

AGE GROUP REPORT

As of this report's creation we are all but through 4 sessions of JO's. Overall, our efforts to try and bring our 4 Championship meets inline with a format that best serves our LSC seems to have had great success. Junior Champs increased roughly 35% in splashes and athletes. 18 and under Champs decreased by about 20%, thus making the sessions more manageable. Upon Sam's suggestion the start times of some sessions were adjusted so there was less down time between sessions, but adequate time to regroup for subsequent sessions.

Bill Marlin did an informal inquiry about the combination Junior / Senior Champs meet. The response was very favorable. Prelim sessions were short. Finals sessions, with four heats, did not present a problem. Of course Tim Husson and Art Davis had already determined what would work best but some of the concerns of some coaches regarding session length weren't realized. I personally think we could push back warm ups by 30 minutes.

Adjustments were made to 59 events yet we wound up with roughly the same number of entries. The number of total athletes is down a little though. Fewer one trick ponies. 😊 Running a three session prelim format with breaks has again worked very well. Thanks to Paris, Tim, and Pam for coordinating things and providing our membership with another great JO meet.

Though the meet is about the same size, the overall speed and depth has risen a few notches. Of note is the fact that there were 43 entries into the Boys 10 and under 500 and 33 entries into the girls' event in 2010. Cuts in these events were not changed. This year we ended up with 57 boys and 47 girls entered into these two events.

I invited coaches to brainstorm and get back to me with what our goals and objectives should be for Age Group swimming in Potomac Valley. We have lots of great ideas and initiatives but I think we spend an excess amount of time discussing age group related items largely because we don't have a formal set of objectives for age group swimming. During my term I would like to establish 3 – 5 goals / objectives. For example, a financially viable meet often means a large meet or higher entry fees. A meet with only 3 – 5 heats means cuts would have to be fairly tight. Coaches frequently talk about having a season ending culminating meet. For athletes that only swim 2 / 3 practices per week, this isn't necessary. Great in theory, but not really practical.

Our Zone staff is excited about this years' Zone meet and are looking forward to the trip. As this years staff have served with each other the past few meets, no meeting was held as in years past. Our 15 – 18 age groups are again fairly light.

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