

TEAM RESTRUCTURE

CRC Location:

Group	Coach	Time
Senior Elite	Nathan	3:30 – 5:30 PM 5:30 – 6:15 PM Dryland
Age Group 2 (10&U)	Nicole + Taylor	4:00 – 5:30 PM
Age Group Transition (11&O)	TBD (we have 2 possible coaches in mind)	5:30 – 7:00 PM

- ⤴ **Senior Elite** – Will focus on olympic trials quad level training. Swimmers will be focusing on attaining Sectional, Junior National and National time standards.
- ⤴ **Age Group 2** – Will focus on developing proper stroke technique in all four strokes along with proper turns and starts. Swimmers will be focusing on attaining red and blue times standards.
- ⤴ **Age Group Transition** – Is an 11 and over group that focusing on bridging the gap between age group and pre-senior level training. This group will be focusing on building proper technique along with swimmer endurance.

CHS Location:

SMALL POOL

Group	Coach	Time
Stroke School #1	Taylor + TBD	5:30 – 6:00 PM
Stroke School #2	Taylor + TBD	6:05 – 6:50 PM
Age Group #3 (10&U)	Taylor	7:00 – 8:00 PM

- ⤴ **Stroke School #1** – Focus will be on building basic technique for freestyle and backstroke plus basic turn technique for freestyle and backstroke. In addition to freestyle/backstroke, SS1 will work on teaching butterfly/breaststroke kick.
- ⤴ **Stroke School #2** – Focus will be on maintaining proper freestyle/backstroke while also learning basic technique for butterfly/breaststroke. SS2 will also focus on teaching correct turns for butterfly/breaststroke as well as basic diving technique.
- ⤴ **Age Group 3** – Focus will be on building on technique learned in SS1/SS2. Focus will be on attending meets and swimmers attaining red time standards.

BIG POOL

Group	Coach	Time
Pre-Senior (10&Over)	Jenn	5:30 – 7:00 PM
Senior (11&Over)	Jenn + Nathan	6:45 – 8:30 PM

- ⤴ **Pre-Senior** – Focus will be on technique, building endurance and basic race strategy. Goal will be for swimmers to increase meet attendance and to attain blue and Winter Invite time standards.
- ⤴ **Senior** – Focus will be on building power in all four strokes, race pace training and race strategy. Goal will be for swimmers to increase meet attendance and to attain Winter Invite, Junior Olympic and Senior Meet time standards.

MMHS

Group	Coach	Time
Age Group #1 (10&U)	Carol + Nicole	5:30 – 6:00 DL 6:00 – 7:30 PM
Fitness (11&O)	Sasha	6:00 – 7:30 PM

- ⤴ **Age Group #1**-- Focus will be on technique and basic race strategy. Goal will be for swimmers to increase meet attendance and to attain Blue, Winter Invite, and Junior Olympic time standards.
- ⤴ **Fitness**-- Focus will be on building on technique learned in SS1/SS2. Focus will be on attending meets and swimmers attaining red time standards.

Team Restructure Overview

The overall purpose of our team restructure is to raise the compete level with in the Temecula Swim Club across all groups. The Temecula Swim Club is a competitive swim team and its our goal to compete at the highest level possible as a whole team. We are looking to increase our team numbers at Winter Invites and Junior Olympics. We want to strive to always achieve greatness at all levels!

Our focus will still be on swimmers learning correct technique but we will have a higher emphasis on creating a competitive environment. Our goal will be to produce well rounded swimmer who compete at all levels within USA Swimming. Also, as a team it is our goal to compete together at the top of Southern California Swimming. In order for our swimmers and our club to achieve these goals, we have restructured and renamed our groups to put more emphasis back on the team.

Also, these new groups will provide a clear and defined streamlined progression to our program. We want all of our members to be able to see the progression in age group and senior level swimming within our club. Our goal is that this clearly defined progression will build trust between the membership and coaching staff. Having everyone on the same page will open communication and get everyone on board towards a better environment for our swimmers and coaches.

Sincerely,

TMEC Coaching Staff