

Head Coach Report Feb/19

Wow, I am always amazed at how many lengths our swimmers complete with our swim-a-thon. Congratulations to all who participated!

We have lost one of our competitive swimmers. Sarah has decided to not continue swimming. She was feeling overwhelmed with all she had taken on this year. We will miss her.

Emily and Debbie have agreed to accept another new rec swimmer at this late date in the season... thank you as this can be difficult. They are focusing on their fun meet scheduled for March 9.

We had a great session with Sam, our regional outreach coach. She shared some great tips. It is always nice to have 2nd and 3rd parties assessing our routines and giving us positive feedback.

Time trials will be Apr. 9 for all recreation and competitive swimmers.

Star testing for rec is booked for Apr. 23 for our rec swimmers and Apr. 30 for our master swimmers.

During our dryland time, Carol's team has been doing landrill in the foyer. We have been asked to not do this as there was a complaint.

Extra routines... We have 4 Sundays before the Mable Moran meet. Lisa, Debbie and I have given constructive feedback to each coach regarding their routines they are coaching. Debbie has followed up with a 'judge' perspective discussion and visit to Sunday morning practice. Although she is happy with the general make up of the routines, her recommendation is to focus on the pool patterns. There seemed to be no change by the coaches in the time between receiving the written critique to the recent Sunday morning practice she attended.

I am working on a different rental for March 31 at NAC. This practice is our last Sunday before Regionals and our first back after spring break. I would like to rent the full dive tank (25m). This will give our swimmers an opportunity to practice their routines in a 'full' pool as per their competitions. The extra routines are practicing highlights in a shallow pool situation so I would like to include them in this rental. The cost per lane is the same as the lane rental. However, to give us the 25m they have to move 2 bulkheads. They will do this but charge us. NAC has agreed to a 3 hr rental... I am waiting to see if they will agree to a 4 hr rental. If we have a 3 hr rental then I propose 1 hr for duets/solos, 1 hr 11/12 team, 1 hr 16-20 team. If we cancel our RAC time then it would offset the cost.

Carol MacFayden