

Head Coach Report May – 2023

Mable Moran – congratulations to all our competitors. Special congratulations to Sydney for coming 1st in both figures and solo. Ravensong is proud of you. It was another great learning opportunity. In May we have our last competition, Provincials, in Nanaimo. Info regarding this has been sent out to all members with the hope that we will get a good cheering section on the bleachers. Another email will go out when we receive the schedule.

It was a small watershow this year but grand in another way. Thanks to everyone for making the social successful. NAC seems to be a great venue and it gives us the deep water our sport needs. It was really great to have a professional photographer capture the skills of our athletes.

Our AquaGo program this season was a great success. Now that we know the expectations of the program we will expand next season. We will run a recreation program and within that run the AquaGo that is mandated by our sport body. We are wanting to align our rec program more as we have done in the past which includes adding them to our time trials awards at year end. As well, we will have our rec program end at the end of April.

Next year, it would be nice to add our winter watershow back into our activity line up. These opportunities are very helpful in a sport where performing is a big part of it. Anytime our swimmers can get in front of an audience helps them to become more comfortable and reduce the stress levels of being in the spotlight.

Our competitive numbers were low this season. We are still recuperating post Covid, trying to build our numbers up again. We were still able to use our important NAC routine pool practices on Sundays and our land drill sessions on Thursdays. Hopefully we will have lots of rec swimmers next season and if so we will expand into our 6:30-7:30 time slot on Tuesdays and Thursdays.

BCAS is asking if we have any routines that would like to be a part of the watershow event at Jean Peters. Specifically they were wondering if we had any father/daughter routines.

Today on the CBC radio program The Current with Matt Galloway, they were talking about a documentary called Unsyncable. It is part of the Hot Docs Festival. You can stream it at a cost of \$16.81 unless you are a member. The description of the documentary is: Dive in with seniors in their sixties and beyond who smash stereotypes with their passion for synchronized swimming and determination to not let age (or anything else) get in the way of fabulous outfits and impressive aquatic choreography.

The taste of the documentary I listened to this morning talked about aging, health benefits and it was a really interesting perspective. I highly recommend listening to it, it will draw you in. You can find it on the CBC radio program The Current. Click on episodes for May 3 and start listening at about the 22:30 mark... ends at about 46:08.

Carol MacFayden