

Head Coach Report Sept/18

~ I have taken the webinar through CAS (Canada Artistic Swimming) to learn the new registration system. Meet registrations will come through Synchro BC.

~NAC and RAV pool times have been requested. There are some Sundays at NAC that are unavailable. They are Oct.21/28... Feb. 3 (still waiting to hear)... Mar. 17 or 31 (for extra spring break practice)... Apr. 14. Lifestyles in Nanaimo will allow us to use the pool for \$10/swimmer.

~Dryland training at the Civic Centre is booked. We have 2 dates where we are booked in at the Community Hall... Sept. 27 & Nov. 22.

~Byron from the Breakers has agreed to our competitive girls joining them for a 1 hr practice per week. Details have yet to be determined as they need their registration for numbers before committing to us. This would be an elective for the extra curricular activities we are requesting this year.

~Debbie will be joining us this year as a 'figure coach'. She will attend both Tues and Thurs practices.

~We have decided to attend the Training Meet #1 in Victoria. This is also an LTAD event. LTAD's are mandatory for 11-12/13-15 athletes... optional for 10&U/16-20 athletes. The 2nd LTAD event is at Jean Peters.

~Information regarding the Summit is expected by the end of the week.

~Using the mic with the sound system while the routine is playing is solved.

~New coaching criteria to be submitted to Synchro BC... Vulnerable Sector Verification (VSV), Respect in Sport (cost is \$30 and = 3 PD Points), Making Ethical Decisions.

~New coaches who have completed the upcoming course will assist in our extra routine program slated for Sunday morning at RAV.

~We are adding 'splits' to our Time Trial Criteria.

Carol MacFayden