

Head Coach Report Nov 22

Report from Lisa on TM #1:

Our competitive athletes are just back from our first training meet of the season. By all accounts, it was a success and the girls learned a lot, made some connections with other provincial stream athletes and enjoyed themselves. The learning sessions with world renowned Olympic level coach, Biz Price, and with the judges were well worth attending, not just for the athletes and me too as their coach. I think it was very beneficial for the girls to hear directly from judges what they're looking for in figure events, and how they put together their scores. The judges imparted to the athletes that the small, easy components must not be forgotten as they collectively make the biggest difference in improving marks. Aside from these little things, our club also needs to work on the flexibility of our younger athletes. Last month I submitted a request for Sport Services funds from BCAS to assist in this need. I hope to hear back very soon. TM #2 is scheduled for Dec 9-11 in Surrey and will be structured much in the same way with figure events and learning opportunities.

Mid-term reports have been handed out to our AquaGo swimmers. Is someone checking the mail regularly? I have a package from CAS coming on Nov. 15.

Debbie is not available to sub in the new year. Depending on what our AquaGo numbers are in January, Tabi can sub where needed. She is attending TM #2 for her final step to be AquaGo 'trained'.

Jean Peters has been changed to May 19-21. There is a conflict with the Canadian Championships. It now falls on the long weekend but it was the only available date option for BCAS.

Carol MacFayden