



Agenda

Metro Committee Meeting- November 12, 2024/ 8 PM—Zoom Meeting

Agenda

I. Introductions & approve agenda- approved

Attendance: George Young, Katelyn Fong, Jon Moore, Alex Song, John Zoll, Don Garman, Eddie Eum, Joy Lim, Kevin Larsen, Mark Barr, Mike Cody, Minna Tan, Oliver Pena, Ryan Chang, Ryan Z, Sheri Stoddard, Scott Watanabe, Tobey Chow, Vince Carmosino, Patty Garcia, Zackary Zhou, Lauren Skinner

II. Approve minutes- approved by unanimous consent

III. Actional Item

- Second round of bids for 2025 Metro Meets- Coach Mike Cody and Coach Joy Lim
 - April LC meet still open
- Presentation & Vote on Metro Athletes Mission Statement- *updating language*

IV. Chairperson —George Young

- Reminders of SCS pre HoD events and the HoD meeting
- Metro Committee Retreat gathering Jan 14. 2025 TBA
- Metro 2025 Board Members Contact Info

V. Vic-Chairperson—John Zoll- *no report*

VI. Sec & Treasurer —Lauren Skinner

- Financial report- *following up on reimbursements from All-Star Meet*

VII. Athlete Rep—Nadia Lui & Zackary Zoll

- Highlights of the Metro Committee SR Athlete Rep "JD"
- Next meeting will be 11/18/24

VIII. Age Group Rep—Vince Carmosino- report attached

IX. SR Rep—Jon Moore- *next senior meet will be at RMDA*

X. Coaches Rep—Mark Barr - *no report*

XI. Program SR—Mike Cody- *April 2025 meet still open*

XII. Program JR—Joy Lim- *no report*

XIII. Official Rep—Patti Garcia- *no report*

XIV. DDEI Rep—Alicia Orendain

- DDEI Clinic- Jan 18-19 @ Mission Viejo

XV. Safe Sport—Kevin Larsen- *now able to run reports on club portal*

XVI. Open Water- *gathering interest in open water clinic*

XVII. Old Business

XVIII. New Business- *Coach Joy Lim- results of All-Stars coaches survey, discussion on amount of reimbursement. Final vote- \$250/coach All Star coach stipend.*

XIX. Announcements/Adjournment 9:22PM

For meeting info or a link to the meeting Email George Young (chair) at gyinstitute@hotmail

Metro LSC AGC Monthly: November 2024

Submitted by: Vince Carmosino, Age Group Chair

1. Upcoming Swim Clinics for Competitive Swimmers in Southern California (November - December 2024)

- **Irvine, CA - Fitter and Faster All Four Strokes Swim Camp**
 - **Dates:** December 27-29, 2024
 - **Focus:** Sprint skills, including starts, underwater speed, and breakout techniques across all strokes (freestyle, backstroke, breaststroke, butterfly). This clinic targets sprint foundation and race efficiency.
 - Hosted by **Fitter and Faster Swim Camps**
- **Irvine, CA - Fitter and Faster Series for Ages 10-12**
 - **Dates:** November 23-24, 2024
 - **Focus:** High-performance backstroke techniques, including pull mechanics, tempo adjustments, and pacing, with video analysis for individualized feedback.
 - Hosted by **Fitter and Faster Swim Camps**
- **Competitive Skills Clinics by Olympic Gold Medalist Chloe Sutton**
 - **Locations:** Various locations across Southern California, including San Diego and Los Angeles metro areas
 - **Dates:** November - December (varied dates)
 - **Focus:** Specialized sessions in stroke technique, flip turns, and mental focus, with personalized coaching and feedback for age-group swimmers.
 - Hosted by **US Sports Camps**

2. Action Items for Board of Directors (BoD) Approval

- **2025 Pacific Coast Coaching Staff Proposal:**
 - **Head Coach:** Andi Kawamoto-Klatt
 - **Assistant Coaches:**
 - David Jimenez (ROSE)
 - Chris Mendoza-Smithour (MVN)
 - Mary Mitchell (CITI)
 - Tanner Remail (AZOT)

- Katelyn Faulk (SAND)
- **Opening Winter Age Group (WAG) Sites to Out-of-LSC Teams:**
 - Proposal to allow teams outside of Southern California LSC to participate at WAG sites, capping at 150 swimmers per site.
 - Current projections indicate 675-685 swimmers per WAG site.

3. Pacific Coast All Star Trip Plans

- **Supervision:** Six coaches assigned to oversee 32 swimmers
- **Travel and Practice Details:**
 - Team practice scheduled at NOVA on January 3, followed by travel to Oregon.
 - Flights departing and returning via John Wayne Airport, with parent pickups upon return.
- **Sectional Times Consideration:**
 - Due to scheduling conflicts, times achieved at late December Sectionals will not be considered for All Star selection.

4. SCS Age Group Coaching Clinic Promotion

This free coaching clinic is scheduled during the SCS All Star Festival and is open to all SCS coaches, focusing on essential coaching skills and athlete development.

- **Session Highlights:**
 - **Alonzo Freeman (SAND):** Dryland Development for Age Groupers
 - **Dana Skelton (USA Swimming):** Resource development for 10&U and 11-12 coaches (2 sessions)
 - **Patrick Henry:** Professional growth and career planning in coaching
 - **Russell Mark:** Stroke technique development sessions, including Freestyle/Backstroke and Breaststroke/Butterfly drills (2 sessions)
 - **JC Guzman (NOVA):** Athlete Mental Health

5. Block Party Meets Discussion

- Presentation by Mike Ashmore on Block Party meets in Santa Maria, with insights on their use as novice events.
- Julie Bachman, Block Party Coordinator, emphasized that these events are intended to supplement, not replace, existing meets, particularly in the Beta Testing phase.

6. Future Discussion Topics for Next Age Group Committee Meeting

- **Adding 50s of Stroke to Age Group Championships:**
 - Consideration of adding 50s of each stroke to Spring Age Group Championships for 13-14 swimmers, aligning with USA Swimming's recent recognition of these events.
- **Prelims/Finals for 12 & Under at WAG and JAG Meets:**
 - Pending a feasibility study on completing prelims/finals format in 3-day meets for 12 & under at WAG and potential timeline impacts at JAG. There is wide support among coaches for this addition, pending logistical review.