

## Head Coach Report Jan/19

Swim-a-thon date will be Tuesday Jan. 29 during regular swim practice times for both competitive and recreation.

Sam Lankmayr from Victoria is the island's regional outreach coach. She will attend our Sunday Jan. 27<sup>th</sup> practice at NAC. Sam will work with Lisa from 3-5pm and Carol from 5-7pm.

Our competitive routines are on the final stretch. There have been some hurdles that challenge us but this is part of the creative process. Lisa and I are looking forward to working with Sam to polish our routines and address comments we would have received from the judges. Our extra routines need to really focus on completing their routines. The more time we have after they are completed helps to tweak and refine the little parts that need a little more attention.

Our rec swimmers are back after their winter break and ready to really work on their routines. We welcomed one new swimmer after our winter break. There is a rec meet on the island in March that will be their focus.

Synchro BC is a little slow in processing some information but we have now sorted out some registration issues. It is not mandatory to register volunteers.

Upcoming dates:

Feb. 10 – we do not have RAC

Spring break – last practice will be Thurs Mar. 14... first practice back will be Sun Mar. 31 for both RAC and NAC.

Sun Apr. 14... we do not have NAC... we do have RAC.

Sun Apr. 21... 'Easter'... we do have NAC... we do have RAC.

Sun Apr. 28... we do have RAC 8-10am... Year End Show 4-6pm RAC – no NAC

Carol MacFayden