

Head Coach Report April 2019

Club Awards: Teammate of the Year (per team both rec and comp), Sportsmanship (per competitive team), Swim-a-thon, Attendance, Fundraising.

Mable Moran: Thank you all for your support, it was a great meet. There was a glitch with routine time limits. Apparently CAS have their rules and each Province have their rules. The amended rules we were referencing were from CAS. The affected routines have now been increased to meet the correct times and we are working on improving our routines from the judge's comments each routine received.

Uniforms: I really want to stress that swimmers wear uniforms when accepting awards. There were several times at Mable Moran where swimmers didn't have their jackets. Also I would like to remind all swimmers that when we watch our teammates swim their routines we ALWAYS wear either Ravensong t-shirts or jackets.

Equipment: new MP3, microphone, bungy, red figure markers. Clothing suggestions from swimmers: black breathable nylon shorts w/logo on back... lightweight nylon mesh vests...

May 12 – NAC – We have the full dive tank rental again as we did on March 31. We will do the same schedule... adding extra routines. All swimmers found this to be very helpful. We will cancel RAC in the am.

LTAD's are not being done at Jean Peters. Each club will submit their swimmer's times etc. We will be charged \$15/swimmer for the LTAD submission. There is an option at Jean Peters for a photo to be added to the program for each team entered... cost \$10/team.

Carol MacFayden

