

Coaches reports to BOD:

Number of kids in water

- 86 swimmers see attached report.

Report on monthly coaches meeting

- Currently working on putting together the coaching staff. Myself, Bethany, Rebecca, and Jaime are current on all certifications. I spoke with Jan today about the remaining components she needs to complete in order to be on deck. She will need to complete an in the water safety portion with a certified individual (not sure who is certified in the area) but until this and a few other certifications are done she can't be on deck. A coaches meeting has been set for March 14th after morning workout.

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 – Parents meeting was postponed and lowly attended, not sure it would have been better attended the Saturday originally intended but need to try and figure out how to get more parent involvement and participation. Group is currently working on freestyle and backstroke technique and drills they will use to develop proper stroke mechanics will begin to introduce breaststroke and butterfly technique.
- Bronze – Bronze is currently at a lower skill level than I had anticipated, they are in great need of continued technical development and learning how to run/ behave in practice however we are making good strides in that arena and practices are becoming more productive each week and am happy with their progress.
- Silver – Silver is making pretty good progress but am noticing a big split in levels of skills in the group so am working on getting the top end of this group ready for a transition to gold in the fall which I think will be good.
- Gold/Senior – We have been working to better understand the connection of our training and how it translates to racing so that they are more aware of what our sets are trying to accomplish and how this leads to faster swimming overall. Much of our work at this point has been trying to increase the intensity of the work we are doing which I think will serve us well as we begin to focus on JO's.

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

- None to note.

What do you need from the BOD?

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

- Speedo Sectionals March 12-15
 - Madison attending with Northern lights no action needed.

- Pacific Northwest Age group champs March 19-22
 - Carly Nelson and Adeline Berry to attend. Workouts for coach Caleb have been covered.

- Soldotna SCY Champs 27 & 28
 - A vote has been put out in regards to meet format of the meet one being to have a prelims / finals format the other to remain a single session two day meet. I am in strong favor of using the prelims / finals meet format as it will serve our swimmers well and be good prepping for JO's where that will be the format. Much of the dissention inside the clubs voting does not impact KSC in a large way (flights, etc...), so this is not too much of a concern with me.