

## Head Coach Report Dec/25

We are using the new headsets. It helps lessen the need for bang bangs with so many teams in the water at one time. They do have their disadvantages like... distance swimmers are from the coach, less effective when swimmers are upside down and issues for the coach while playing music.

Becky and Jessica are working hard on our jackets and our competition suits. The girls are very excited with this creative process.

All our routines are coming along great. Sunday practices are intense for our LComp swimmers as the one hour goes by very quickly with a lot to work out. The headsets help in that Lisa can work with her team alone which leaves more music time for the LComp teams. We are using the old system at RAC but it is still quiet compared to our NAC system.

Our AquaGo assistants are doing well. Debbie is thankful to have them. I have worked out a schedule until the end of April that gives equal time to all three.

Our new dryland space is very nice and very big. There is enough space without moving any tables and chairs. We now have our two figure trainers there. We ask the girls to take their shoes off at the door and if eating anything before we get started to do so in one designated place.

Our January AquaGo practice is set to go starting January 11 from 9-10am. This program will run until March 15.

Our competitive girls have just had their first training meet. There was a skills training event as well as a figure event. The girls had the opportunity to be coached by national level coaches and learned new and interesting drills.

Carol MacFayden