



# Gold 1 Contract

## Monthly Board Coach's Report

Month: July 13 – August 16  
 Submitted By: Coach Jenn Beech  
 Date Submitted: Monday August 19

**I. Numbers Report**  
 a. Team Totals: 230

	5- 8	9-10	11-12	13-14	15-18	Total
<b>Girls</b>	19	34	29	31	20	133
<b>Boys</b>	20	13	21	19	24	97

b. Competitive Groups:

Training Group	Last Month Attendance %	Current Month	Last Month
Age Group #1	65%	16	16
Age Group #2	60%	15	14
Age Group Transition	31%	16	12
11&O Bronze	54%	15	14
11-14 Gold	60%	29	29
Senior #2	59%	19	21
Senior #1	78%	21	21

c. Other Groups:

Training Group	Last Month Attendance %	Current Month	Last Month
Stroke School #1	37%	33	30
Stroke School #2	47%	26	16
Pre-Competitive	49%	16	17
Fitness	30%	20	20

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

Date	Meet	Type	# of Swimmers	General Summary/ Comments
7/18 – 7/21	CA/NV Summer Sectionals	Senior	12	Long Course Sectionals at Santa Clarita. Ty Schneider broke a SCS record in the 800 Free.
7/20 – 7/21	RW Festival	RW	39	Short Course meet at Chino Hills.
7/24 – 7/28	Summer JO's	Age Group Champs	48	Hosted by RAA at Riverside City College.
8/1 – 8/4	Futures	Senior	5	Hosted in Mt. Hood Oregon. First time team sent a Relay team to this meet.

**III. Travel**

- a. This Month:
  - i. NA
- b. Future Scheduled Travel:

# Gold 1 Contract

i. BRW Meet at HVDA September 13 - 15

## IV. Special Projects/ Events:

### i. August 24-25 BRW Meet

1. 288 Swimmers
2. Short sessions- done by 2 each day.

### ii. Blue Black White Meet

1. Sign-up deadline Friday August 23
2. Teams (by practice location) will be August 26
3. Team practices will September 6
4. Meet will take place Sunday September 29 at MMHS

### iii. Swim- A-Thon

1. Date will be Saturday October 5
2. Updated post date: August 26
3. Proposed Awards:
  - a. Each of these weeks the top fundraising group gets a Ice Cream Party and top swimmer gets to do a Cream a Coach the day of the Swim-A-Thon
    - i. September 9 – 15
    - ii. September 16 – 22
    - iii. September 23 – 29
    - iv. September 30 – October 7
  - b. After Swim- A-Thon Closes (October 18) the top swim group gets a Pizza Party and the top 3 swimmers the following:
    - i. First:
      1. Team Backpack
      2. Team T-Shirt
      3. Team Cap
      4. \$100 Gift Card to CAS
      5. 3x 30 minute private lesson sessions
    - ii. Second
      1. Team T-shirt
      2. Team Cap
      3. \$75 Gift Card to CAS
      4. 2x 30 minute private lesson sessions
    - iii. Third
      1. Team Cap
      2. \$50 Gift Card to CAS
      3. 1x 30 minute private lesson session

### iv. September 9: Team Meeting

1. At MMHS starting at 5:30 PM
2. CAS has confirmed that they will be coming for team fitting
3. Meeting Subjects:
  - a. Team Calendar/ Meets
  - b. Team Expectations
    - i. Coaches will also explain expectations of Age Group vs Senior levels on the team
  - c. USA Swimming New MAAP Policy
  - d. Swim-A-Thon (Importance of Fundraising)
  - e. Attendance (Why your Coach makes such a big deal)
  - f. Team swim wear at meets

