

## **SCS Age Group Committee**

Southern California Swimming  
28000 S. Western Ave., #226, San Pedro, CA 90732  
February 16, 2021

### **REGULAR MEETING REPORT**

The Age Group Committee met January 27, 2022 from 8:00-9:20 pm. The following topics were discussed and decisions were made:

1. The Age Group Committee reviewed the WAG meet with two sites.
  - Thank you to Golden West and San Clemente for helping out so that all swimmers had an opportunity to swim.
2. The Age Group Committee reviewed the Pacific Coast All Star Team which competed January 9-10th in Pacifica, CA.
  - SCS won the meet
  - Thank you to all coaches and swimmers who participated in this meet.
  - Challenges with apparel were identified and the Chair of this Committee will make adjustments to prevent issues in the future.
3. The Age Group Committee reviewed the Coaches Clinic on Friday, January 21st as a part of the SCS All Star Festival Meet.
  - Sarah Dawson MVN spoke on Age Group Lesson Learned
  - Brett Hawke from Fitter and Faster hosted a classroom presentation on sprinting and mental toughness of elite athletes.
  - Brett Hawke hosted an in water presentation using the National Team from Sandpipers to demonstrate work with turns.
  - Chance for coaches to meet each other and talk about swimming.
  - Tentative plans to make this clinic more involving and more enticing for coaches from across SCS to attend.
4. The Age Group Committee reviewed the SCS All Star Festival Meet in Las Vegas, January 22-23rd.
  - A huge thank you to coaches, officials, admin, and swimmers for a great weekend
  - Pros of having the meet in Las Vegas:
    - True feeling of an All Star Trip
    - Two day format allowed swimmers to swim multiple events and relays
    - Swimmers were away from their usual routine and got to meet new kids from all over the LSC
    - Pool party was a big success as the swimmers were able to relax and just hang out with their new friends
  - Cons of having the meet in Las Vegas

- Travel Costs for the family
  - Committee is considering placement of the 2023 Festival Meet in Las Vegas and the long term viability of placing the meet in Las Vegas.
5. The Age Group Committee discussed the challenges of assigning teams for JAG, Summer JOs and WAG
- Goal #1: Would like to see some sort of rotation in terms of sites that teams attend
  - Goal #2: Would like to see some sort of diversity in terms of competition for our swimmers
  - Goal #3: Would like to see balance at each meet
  - Plan was agreed upon to send each team a Google Form to express the goals above and provide some clarification on the number of swimmers anticipated at each meet. We will also ask for a preference of site, though this will not be guaranteed.
6. The Age Group Committee introduced a plan to bring a “Spring JO” type meet to end the summer season.
- This would be for 2023
  - Top swimmers in the LSC would be able to race each other modeled after Spring JOs
  - The details of the plan are still developing through discussion and critique from the members of the Age Group Committee
  - Where this meet falls and if it takes the place of an existing JO meet is still being debated.
7. The Age Group Committee is beginning the selection process for the Coaching Staff for the Age Group Zone Meet
- Goal is to have a coaching representative from each Geo Committee