



## Monthly Board Coach's Report

**Month:** November 22 - December 19, 2022

**Submitted By:** Coach Jenn Beech

**Date Submitted:** Monday December 19, 2022

### I. Numbers Report

#### a. Team Totals: 331

|              | 5- 8 | 9-10 | 11-12 | 13-14 | 15-18 | Total |
|--------------|------|------|-------|-------|-------|-------|
| <b>Girls</b> | 26   | 42   | 47    | 34    | 24    | 173   |
| <b>Boys</b>  | 26   | 40   | 39    | 36    | 17    | 158   |

#### b. Competitive Groups:

| Training Group   | Last Month Attendance % | Current Month | Last Month |
|------------------|-------------------------|---------------|------------|
| Age Group Gold   | 52%                     | 11            | 11         |
| Age Group Silver | 43%                     | 19            | 20         |
| Age Group Bronze | 36%                     | 42            | 48         |
| Jr. Bronze       | 44%                     | 33            | 32         |
| Jr. Silver       | 55%                     | 13            | 13         |
| Jr. Gold         | 50%                     | 7             | 7          |
| Sr Bronze        | 34%                     | 24            | 21         |
| Sr Silver        | 48%                     | 12            | 11         |
| Sr Gold          | 82%                     | 15            | 17         |

#### c. Other Groups:

| Training Group                | Last Month Attendance % | Current Month | Last Month |
|-------------------------------|-------------------------|---------------|------------|
| Stroke School #1- Freestyle   | 50%                     | 13            | 7          |
| Stroke School #2- Backstroke  | 40%                     | 10            | 13         |
| Stroke School #2-Breaststroke | 62%                     | 14            | 17         |
| Stroke School #2- Butterfly   | 55%                     | 17            | 20         |
| Pre-Competitive               | 44%                     | 61            | 69         |
| Competitive Readiness         | 35%                     | 40            | 49         |

### II. Meet Report=

| Date          | Meet           | Type | # of Swimmers | General Summary/ Comments     |
|---------------|----------------|------|---------------|-------------------------------|
| 12/03 - 12/04 | WAG Last Ditch | ABC  | 47            | Hosted by DSRT in Victorville |

|               |                         |               |    |                                                                                        |
|---------------|-------------------------|---------------|----|----------------------------------------------------------------------------------------|
| 12/09 - 12/10 | Winter Age Group Champs | Invitational  | 26 | Hosted by RAA at Riverside. Boys 7-10 200 Free Relay team beat 4 year old team record. |
| 12/16 - 12/19 | CA/NV Winter Sectionals | Senior Invite | 6  | Hosted by La Mirada.                                                                   |

### **III. Travel**

- i. Quad Meet (ABC) @ Riverside Jan 14-15
- ii. BC Meet @ Fontana Jan 21 - 22
- iii. AB Eastern Committee Champs hosted by TMEC Feb 3-5

### **IV. Special Projects/ Events:**

- i. Winter Carnival Dec 21 @ MMHS 5-8 PM
- ii. Auburn Trip
  1. Interest meeting on December 20 via Zoom @ 5 PM
- iii. Fitter Faster Clinic
  1. Jan 21 -22
    - a. Focus on race strategy

### **V. Coaching Staff Notes:**

- i. USA Swimming 2023 Renewal
  1. All current members must renew USA Swimming registration and team registration by December 31, 2022. Failure to do so will mean at new year swimmers will be held out of practices and swim meets.
    - a. The USA Swimming must be done on their platform and the TMEC one on our team site. Dont miss going to both places.
- ii. Group Transition
  1. Coaching Staff will be in contact with swimmers about group transitions that will start January 3, 2023.
- iii. January New Cap Policy
  1. Starting January 9 we will require swimmers to wear a TMEC cap to practice. This is to create a better team culture and setting.
- iv. High School Season
  1. Reminder that swimmers DO NOT have to take club off during high school season.
  2. Talk with high school coach to see if they will count club practices towards high school practice requirements.

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

- i. Till January 5 we will just have Murrieta Mesa.

### **VII. LSC & Committee News:**

- i. Southern Cal Swim
- ii. Eastern Committee

### **VIII. Miscellaneous:**

- a. Coach Andrea chosen as SCS All Star Festival Coach