### v. Fitter Faster

# Gold 1 Contract

1. We have confirmed a January 3 -4 date
2. Olympian clinician(s) TBA

## V. Coaching Staff Notes:

- i. August 26: New Group Practices
  1. This will be the start of new practice groups and locations
  2. Coaches have and continue to go over group placement with current swimmers.
  3. Conferences:
    - a. Swimmers in Age Group #1, Gold, Senior #2, and Senior #1 are being offered Parent/Swimmer Conferences.
    - b. Coaches are going over the last year. Good and need improvements items.
    - c. Goal Setting for new season isn't the premise of these meetings. May be touched on but goal setting will be prevalent once new season start.
- ii. Group Meetings
  1. Along with the Team Meeting each group coach will do their own meetings over the first 2 weeks of September.
    - a. Group expectations, schedules, and goal sheets will be given out at these meetings.
    - b. Senior #1, Senior #2, and Gold as top groups will also be adopting group contracts as being the top group (Senior 1 and Golds contracts at end of report- please note they are work in progress).
- iii. Shark Attack
  1. We are currently on session #3 with one more session starting on 7/22.
  2. Coach Lauri is putting together classes for August session.
    - a. Most likely will be at MMHS
  3. July 30 – End of Summer Meet at GOHS
    - a. Starts around 2 PM
    - b. Shark Attack Summer League, Stroke School, and a Summer League Heather Elizondo runs at Greer Ranch will be invited to participate.
- iv. Invites at Lakewood
  1. Lakewood aquatics reached out to invite us to several meets over this next season. Coaches want to attend the following:
    - a. October 26 – 27 IMX Meet
    - b. November 22-24 BRW Invite: This would replace us going to PST for free weekend.

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

- i. CRC
  1. Through October they will let us use the pool past 6 pm but we will be limited to 6 lanes due to their lap swim.
  2. In September there will be some modified due to swim lessons and limits on pool space.
- ii. High School Pools
  1. Getting together water polo schedules to modify for games
  2. Football games: Getting schedules as well so we know what Fridays to do drop off and pickup procedures.

# Gold 1 Contract

## VII. LSC & Committee News:

### i. Southern Cal Swim

1. Wed September 18 will be the House of Delegates Meeting
  - a. New bylaws and budget pass
  - b. New positions voted in (Coach Jenn nominated for Age Group Chair)
  - c. Coach Jenn will attend as team rep.


### ii. Eastern Committee

1. Thursday October 10 next meeting
  - a. Election meeting for 2020 positions

## VIII. Miscellaneous:

- i. Leliani Abalos: Represented team at Western Zones
- ii. Grace Bristow: Will be attending Para World Games in Peru this month.

# Gold 1 Contract



**TMEC**<sup>TM</sup>  
**TRITONS**  
Swimming Strong

## SENIOR #1 EXPECTATIONS/ CONTRACT

***Senior swimmers are expected to do everything within their power to reach their own personal potential.***

The following expectations and guidelines are set forth by TMEC coaches and we want you take honor and pride in everything you are asked to do. Each swimmer and a parent must sign and return this contract to the Coach as the agreement to participate in this group.

### **1. Don't use the C word (can't) at practice or events where your coach is present.**

- ❖ Saying this word creates a negative mindset.
- ❖ If you do use this word the expectation is to-do 20 push – up's (you should not have to be told by coach to do them)

### **2. Attend: *Each and every practice is a necessary component for success as a senior swimmer.***

- ❖ Do not miss more than 2 practices during the week. This is including during high school season (unless it's a League meet); this is communication you should be having with your high school coach about and advocate for your swimming. As a member of this group you are close to sectional level or higher and should not be missing more than 2 practices a week.

### **3. Arrive to practice on time with a positive attitude:**

- ❖ Be ready to help your teammates with dryland equipment. Make sure that all equipment needed for practice is out or that lane lines are in.
- ❖ Be ready to get in the water when its time (equipment by your lane or by you, standing in a circle ready to go). This means ready before the actual start.
- ❖ If you are late, do not stroll onto the pool deck or whatever practice environment we are using. You should be moving with urgency to get into the practice.
- ❖ As a member of this group you should not have to be asked or told to do any of these things by a coach.

