

## Coaches reports to BOD:

### Number of kids in water

- 37 swimmers see attached report.
- We are still limited to 12 kids per practice group at the moment so a maximum of 48 kids can be on the team at this time with current restrictions. Will try to reach out to accounts that are “active” on the website but without swimmers registered hopefully this week if I get a moment but if we know families that have been members in the past might be worth reaching out as well. As stated above we don’t have that many slots to fill but would be good to be as full as we can get.

### Swimmer behavior issues? ( ones that you need BOD to get involved in as behavior is not changing)

- None of note.

### Progress news of last month with swimmers

- Dolphin – Very good start to the year group placement seems to be really good and am happy with the group thus far although management of the group may become difficult if numbers grow to 12 swimmers and managing 2 ends of the pool.
- Bronze – Very happy with this group as well. Seems to be an equitable split in terms of ability in the group which is nice.
- Silver – I like this group however I would like to see a few more of the swimmers we had in this group last season return.
- Gold/Senior – Had some very good training sessions over break, we are beginning to build volume into our work while balancing technique and quality, seems to be going well. Some of the gaps in ability make the group complicated but I am trying to manage this to the best of my ability. I really don’t have a better solution to this at the time.

### Any staff conflicts or news on wanting to add someone to the deck?

- Have spoken to Jaimie about coming on board as all her certifications are up to date. She has committed to teaching lessons at the Bay Club through February so her capacity to help would be greatly appreciated. Right now I am coaching approximately 30 hours a week on deck which is pretty high but manageable, it provides fewer hours for planning and workout writing a week than I would like to have off deck but can manage at the moment.

### What do you need from the BOD?

- Continued support on the behind scenes things (registrations, volunteers, website, parent communications, etc.).

### What is on the Horizon for the next month? Schedule changes, meets etc.

- Attached you may find a letter from Alaska Swimming Inc. in regards to meets this season (age groups, seniors, JO's, etc.) and there is no real clarity on this issue other than that they want to have meets. My suggestion for them would be to move all “performance” meets later in the season to allow these kids some time to actually train and learn and grow. That is not saying I don’t think the kids should be competing and will work on putting together a schedule of “time trials” using the same mitigation plans we used for high school season.