



**Monthly Board Coach's Report**

**Month:** March 18 – April 14

**Submitted By:** Coach Jenn Beech

**Date Submitted:** Sunday April 14

**I. Numbers Report**

**a. Team Totals: 216**

	5-8	9-10	11-12	13-14	15-18	Total
<b>Girls</b>	20	23	33	29	16	121
<b>Boys</b>	11	20	19	24	21	95

**b. Competitive Groups:**

Training Group	Last Month Attendance %	Current Month	Last Month
Age Group #1	57%	18	21
Age Group #2	59%	14	13
Age Group Transition	45%	10	8
11&O Bronze	46%	16	14
11-14 Gold	62%	31	28
Senior #2	57%	24	25
Senior #1	66%	20	19

**c. Other Groups:**

Training Group	Last Month Attendance %	Current Month	Last Month
Stroke School #1	40%	23	18
Stroke School #2	38%	16	15
Pre-Competitive	38%	20	22
Fitness	55%	22	24

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

Date	Meet	Type	# of Swimmers	General Summary/ Comments
3/29	TMEC Practice Meet	Unsanctioned	34	First practice meet of the year. Swimmers/families able to learn how to navigate a meet. Passed out Parents Guide to meet. Jason Rothlein volunteered as a USA Ref to present and start for us.
3/30	RAA Quad Meet	BRW	45	Hosted by RAA at Riverside City College. Three other teams participated (RAA,

				FSON, CCAQ). Meet was fast passed and good start for long course.
4/3 – 4/6	ISCA West Single Age Champs	Age Group Elite	4	4 swimmers asked to attend this meet from 14&unders. Hosted by MVN. Sanctioned by ISCA it was meet to showcase elite age group swimmers.
4/5 – 4/7	YST LC Spring Fling	BR/W	44	Hosted by YST at crafton college.
4/13-4/14	RMDA April Senior LC Meet	Senior	13	Hosted by RMDA at Splash Aquatic Center. Heats/finals long course meet for those with qualified times
4/13-4/14	FAC RW SC Spring Splash	RW	34	Hosted by FAC at Fontana Aquatic Center.

### III. Travel

#### a. This Month:

- i. RW Meet @ STAR May 5<sup>th</sup>
- ii. HVDA LC @ Hemet May 18-19

#### b. Future Scheduled Travel:

- i. Nova Grand Challenge May 24 – 26
- ii. Free weekend Meet at Palm Spring May 24 – 26
- iii. JAG Last Ditch @ DSRT June 1-2
- iv. June Age Group @ Irvine June 13-16

### IV. Special Projects/ Events:

- i. Travel Meet Update:
  1. Auburn Travel Trip
    - a. We will be planning on a team meeting in May to go over waiver papers and itenary
- ii. Practice Meet
  1. April 26
    - a. Will be held at MMHS 5 – 8 PM for Stroke School, Precomp, Fitness, Age Group Transition, Bronze and Age Group #2
- iii. August 24-25 BRW Meet
  1. Program coming together. Will be a sprint meet
    - a. 5 – 8
      - i. All Stroke 25's
      - ii. All Stroke 50's
      - iii. 100 IM
    - b. 12 & Under
      - i. All Stroke 25's
      - ii. All Stroke 50's
      - iii. All Stroke 100's
      - iv. 100 IM
      - v. 100 Free
    - c. 13-18
      - i. All Stroke 25's
      - ii. All Stroke 50's

- iii. All Stroke 100's
- iv. 100 Free
- v. 200 IM
- d. Relays:
  - i. 5-8 100 Free/ 100 Medley
  - ii. 9-18 200 Free/ 200 Medley
  - iii. All ages 100 Kick Relay, 250 Wildcard Relay

