ years.
- A member of the Gold #1 or Gold #2
- Reports to Senior Athlete Reps
 - Senior Athlete Reps role will be to report to Head Coach Jenn Beech each month who will take Athlete report to the monthly Board of Directors Meeting.
- Will attend SCS Athlete Summit in Fall 2020
 - TMEC will pay for athlete reps to attend.

Name:

Age/Birthday:

Gender:

Email:

Phone Number:

Position you are applying for:

___Junior Athlete Rep

___Junior Safe Sport Athlete Rep

Please answer the following questions with no more than a paragraph.

4. Are you currently or have experience in a leadership role at school or another organization?
 - a. If yes, what position do you currently/previously held and HOW have you contributed to the your community?
 - b. If no, how WILL you contribute to the team and community?
5. What do you think makes a 'good' leader?
6. What would you like to see happen within the TMEC Club/what are your goals for the TMEC Club?

**Thanksgiving Week
Practice Schedule**
****Times and Locations Subject to Change****

Group	Coach	Monday	Tuesday	Wednesday	Thursday	Friday
Stroke School #1	Sennen/ Jenn	4:00 – 4:30 @ CRC	4:00 – 4:30 @ CRC	4:00 – 4:30 @ CRC	NO PRACTICE	NO PRACTICE
Stroke School #2	Sennen	4:30 – 6:00 @ CRC	4:30 – 6:00 @ CRC	4:30 – 6:00 @ CRC	NO PRACTICE	NO PRACTICE
Pre-Competitive	Taylor/ Sennen	4:30 – 6:00 @ CRC	4:30 – 6:00 @ CRC	4:30 – 6:00 @ CRC	NO PRACTICE	NO PRACTICE
Fitness	Sennen	6:00 – 7:00 @ CRC	6:00 – 7:00 @ CRC	6:00 – 7:00 @ CRC	NO PRACTICE	5:30 – 7:00 PM @ MMHS

Group	Coach	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Age Group #2	Taylor	7:00 – 8:15 am @ DZ***	7:00 – 8:15 am @ DZ	7:00 – 8:15 am @ DZ	NO PRACTICE	4:00 – 5:30 PM @ MMHS	9:00 – 10:30 am @ MMHS
Age Group #1	Jenn	7:00 – 8:30 am @ DZ	7:00 – 8:30 am @ DZ	7:00 – 8:30 am @ DZ	NO PRACTICE	4:00 – 5:30 PM @ MMHS	9:00 – 10:30 am @ MMHS
Bronze	Reynolds	7:00 – 8:30 am @ DZ**	7:00 – 8:30 am @ DZ**	7:00 – 8:30 am @ DZ**	NO PRACTICE	5:30 – 7:00 PM @ MMHS	10:00 – 11:00 am @ MMHS
High School Competitive	Sennen	5:30 – 7:00 PM @ CRC	5:30 – 7:00 PM @ CRC	5:30 – 7:00 PM @ CRC	NO PRACTICE	5:30 – 7:00 PM @ MMHS	10:00 – 11:00 am @ MMHS
Gold #2	Lauri	7:00 – 8:30 am @ DZ	7:00 – 8:30 am @ DZ	7:00 – 8:30 am @ DZ	NO PRACTICE	4:00 – 5:30 PM @ MMHS	9:30 – 11:00 am @ MMHS
Gold #1	Lauri	7:00 – 8:45 am @ DZ	7:00 – 8:45 am @ DZ	7:00 – 8:45 am @ DZ	NO PRACTICE	5:15 – 7:00 PM @ MMHS	7:00 – 9:30 am @ MMHS
Senior #2	Jenn	8:00 - 10:00 AM @ DZ	8:00 - 10:00 AM @ DZ	8:00 - 10:00 AM @ DZ	NO PRACTICE	2:00 – 4:00 PM @ MMHS	7:00 – 9:00 am

		2:00 – 4:00 PM @ MMHS	2:00 – 4:00 PM @ MMHS	2:00 – 4:00 PM @ MMHS			@ MMHS
Senior #1	Reynolds	7:00 – 11:00 am @ DZ 2:00 – 4:00 PM @ MMHS	7:00 – 11:00 am @ DZ 2:00 – 4:00 PM @ MMHS	7:00 – 11:00 am @ DZ 2:00 – 4:00 PM @ MMHS	NO PRACTICE	7:00 – 9:00 am @ MMHS	7:00 – 10:00 am

**Bronze if you are unable to make the morning practice you can go with High School group in evenings

***Age Group #2 if you are unable to make the morning practice you can go with Precomp group in evenings.

CRC = Temecula Recreation Center

GOHS= Great Oak High School

MMHS = Murrieta Mesa High School