

## **JANUARY 2023 - Charles McPeak, Coach's Chair**

Congratulations to Kenny Brisbin who was selected as the 2022 SPMS Coach of the Year!!! He's the perfect coach and this was perfect timing.

Short Course Yards Season is in full swing - gearing up for Nationals in our Home LMSC in Irvine and hope to see many of you there.

We have the Palm Springs Swim Meet coming up on January 29th, 2023. Please get signed up for that event to get the year off to a great start! And tentatively, there will be a clinic the day before from 2pm-4pm. It will be a paid clinic (the fee is still TBD) - it's an Advanced Race Technique Clinic. Some of the featured stations include:

Block Starts

Back Stroke Starts with Ledge

Flip Turns for Free and Back

Open Turns for Breast and Fly

And more!

Here are the coaches who will be participating in the clinic thus far:

Michael Collins - Nova

Robin Smith - Nova

Charles McPeak - SPP

Richard Mignault - Palm Springs Masters

Diego Pompa - CMAC

Mike Lucero - GRA

Mark Moore - MVN

Come check it out and really get your SCY season off to a great start. We will try to do more of these throughout Short Course Yards season.