

## Head Coach Report October /22

Welcome to all our new Ravensong Waterdancers!

It's great to be back in the pool. We have a competitive team of 5 competing in the Novice category. As well, we have 1 solo in our 16-20 AG.

We had a great turnout for our See It Try It. This is our first year using AquaGo for our recreational swimmers. We have a team of 9 and have decided to swim as one big team. We also have a Masters team of 6.

Registration for all swimmers has been done.

Tabi is getting certified to be a 'trained' AquaGo instructor. She is looking at continuing to get her Comp Intro certification. She will be working with Carol and the AquaGo swimmers.

The AquaGo program rewards swimmers with bathing caps and a report card as they progress through the levels... a different coloured cap for each level. This cost is \$6/swimmer (\$5/cap,\$1/report card).

Our competitive team will be using the Rotary Hall again for land training on Thursdays 4-5pm. Please note there is one date not available before winter break... Dec. 15.

NAC is not available Oct. 30 due to a swim meet at the facility.

There are 3 training meets/camps this season. The first is in Victoria Nov. 4-6. The second is in Surrey Dec. 9-11. The third is in Nanaimo Feb. 24-26. Our other two meets are Mable Moran in Richmond Apr. 14-16 and Jean Peters in Nanaimo May 12-14. Hotel bookings will have to be made for TM #1, #3 and Mable Moran.

There is a Sport Services Fund available from BCAS. The criteria is that it must be a complimentary activity to our sport. Do we want to have another session with circus freaks? Lisa has requested that we hire a personal trainer to assist with a flexibility routine specific to each swimmer that they can work through on their own. The deadline is Oct. 28 to apply for the funds.

Carol MacFayden