### **4. Train at or above a level appropriate for current experience and speed.**

- ❖ If you are not able to complete a full workout, more than 3 times during the week (ex: leaving early, get out of the water and not getting back in), or missing most of the workout (ex:

# Gold 1 Contract

stopping more than 20 min over and over again). There may be talk about getting moved out of the group (for a month).

- ❖ If you are being disruptive (talking consistently when a coach is talking and messing around during set) at practice.

## 5. Foster a healthy coach-athlete relationship.

- ❖ *At the Senior level, the swimming relationship is moving toward coach/athlete in order for the swimmer to reach an appropriate stage of autonomy. The individual who has the most influence of the athletes' success is the ATHLETE. Parental involvement at the senior level should be that of fostering and nurturing swimmer/coach goal-setting and decision-making to attain the highest possible level of success for each swimmer. Coaching / meet advice and race critique should come from coaches only. Parents should offer support and positive encouragement to their swimmer.*

## 6. Live lifestyle appropriate for achieving greatest personal success.

- ❖ Senior swimmers must maintain appropriate nutrition, as well as abstain from the use of drugs, alcohol, and tobacco products.

## 7. Attend all competitions recommended by Coach.

- ❖ Schedule will be sent out and updated throughout the season.
- ❖ At this level swimmers have different goals and things they are trying to achieve throughout the season. So, each swimmer will be given different schedules and areas to focus on at meets (this to help meet each individual swimmer needs and goals).
- ❖ For this level of swimmer at most meets they will be getting used to swimming hard when their body's sore/tired, changing how they swim at meets, and make sure they know how they're going to race each event. A lot of things may have worked when they were younger, but their bodies are changing at this age/level and so they need to adapt to these changes.

## 8. Participate in various events (every distance) prescribed by Coach.

- ❖ Coach will pick events for meets except for the following meets: Invite, JO's, Sectionals, Futures, Jr., and Nationals). Coach will communicate with swimmer on event choices. Swimmers are encouraged to talk with coach about meet events if they have concerns.

## 9. Represent the team with honor and selflessness at all competitions regardless of circumstances.

- ❖ *Wear a team appeal and team cap to all swim meets (especially travel meets).*
- ❖ Remember you are a representative of TMEC Swim Club. Act in a manner that reflects your good character. Set an example for younger swimmers and be a role model for the team members who look up to you.

## 10. Participate actively in club fundraising.

# Gold 1 Contract

11. Participate in clinics offered for younger club members.

❖ *(Senior swimmers are leaders on the team and must present a model for younger swimmers to follow.)*

**Failure to meet the conditions in the contract can result in placement in a group more suited to swimmer's needs/commitment level.**

## Senior Contract

I have read understand the expectations. I welcome the challenge and will do my best to become a successful Senior swimmer. I understand that if I do not adhere to these guidelines, I can be placed in a group that best meets my commitment level.

\_\_\_\_\_ Swimmer Name

\_\_\_\_\_ Swimmer Signature      Date \_\_\_\_\_

I have read and understand my role in the Senior level process and will do my best to support both swimmer and coach in achieving success.

# Gold 1 Contract

\_\_\_\_\_  
Parent Name

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

## Attributes and Characteristics of a Successful Senior Swimmer

### **THESE ARE YOUR GOALS**

1. Has 100% attendance at practice sessions
2. Does not arrive late or leave early from practice
3. Understands that **each** practice is a necessary component for success
4. Incorporates both a team and individual approach to swimming
5. Loves the sport and is committed to it
6. Has an open mind and believes that anything and everything is possible
7. Has confidence in themselves and in the work, they have put in, as well in the obstacles and challenges they have overcome
8. Enjoys challenges and difficult tasks, understands that these challenges build character and help the process of success in and out of the pool.
9. Always seeks to do more than what is asked/is not satisfied do the minimum
10. Understands that confidence, not arrogance is a key factor in successful performances
11. Gives honest self-assessment in practice and meets
12. Takes responsibility for their actions in practice and meets
13. Understands that the "Athlete" has the most influence on the outcome
14. Comes to practice with proper equipment and nutrition (water, sports drink, power bar)
15. Carries at all times spare suit, cap and goggles
16. Consults the coach concerning injury or illness
17. Consistently offers the coach feedback on personal technique, training and meet performances
18. Practices positive self-talk during all practices and meets
19. Understands that focusing on the solutions is far better then focusing on problems
20. Above all commits to doing everything within their power to reaching their goals and maximizing their own potential