**V. Coaching Staff Notes:**

- i. Coach Hailey last day will be May 31. She has moved down south to go to school at San Marcos and has been offered a instructor position.
  - 1. Job posting has been posted to SCS and USA Swimming
- ii. April 8 we started the Stroke School splits.
- iii. Summer Lessons
  - 1. Lauri will be meeting with instructors on May 4 – 11 to go over summer lessons
  - 2. Lauri and Nicole working on lesson registration. Will be ready to post and send out 4/22
  - 3. Lessons will run 1 – 5 PM at GOHS.
    - a. MMHS not available due to pool repairs for the summer
- iv. Reynolds will be at the USA Swimming Leadership Conference in Colorado (at the OTC) 4/24 – 4/28
- v. Jenn will be at the following High School Champs:
  - 1. 4/23 & 4/25 Southwestern League Finals
  - 2. 5/3 – 5/4 CIF
    - a. Only practice this effects is practice on 5/4
  - 3. 5/10 – 5/11 State in Fresno

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

- i. High School Meets
  - 1. 4/18
    - a. Modified for these groups:
      - i. Age Group #1 @ GOHS 6:45 – 8:15 PM
      - ii. Bronze @ TES 4:15 – 5:45
      - iii. Senior #1 & #2 tentative 6:30 start
  - 2. 3/23-3/25
    - a. GOHS is hosting League Finals and blacked out these dates from use. \*
- ii. City Spring Lessons
  - 1. 4/22 – May 3 TES blacked out due to City swim lessons\*
- iii. \*Modified schedule for 4/22 – May 3 at the end of the report.
- iv. Friday April 19
  - 1. TES only available 5 – 8 PM
    - a. Pre-comp will be at GOHS 7:15 – 8 PM
- v. Summer Schedule:
  - 1. At end of report preliminary summer schedule
    - a. Based on initial pool time
    - b. Still waiting for final approval from GOHS & DZ
    - c. CHS has been approved by city M-F 5 – 8 PM

**VII. LSC & Committee News:**

**i. Southern Cal Swim**

1. SCS Top 10 Banquet is April 28

**ii. Eastern Committee**

1. Next meeting May

**VIII. Miscellaneous:**

**Modified April 22 – April 27**

**\*\*Due to TES being blacked out for City Lessons & GOHS for High School League Finals\*\*  
Times & Locations subject to change**

**Stroke School Groups**

Group	Mon 4/22	Tues 4/23	Wed 4/24	Thurs 4/25	Fri 4/26
Stroke School #1	5:15 – 5:45 PM @ MMHS	5:00 – 5:30 PM @ MMHS	5:00 – 5:30 PM @ MMHS	5:00 – 5:30 PM @ MMHS	5:15 – 5:45 PM @ MMHS
Stroke School #2	5:45 – 6:30 PM @ MMHS	5:30 – 6:15 PM @ MMHS	5:30 – 6:15 PM @ MMHS	5:30 – 6:15 PM @ MMHS	5:45 – 6:30 PM @ MMHS
Pre-Competitive	4:30 – 5:15 PM @ MMHS	4:15 – 5:00 PM @ MMHS	4:15 – 5:00 PM @ MMHS	4:15 – 5:00 PM @ MMHS	4:30 – 5:15 PM @ MMHS
Fitness	7:15 – 8:15 PM @ GOHS	7:30 – 8:30 PM @ MMHS	4:30 – 5:30 PM @ MMHS *	7:30 – 8:30 PM @ MMHS	7:30 – 8:30 PM @ MMHS

**Competitive Groups**

Group	Mon 4/22	Tues 4/23	Wed 4/24	Thurs 4/25	Fri 4/26	Sat 4/27
Age Group #2	7:00 – 8:15 PM @ GOHS	6:00 – 7:15 PM @ MMHS	4:30 – 5:30 PM @ MMHS *	6:00 – 7:15 PM @ MMHS	7:00 – 8:15 PM @ GOHS	NO PRACTICE
Age Group #1	5:00 – 6:30 PM @ MMHS	6:00 – 7:15 PM @ MMHS	5:30 – 6:30 PM @ MMHS *	6:00 – 7:15 PM @ MMHS	5:00 – 6:30 PM @ MMHS	6:00 – 7:30 AM @ DZ
Age Group Transition	7:00 – 8:30 PM @ GOHS	7:15- 8:30 PM @ MMHS	4:30 – 5:30 PM @ MMHS *	7:15- 8:30 PM @ MMHS	7:00 – 8:30 PM @ GOHS	NO PRACTICE
Bronze	5:00 – 6:30 PM @ MMHS	4:30 – 6:00 PM @ MMHS	5:30 – 6:30 PM @ MMHS *	4:30 – 6:00 PM @ MMHS	5:00 – 6:30 PM @ MMHS	NO PRACTICE
Gold	7:00 – 8:30 PM @ GOHS	4:30 – 6:00 PM @ MMHS	5:30 – 6:30 PM @ MMHS *	4:30 – 6:00 PM @ MMHS	7:00 – 8:30 PM @ GOHS	6:00 – 7:30 AM @ DZ
Senior #2	6:30 – 8:30 PM @ MMHS	6:00 – 8:30 PM @ MMHS	6:30 – 8:30 PM @ MMHS	6:00 – 8:30 PM @ MMHS	6:30 – 8:30 PM @ MMHS	5:30 – 7:30 AM @ DZ
Senior #1	6:00 – 8:30 PM @ MMHS	6:00 – 8:30 PM @ MMHS	6:00 – 8:30 PM @ MMHS	6:00 – 8:30 PM @ MMHS	6:00 – 8:30 PM @ MMHS	5:30 – 7:30 AM @ DZ

