

~Training Meet #1 was a good warm up to our competitive season. We decided to scratch from the speed skills as the option to submit the times was available. We have now completed the speed skills and I have submitted the times. The next LTAD event will be at Jean Peters.

~Extra Curricular sheets are being used but not as much as anticipated. Swimmers say they do the activities but don't record it. We have done our first monthly draw for a prize. There were only 2 swimmers who completed the first 4 weeks.

~Duet/Solo practices are getting organized. Everyone seems happy with the Sunday morning practices. Lisa is working on a Terms of Reference document... to detail roles and responsibilities. I am proposing a coaches meeting on Monday Dec. 3. There has been an inquiry whether we are going to put our jr. coaches on our bulletin board in the pool lobby? Synchro BC will allow our 'coaches in training' to have their name attached to the routine they are coaching at the routine meets if: completed Respect in Sport, Making Ethical Decisions and get a VSV.

~Our two rec teams and masters team are in full swing. The rec teams are creating a little something for our Christmas watershow.

~We are enjoying having Debbie on deck with us. Her figure skill training has been great. The girls like her perspective... from a judge's point of view. As well, she has offered helpful suggestions regarding team routines. It is nice to have her to bounce ideas around... just to know we are on the right track.

There is a Regional Coach Outreach Program funded through Synchro BC. The deadline for submitting a request is Jan. 31,2019. The coach would come to us for a 4 hour session. I propose a Sunday evening when we are at NAC. I will discuss with Lisa as to which Sunday would work best.

