

## Head Coach Report AGM 2017

This year we had a junior rec, senior rec, masters and competitive teams. Our coaching staff included a junior rec coach, assistant coach and a head coach. It would be great to foster more swimmers wanting to get out of the pool and on to the deck.

Synchro BC reinstated the choice for rec swimmers to attend one meet in the spring. Our senior rec swimmers attended and it was a great opportunity for them to experience a competition. Although the facility was undesirable, the experience was mostly positive.

Our Masters program increased to 5. We changed their practice times to coincide with our rec swimmers. The pool was a little full at times but everyone worked together to utilize the space the most effective way. They also had some Sunday practices.

Our competitive swimmers continued to train mid-week at Ravensong and Sunday practices at NAC. We had a 10&U team and a 13-15 team. Included in that we had three 13-15 duets. It was nice to have a larger presence at meets with our 5 routines. It would be great to take advantage of the Civic Centre next door to Ravensong for a roomier stretching/dry land training. The LTAD puts a demand on our swimmers to perform their required stretches.

As a club we manage to do a lot with little program time. Another bonus is that we will have our own seamstress creating and designing our competitive swimsuits. This is an exciting opportunity for the girls to really personalize their routine suits. Thank you Jessica Nemlander, looking forward to next year!

Thank you for yet another lively year of teaching and sharing our unique sport.

Carol MacFayden

