

ISCA



International Swim
Coaches Association

10/04/2022 - 11/03/2022

Website Care Report



OVERVIEW



Website: <https://swimisca.org/>
IP Address: 216.92.150.7
WordPress Version: 6.1



UPDATES

Updates performed: 10



BACKUPS

Backups created: 3; Latest one on: 10/21/2022 10:31



ANALYTICS

Pageviews: 0; Site sessions: 0



PERFORMANCE

PageSpeed score: 60; YSlow score: 90

OPTIMIZATION



DATABASE OPTIMIZATION

Database overhead cleaned: 25.01 MB



POST REVISIONS

Post revisions cleaned: 242

UPDATES



Total updates performed: **10**

10/04/2022 to 11/03/2022

OVERVIEW

Plugin updates

8

Theme updates

1

WordPress updates

1

UPDATES HISTORY (1/2)

Plugin name	Plugin version	Date
Media Cleaner	6.4.7 → 6.4.9	11/01/2022
Database Cleaner & Optimizer (2022)	0.6.7 → 0.6.8	11/01/2022
Thrive Product Manager	1.3.0 → 1.4	10/19/2022
Thrive Leads	3.11.2 → 3.12	10/19/2022
Thrive Comments	2.11.1 → 2.12	10/19/2022
Thrive Architect	3.13.2 → 3.14	10/19/2022
Database Cleaner & Optimizer (2022)	0.6.6 → 0.6.7	10/19/2022

UPDATES HISTORY (2/2)

