

Head Coach Report Oct/18

Welcome - to Debbie, assisting Lisa... to Sarah and Kaia as full Ravensong team members... to Tabitha, joining us from Nanaimo... to Keeley and Rowan, moving up from Senior Rec to our Competitive program. We are excited about having two large competitive teams!

Our first Sunday practice was Oct. 14 and we have started our routines!!

We have 7 new potential coaches who have taken the recent course... congratulations! However, they need to be 16 to be formally certified. In order to let them try their hand at coaching and use the skills they have just learned, we are giving them the opportunity to work with the duets/solos. I have matched a coach with an extra routine and have set up a schedule for Sunday morning training at RAC. Each swimmer wanting an extra routine and to coach will be at the pool for 2 hours. Swimmers just doing an extra routine will be at the pool for 1 hour. Lisa will be the coach 'on deck' and will be monitoring the practices.

Registration has been completed.

Training meet #1 entries have been done. All our competitive swimmers except for Danyka, Pascha, Emily, Kate, Kaia and Sarah will be doing the LTAD's this season.

Time trials have been done for the fall.

We have Adana and Emelia wishing to do the T2T program with Synchro BC. This is great for them to have the exposure to a bigger world of synchro.

The next two Sunday evening practices will be at Lifestyles in Nanaimo. Parents need to sign a waiver before entering the pool. Cost is \$10/swimmer per session.

Lisa's team... 4-5pm and Carol's team... 5-6pm.

Congratulations to Kaia, Sarah, Debbie and Jessica who all won awards at this year's Summit in Vancouver!

Carol MacFayden