

Head Coach Report January/17

Thank you to all for yet another great Christmas Watershow. Thank you to Adam Waldie who continues to be our MC... great job. The gathering at the Civic Centre was cozy but the proximity to the pool is very convenient.

Star testing has been completed for our senior competitive team. They missed testing last year so we tested them early this season as we are trying to move them along on their Stars. We will consider another testing for them in the spring. All suits for our various teams and duets have been ordered. The custom suits for the senior team are to be sent out on Wednesday (17th).

Synchro BC has reinstated the Rec meet for this season. It is too late for our swimmers this year. Next year we can offer an Advanced Rec team option.

The routine training meet in February has become a larger meet than in the past. Swimmers will compete in Skills Testing, Figures and Routines. So far our swimmers will be participating in the skills portion on Friday which will mean taking the girls out of school. We are waiting for the final meet schedule. We are all learning and trying to keep up with all the changes with Synchro BC and the meet events.

Swim-a-thon has been set for Thursday January 19 during regular swim times.

We had talked about doing a 'switch' with the swim team. We could teach them synchro and Byron could teach our girls some stroke improvements. Byron forgot our scheduled day before Christmas so it didn't happen. His assistant coach is a synchro instructor so she has been teaching their swimmers sculling etc so I want to rethink the idea.

I would like to organize a Pizza night at Lefty's in Qualicum for both the Novice and the AG teams. I would like to share the movie Perfect with the girls. It is about our National Synchro team trying to qualify for the Rio Olympics.

Carol MacFayden

