

Head Coach Report Jan/23

Training Meet #2 went well. It was a repeat of TM #1. Lisa is happy to have the girls hear from judges etc what she tells the girls all the time. All swimmers are registered for TM #3, Feb 25/26 in Nanaimo.

Fall AquaGo session went very well. It was a big group with multiple skill levels. We are dividing the girls by age into 2 groups for this next session. I will coach the 3 younger girls and Tabi will coach the 5 older girls.

Tabi is now a registered coach and has completed her AquaGo 'trained'. She is also permitted to coach the competitive swimmers and is waiting for a Comp Intro course to be offered through BCAS.

Simone has decided to quit which leaves our Novice team with 4 members.

Masters are no longer swimming on Sundays. We have changed our rental time to 4-6pm. Lisa will coach her team from 4-5:30 and Sydney 5-6. Sydney is unable to come for 4:30 for the next 10 weeks due to a work scheduling conflict. She will take any opportunity she can while at the pool working to practice her solo on her own.

There is discussion to have a 3rd AquaGo session after spring break. Tabi is interested in coaching that session. I want to note that 10 weeks takes us from Apr. 4 – Jun 8. Both our sessions so far have been 11 weeks. Our competitive swimmers will be done practices by May 21. If we run a 10 week 3rd session it will take us 2 weeks past our competitive practices. Perhaps this recreation session could be only 8 weeks and called something different, focusing more on routine skills. Looking ahead and creating future competitive swimmers our older girls (Tabi's team) would be a great Limited Competitive team. Our younger swimmers have at least 2 more years of skill building.

Our swim-a-thon this season will be on Tuesday Jan. 24. This will include all swimmers and will be during regular practice times.

Amanda at RAC is on maternity leave. Our contact is Matthew Watts. I have signed the winter permit. We will receive another one after spring break.

NAC has informed us that we will now be charged \$50/year to store our tote with our sound system in the storage room.

No practices at NAC dates:

Jan 29 not available

Mar 19-26 spring break

Apr 23 not available

Carol MacFayden