

Head Coach Report Feb/18

Our training meet was a great opportunity for our swimmers to see where we fit within the province. The 'watershow' event went very smoothly and I feel the format was ok. The judge's comments were very helpful and informative. Lisa and I are now pushing hard to get our routines completed.

We are organizing a date for the Regional Outreach Coach to attend one of our practices. She will help us in whatever way we request. This is a free coaching session offered by Synchro BC. There will be no disruption to our regular practices. The date is not yet set but we are trying for before Regionals.

Swim-a-thon went very well and again our swimmers amaze us by their abilities.

Our Sr Rec team has decided to have a custom team suit. Jessica has created yet another great design... thank you Jessica! Their Sunday practices are great. Everyone has attended and they are having a positive experience.

Debbie continues to help us by sharing different training skills. All the girls blend well together.

We allowed The Breakers to borrow our sound system for their swim-a-thon. They were very appreciative and thanked us by giving Lisa and I each a bottle of wine and chocolate.

Carol MacFayden

