

Head Coach Report Nov/17

We are slowly sorting through all the information for this season from Synchro BC. The LTAD skills are a monitoring program that is not mandatory. It is a guide to train by.

Our room rental this year for dryland training is fantastic. Kelsey is motivating the girls and she is working out great. She is concentrating on cardio and circuit training. On the Tuesdays that she is not there I am focusing on stretching.

Our Sunday practices at Ravensong have been successful. It is a very busy practice and sharing music time has worked out. Our Sunday practices at NAC are good as well. 4 lanes gives us lots of space and it is nice to have the full 25m. We have had some pool patrons in our lanes so this week we put out signage that says 'event in progress'.

Our rec swimmers are very enthusiastic. They are all working hard. We have decided to allow Sierra to do a 'fun' solo as her skill level is greater than her teammates. This will challenge her and let her grow with her abilities. Natalie has agreed to work with her during her volunteer coaching during Tuesday Rec practice.

Star testing is booked for Tuesday Dec. 5th during regular practice hours. It is for our two competitive teams.

I received an email from (a past parent) regarding her daughter (daughters name removed) who was a Ravensong Waterdancer. (Daughter) would like to return to synchro. My feelings are that at this late date allowing her to join the older girl's team is not advisable. We are really trying to increase the skill level of the 13-15 team and I feel it would be unfair to that team. If (Daughter) would like to join us and focus on figures and increase her skills... as well as a 'fun' solo then this year could be a 'catch up' year.

Carol MacFayden