

2018 Spring Technical Planning Report - AAA Camp & Mixer Meet

Update on clinics, Mixer Meet, camps, etc. – Coach Sean Marshall, Technical Planning Chair

HLST Mixer Meet July 27-29th, 2018

Organized and Planned by Coach Kyle Kallin, Head Coach of HLST.

“I was planning on splitting the kids who sign up for the meet into two teams. It would be a dual meet between the two with normal race events. Relays would be made up at the meet by coaches so they could be fun. We have a waterpark night planned for Saturday evening after the meet where the families and swimmers can use the waterpark and we will have food trucks from town in the parking lot. So far that is all I have for the meet.”

Below is the report from the last Mixer meet held by Bozeman along with format, comments, and most importantly a budget breakdown to help Coach Kyle with planning for this year's event.

April/May 2016 Mixer Meet Report

(From Coach Sobek)

On April 30th and May 1st Montana Swimming held the Third “Mixer Meet” from a recommendation for LSC's that have a population of less than 2500 to get more interest in the sport.

Basic Format of the Event

We had 103 Register and 94 participating swimmers for the weekend.

7 swimmers represented BTST/BY/PWST/and KATS, all others were BOZ.

There were 59 (63%) girls and 35 boys (37%).

There were 50 swimmers 10 and under (53%) and 44 swimmers 11 and over (47%).

Cost was \$30 to participate.

Swimmers 11 & over engaged in 1.5 hours of water time in Saturday morning that was training and social interactive focused. Swimmers chose a stroke or sprint/middle distance/distance freestyle and got to work with a coach for their lane. Mid-day we did some team building/get to know you activities and relay races and age separated dodgeball games. Just before lunch, swimmers had a 5-10 minute Safe Sport Session with Coach Shelly (LSC Safe Sport Chair) to review what Safe boundaries are and why we should be aware of them. An afternoon 3 hour swim session was planned for all participants with rotation of skill development and working with multiple coaches, they worked through starts, turns and strokes and had a chance to work with each coach at the event. There was also 45 minutes of game time in which 10 and unders played kickboard tag, and 11 and overs played water polo. There were also snacks, 2 lunches and dinner provided to athletes. Upon Arrival, Swimmers received a Cooler, MT Swimming Logo bumper sticker, and USA Swimming sticker, pencil and Tattoos to promote our sport. Additional lifesaver award and other prizes were also given throughout the event.

Attending Coaches Comments

We had 6 BOZ coaches attend, with no other interest from other MT Coaches-3 emails were sent out to coaches to try to get support for the meet. Each group was about 16-17 swimmers. We also incorporated ways that the kids got to meet each coach during dryland team building sessions. Coaches had a great time interacting with all kids. Saturday's event ran from 7:15am for 11 and overs and 9:30am for 10 and unders (check-in) to 6:00pm pick-up. Sunday's meet ran from about 8:00am (warm-ups) to about noon and included pizza lunch at the end. We took the advise from coaches at the first mixer event and let 11 and overs start early, and had 10 and unders start later and that seemed to work much better. Coaches appreciated the older swimmers and their desire to fill leadership roles. Many opportunities were given for

older swimmers to fill leadership roles and that was an exciting thing for coaches to see kids develop these skills.

Budget Breakdown:

Income from Meet Fees for event: \$8850

MT Swimming paid host \$6,000

Meet Fees Collected \$2850

Expenses: Total-\$6521.47

Participation awards: \$2,025.85

Gift Card Awards/prizes: \$275

Food (2 lunches, 1 dinner and snacks): \$3,149.03

Water Coolers/Dodge balls/items to serve food: \$81.59

Payment to Coaches: \$990

Remaining Expenses not yet paid and Estimates:

Pool \$400

Gym \$40

Cafeteria \$140

Anticipated Profit to Host Team: **\$1,748.53**

Recommendations: Continue to provide this event for Montana Swimmers in increase the mix of teams participating. Thank you to Montana Swimming for creating this event, we hope to see it increase in attendance and more coach participation from other teams.

AAA Camp Info for 2018 Camp

Organized and Planned by Program Development Co-Chairs.

Due to multiple scheduling conflicts in the last couple months with the National Junior Team Camp, Zone Select Camp, Open Water Nationals, Mel Zajac, and the Mesa Grand Prix events Program Development Co-Chair Major Robinson decided to push the AAA camp back to a later date.

Montana Swimming held a successful AAA camp last year (2017) in Bozeman late in the month of May. Last year we paid for the assistant college coach from Wyoming to come up and run the camp assisted by Major Robinson, Mike Turner, and Sean Marshall. The camp consisted of a Friday night thru Sunday Setup with 3 long course practices and various talks and team building activities.

Since last year's camp was well received and a great way for our Montana Swimmers to bond and train together we do need to plan a camp for 2018. In planning for this year's camp coach Jay Friend (MAC) & myself have discussed and are willing, with help from the Program Development Co-Chairs, to run a camp in late August or early September (potentially September 1st thru 3rd since the 3rd there is no school due to Labor Day). Either MAC or BAC can host the camp to jump start the short course season for Montana Swimming.

The qualifications for the camp could be multiple (2+) AA cuts or (1) AAA cut swim and the ages for the camp will be 13 & Over to include a larger group. Costs for the camp could hopefully if the Montana Swimming budget allows be limited or even quite possibly covered completely so that the swimmers attending don't have any extra expenses for their families to incur. More detailed information if this option is agreed upon by the majority of Montana Swimming Teams will be sent out and posted to the Montana Swimming website in early July prior to Long Course State Championships.