**\*On Wednesday 4/24 groups with Asterix will combined to do a start & turn practice/ clinic. Senior #1 swimmers will assist with 4:30 – 5:30 and Senior #2 will assist with 5:30 – 6:30 PM**

**Modified April 29 – May 4**

**\*\*Due to TES being blacked out for City Lessons \*\***  
**Times & Locations subject to change**

**Stroke School Groups**

Group	Mon 4/29	Tues 4/30	Wed 5/1	Thurs 5/2	Fri 5/3
Stroke School #1	5:15 – 5:45 PM @ MMHS	5:15 – 5:45 PM @ MMHS	5:15 – 5:45 PM @ MMHS	5:15 – 5:45 PM @ MMHS	5:15 – 5:45 PM @ MMHS
Stroke School #2	5:45 – 6:30 PM @ MMHS	5:45 – 6:30 PM @ MMHS	5:45 – 6:30 PM @ MMHS	5:45 – 6:30 PM @ MMHS	5:45 – 6:30 PM @ MMHS
Pre-Competitive	4:30 – 5:15 PM @ MMHS	4:30 – 5:15 PM @ MMHS	4:30 – 5:15 PM @ MMHS	4:30 – 5:15 PM @ MMHS	4:30 – 5:15 PM @ MMHS
Fitness	7:15 – 8:15 PM @ GOHS	7:15 – 8:15 PM @ GOHS	7:15 – 8:15 PM @ GOHS	7:15 – 8:15 PM @ GOHS	7:15 – 8:15 PM @ GOHS

**Competitive Groups**

Group	Mon 4/29	Tues 4/30	Wed 5/1	Thurs 5/2	Fri 5/3	Sat 5/4
Age Group #2	7:00 – 8:15 PM @ GOHS	7:00 – 8:15 PM @ GOHS	7:00 – 8:15 PM @ GOHS	7:00 – 8:15 PM @ GOHS	7:00 – 8:15 PM @ GOHS	NO PRACTICE
Age Group #1	5:00 – 6:30 PM @ MMHS	5:00 – 6:30 PM @ MMHS	5:00 – 6:30 PM @ MMHS	5:00 – 6:30 PM @ MMHS	5:00 – 6:30 PM @ MMHS	6:00 – 7:30 AM @ DZ
Age Group Transition	7:00 – 8:30 PM @ GOHS	7:00 – 8:30 PM @ GOHS	7:00 – 8:30 PM @ GOHS	7:00 – 8:30 PM @ GOHS	7:00 – 8:30 PM @ GOHS	NO PRACTICE
Bronze	5:00 – 6:30 PM @ MMHS	5:00 – 6:30 PM @ MMHS	5:00 – 6:30 PM @ MMHS	5:00 – 6:30 PM @ MMHS	5:00 – 6:30 PM @ MMHS	NO PRACTICE
Gold	7:00 – 8:30 PM @ GOHS	7:00 – 8:30 PM @ GOHS	7:00 – 8:30 PM @ GOHS	7:00 – 8:30 PM @ GOHS	7:00 – 8:30 PM @ GOHS	6:00 – 7:30 AM @ DZ
Senior #2	6:30 – 8:30 PM @ MMHS	6:30 – 8:30 PM @ MMHS	6:30 – 8:30 PM @ MMHS	6:30 – 8:30 PM @ MMHS	6:30 – 8:30 PM @ MMHS	5:30 – 7:30 AM @ DZ
Senior #1	6:00 – 8:30 PM @ MMHS	6:00 – 8:30 PM @ MMHS	6:00 – 8:30 PM @ MMHS	6:00 – 8:30 PM @ MMHS	6:00 – 8:30 PM @ MMHS	5:30 – 7:30 AM @ DZ

