

Head Coach Report Sept/25

To date RAMP registrations show we have 6 returning LComp swimmers... 6 new LComp swimmers... 4 competitive swimmers... 5 AquaGo swimmers. This means we will have 2 LComp teams. Carol will coach the 'advanced' LComp and Jessica will coach the 'new' LComp.

First in pool practices are: competitive Sept 16... LComp/AquaGo/Masters Oct 2. Dryland will start Oct 7 for competitive and Oct 9 for LComp.

We now have 3 teams for our dryland sessions and have outgrown the Rotary Hall. We have secured space at the Lawn Bowling Club right next door to the pool on Jones Rd. This space is not available until November so for the month of October we will use the Rotary Hall. I think we should have our socials in this space in the future.

First NAC practice for the competitive team is Oct 5... 3:30-5:30pm. Competitive Duets/Solos will start at NAC Oct 5... 5:30-6:30pm.

We have decided to run a SITI on Sept 25, 5:30-6:30, to boost our AquaGo numbers. Mark has put an add in our local paper. We will need to register anyone who attends this if they have not already registered in RAMP.

Carol MacFayden