## Gold 1 Contract

***Gold 1 swimmers are expected to do everything within their power to reach their own personal potential.***

The following expectations and guidelines are set forth by TMEC coaches. Each swimmer and a parent must sign and return this contract to the Gold Coach as the agreement to participate in this group.

**1. Attend a minimum of 82% of practices.**

*Each and every practice is a necessary component for success as a senior swimmer.*

**2. Arrive to practice on time with a positive attitude.**

**3. Train at or above a level appropriate for current experience and speed.**

**4. Foster a healthy coach-athlete relationship.**

*At the Gold level, the swimming relationship is moving toward coach/athlete in order for the swimmer to reach an appropriate stage of autonomy. The individual who has the most influence of the athletes' success is the ATHLETE. Parental involvement at the Gold level should be that of fostering and nurturing swimmer/coach goal-setting and decision-making to attain the highest possible level of success for each swimmer. Coaching / meet advice and race critique should come from coaches only. Parents should offer support and positive encouragement to their swimmer.*

# Gold 1 Contract

**5. Live lifestyle appropriate for achieving greatest personal success.**

Gold swimmers must maintain appropriate nutrition, as well as abstain from the use of drugs, alcohol, and tobacco products.

**6. Attend all competitions recommended by Coach.**

**7. Participate in various events (every distance) prescribed by Coach.**

**8. Represent the team with honor and selflessness at all competitions regardless of circumstances.**

*Wear a team suit and team cap to all swim meets*

Remember you are a representative of TMEC Swim Club. Act in a manner that reflects your good character. Set an example for younger swimmers and be a role model for team members who look up to you.

**9. Participate actively in club fundraising.**

**(10. Participate in clinics offered for younger club members.**

*Senior swimmers are leaders on the team and must present a model for younger swimmers to follow.)*

**I have read understand the expectations. I welcome the challenge and will do my best to become a successful Gold swimmer. I understand that if I do not adhere to these guidelines I can be placed in a group that best meets my commitment level.**

---

Swimmer Name

Swimmer Signature

Date

**I have read and understand my role in the Gold level process and will do my best to support both swimmer and coach in achieving success.**

---

Parent Name

Parent Signature

Date

Attributes and Characteristics of a Successful Gold Swimmer

**THESE ARE YOUR GOALS**

1. Has 100% attendance at practice sessions
2. Does not arrive late or leave early from practice
3. Understands that **each** practice is a necessary component for success
4. Incorporates both a team and individual approach to swimming
5. Loves to race
6. Loves the sport and is committed to it
7. Has an open mind and believes that anything and everything is possible
8. Has confidence in themselves and in the work they have put in, as well in the obstacles and challenges they have overcome
9. Enjoys challenges and difficult tasks, understands that these challenges build character and help the process of success in and out of the pool.
10. Always seeks to do more than what is asked/is not satisfied do the minimum
11. Understands that confidence, not arrogance is a key factor in successful performances
12. Gives honest self-assessment in practice and meets
13. Takes responsibility for their actions in practice and meets
14. Understands that the "Athlete" has the most influence on the outcome
15. Comes to practice with proper equipment and nutrition (water, sports drink, power bar)
16. Carries at all times spare suit, cap and goggles
17. Consults the coach concerning injury or illness
18. Consistently offers the coach feedback on personal technique, training and meet performances
19. Practices positive self-talk during all practices and meets
20. Understands that focusing on the solutions is far better then focusing on problems
21. Above all commits to doing everything within their power to reaching their goals and

maximizing their own potential