**Summer Schedule**

**\*\*Effective June 11<sup>th</sup> \*\***

**Times & Locations subject to change**

### Stroke School Groups

Group	Mon	Tues	Wed	Thurs	Fri
Stroke School #1	5:00 – 5:30 PM @ CHS	5:00 – 5:30 PM @ CHS	5:00 – 5:30 PM @ CHS	5:00 – 5:30 PM @ CHS	5:00 – 5:30 PM @ CHS
Stroke School #2	5:35 – 6:20 PM @ CHS	5:35 – 6:20 PM @ CHS	5:35 – 6:20 PM @ CHS	5:35 – 6:20 PM @ CHS	5:35 – 6:20 PM @ CHS
Pre-Competitive	6:45 – 7:30 PM @ CHS	6:45 – 7:30 PM @ CHS	6:45 – 7:30 PM @ CHS	6:45 – 7:30 PM @ CHS	4:30 – 5:15 PM @ MMHS
Fitness	6:30 – 7:30 PM @ CHS	6:30 – 7:30 PM @ CHS	6:30 – 7:30 PM @ CHS	6:30 – 7:30 PM @ CHS	6:30 – 7:30 PM @ CHS

### Competitive Groups

Group	Mon	Tues	Wed	Thurs	Fri	Sat 5/4
Age Group #2	5:30 – 6:45 PM @ CHS	5:30 – 6:45 PM @ CHS	5:30 – 6:45 PM @ CHS	5:30 – 6:45 PM @ CHS	5:30 – 6:45 PM @ CHS	NO PRACTICE
Age Group #1	6:30 – 8:00 AM @ DZ	5:00 – 6:30 PM @ GOHS	6:30 – 8:00 AM @ DZ	5:00 – 6:30 PM @ GOHS	6:30 – 8:00 AM @ DZ	6:30 – 8:00 AM @ DZ
Age Group Transition	6:00 – 7:30 PM @ GOHS	6:00 – 7:30 PM @ GOHS	6:00 – 7:30 PM @ GOHS	6:00 – 7:30 PM @ GOHS	6:00 – 7:30 PM @ GOHS	NO PRACTICE
Bronze	4:00 – 5:30 PM @ GOHS	4:00 – 5:30 PM @ GOHS	4:00 – 5:30 PM @ GOHS	4:00 – 5:30 PM @ GOHS	4:00 – 5:30 PM @ GOHS	NO PRACTICE
Gold	6:30 – 8:00 AM @ DZ	4:30 – 6:00 PM @ GOHS	6:30 – 8:00 AM @ DZ	4:30 – 6:00 PM @ GOHS	6:30 – 8:00 AM @ DZ	6:30 – 8:00 AM @ DZ
Senior #2	6:00 – 8:00 AM @ DZ  3:00 – 5:00 PM @ GOHS	3:00 – 5:00 PM @ GOHS	6:00 – 8:00 AM @ DZ  3:00 – 5:00 PM @ GOHS	3:00 – 5:00 PM @ GOHS	6:00 – 8:00 AM @ DZ  3:00 – 5:00 PM @ GOHS	6:00 – 8:00 AM @ DZ
Senior #1	6:00 – 8:00 AM @ DZ  5:30 – 7:30 PM @ GOHS	5:30 – 7:30 PM @ GOHS	6:00 – 8:00 AM @ DZ  5:30 – 7:30 PM @ GOHS	5:30 – 7:30 PM @ GOHS	6:00 – 8:00 AM @ DZ  5:30 – 7:30 PM @ GOHS	6:00 – 8:00 AM @ DZ