

Head Coach Report March/23

TM #3 was a great opportunity for our swimmers to compete at the same pool they train in. Unfortunately, Farrah is cheering from the sidelines with her broken arm. The team competed as a trio until she's ready to get back in the pool. The team and Sydney received some great feedback moving forward.

Regarding our Sport Services Fund. BCAS is asking that all receipts be submitted no later than June 15. Lisa is wondering if we can pay Jennifer half now?

I have emailed Tabi's AquaGo swimmers to invite them for a 3rd session. This session will be 6 weeks starting after spring break and ending one week before the competitive swimmers. The focus of this session is to prep the swimmers with skills in anticipation of them moving into the first steps of limited competition.

We are training at NAC on Easter Sunday, April 9. The Novice team really needs to keep the momentum going and not lose a valuable routine practice.

Our AquaGo swimmers will showcase their routines at the end of session #2 on Thursday March 16, as they did at the end of session #1. We have received the next level bathing caps to give to the swimmers at this time.

We are going to do our year end watershow at NAC on April 30 during our regular practice time slot. We need to decide how we want to wind down the season in regards to a social... awards... AquaGo participation.

Mark, who is working on our website would like coach pictures. The ones on the website currently are too small for him to use.

Carol MacFayden