

## Head Coach Report August/25

NAC is offering us Sundays 3:30-6:30pm. I have received our rental dates and am finalizing our rental. With the new proposal from the Nanaimo Diamonds, we need to make a decision and confirm our rental.

Summer camp numbers were really great... 15 participants. Debbie will share how the camp went.

RAC dates have been submitted. Our rental times and lanes remain the same.

New for LComp this season:

Acrobatic – permitted but limited as determined by BCAS in consultation with other provincial technical leads.

Penalty or disqualification for acrobatics that do not align with the permitted codes.

Addition of LC Advanced Figure Category – in alignment with 10&U figures.

The new LComp changes will give those swimmers a little more to work on this season. We are stretched thin with our coaching so we do the best we can to accommodate. A team is between 4-10 swimmers.

See It Try It, if we do it, will be Sept 30.

Carol MacFayden