Plugin name	Plugin version	Date
Yoast SEO	19.7.2 → 19.8	10/11/2022

Theme name	Theme version	Date
Thrive Theme Builder	3.11.2 → 3.12	10/19/2022

WordPress	WordPress version	Date
-	6.0.3 → 6.1	11/02/2022

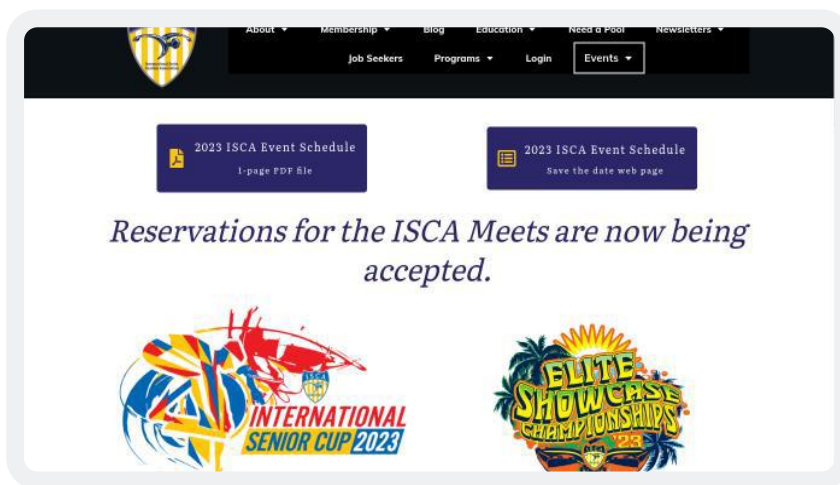
✓ BACKUPS



Backups created: **1**
10/04/2022 to 11/03/2022

Total backups available: **3**

LATEST BACKUPS



Backup size
1427.24MB



WordPress version
6.0.3



Active Theme
Thrive Theme Builder



Active Plugins
25



Published posts
459



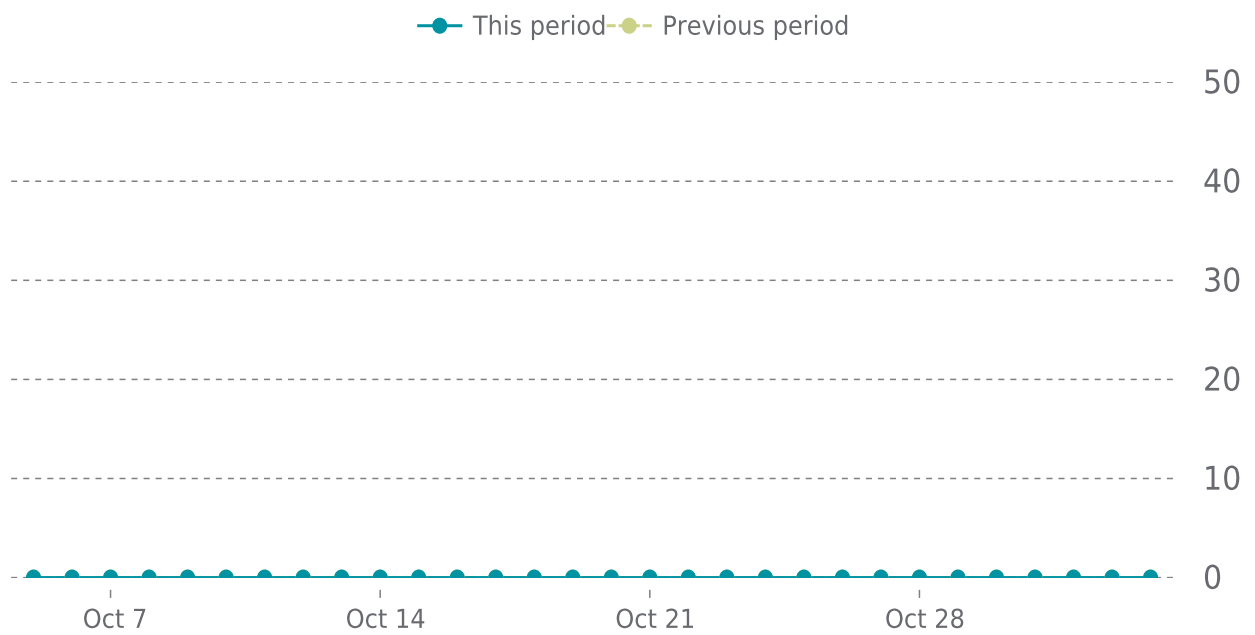
Approved comments
1

ANALYTICS



Traffic up by: **0%**
10/04/2022 to 11/03/2022

SESSIONS



Pages Per Sessions: ▲ 0%

Social Media Sessions: ▲ 0.00%

Bounce Rate: ▲ 0%

Organic Searches: ▲ 0.00%

✓ PERFORMANCE



Total performance checks: **9**

10/04/2022 to 11/03/2022

MOST RECENT SCAN

11/02/2022

PageSpeed Grade



D (60%)

Previous check: 54%

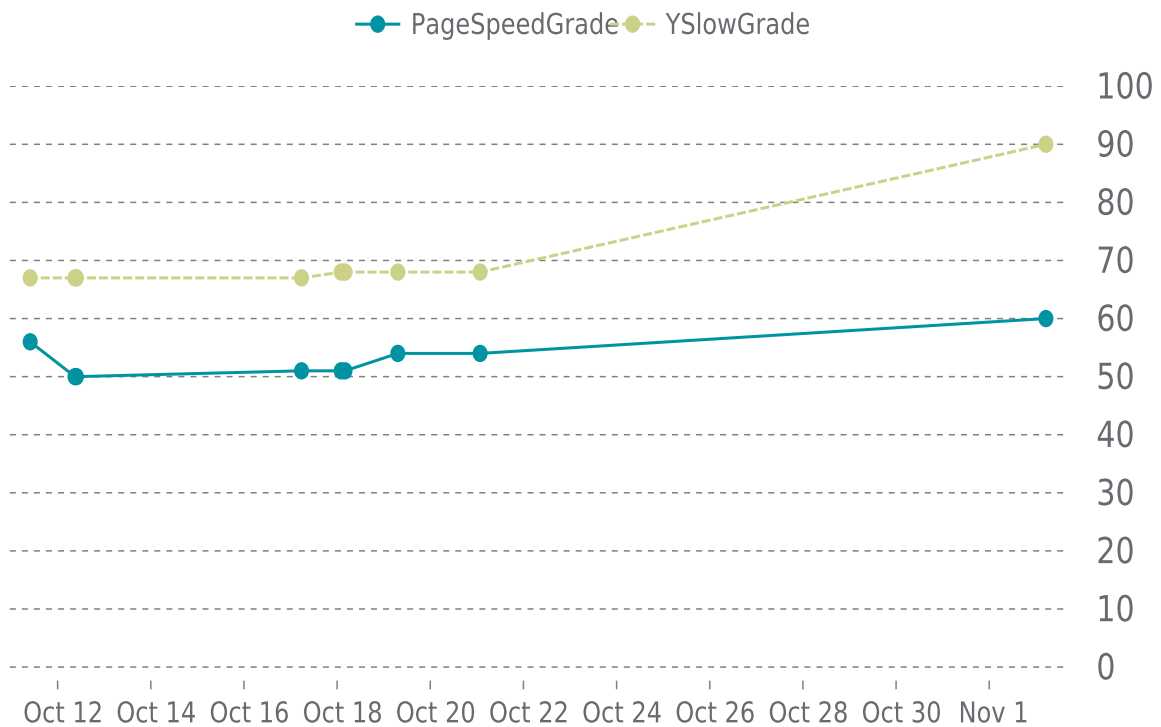
YSlow Grade



A (90%)

Previous check: 68%

PERFORMANCE OVERVIEW



PERFORMANCE HISTORY

Date	Load time	PageSpeed	YSlow
11/02/2022 17:12	0.70 s	D (60%)	A (90%)
10/21/2022 13:41	0.86 s	E (54%)	D (68%)
10/19/2022 19:17	0.76 s	E (54%)	D (68%)
10/18/2022 04:04	2.12 s	E (51%)	D (68%)
10/18/2022 02:05	1.34 s	E (51%)	D (68%)
10/17/2022 17:39	1.49 s	E (51%)	D (67%)
10/12/2022 21:41	1.64 s	E (50%)	D (67%)
10/12/2022 20:57	1.11 s	E (50%)	D (67%)
10/11/2022 21:51	4.14 s	E (56%)	D (67%)