

Head Coach Report August/23

We have decided on our swim times for this season. AquaGo (Carol) – Tues/Thurs – 5-6pm... Competitive (Lisa) – Tues/Thurs 5-6:30pm, Sun 4-6pm... LComp (Tabi) – Tues/Thurs – 6:00-7:30pm, 1 Sun/month 4-5pm... Masters (Lisa) – Tues/Thurs – 6:30-7:30pm.

NAC is not available due to swim meets at the facility on Oct 29... Dec 17... Apr 21.

Our meet schedule is:

TM #1 – TBA

TM #2 – Dec 8-10 - Surrey

TM #3 – Feb 16-18 – Kamloops

Mable Moran – Apr 19-21 – Richmond

Jean Peters – May ? - location ? (This is the meet that LComp will attend)

NAC is booked Sundays 4-6pm. First NAC is Oct 1. Younger competitive 4-5 and older competitive 5-6. LComp will swim 4-5 for their once a month practice. Our spring watershow is booked for NAC April 28 in the dive tank. The room for our social is also booked.

I'm ready to send RAC our rental but need some confirmation on a couple of dates. Start date for competitive and LComp is Sept 19. AquaGo and Masters will start Oct 3. Halloween is a Tuesday. Do we want to swim that night or cancel? Winter break is late this year. Do we want to have our last practice on Thurs Dec 20th? Jan 7 is our first NAC and Jan 9 is our first RAC after winter break.

Tabi is Competitive Intro 'trained'. With this she can coach LComp and Competitive. She is waiting for the season to start to have her final certification evaluated. This has to be done at a practice as well as at a swim meet. She has up to two years to complete this final step.

From BCAS:

- * Our insurance info will be distributed by Sept 1.
- * BCAS has developed a step by step plan to train volunteer coaches under a certified coach.
- * Same competitive figures as last season.
- * This is the last year of 'old' judging system. New system is to be implemented for the 24/25 season.
- * Coach cards are now mandatory. The coach card is the official document that a coach shall submit to declare the difficulty of the routine entered and which the Technical Controller will use to verify the difficulty declared. If the athletes do not perform the movements as declared the following will occur.
 - hybrids = only base mark value will be applied
 - acrobatic = only base mark value will be applied
 - technical required elements = as per rule book
- * The coach card declaration = coaches must list elements at the time in the music that they occur so the Technical Controller can follow.

Carol MacFayden