

## Head Coach Report October 2020

It's been an unusual start to our season, to say the least! Welcome to all that have joined us. Thank you Lisa for her work on creating the safety plan. Thank you Jessica for all the amazing things you do to keep us organized and on track. Thank you Kris for taking on the role of Risk Manager.

We have three groups in the water: competitive, limited competitive and masters. We have a flow to our practices that is working. We divide the pool in  $\frac{1}{2}$ . One group is doing a workout in 3 lanes... another working in the deep end 3 lanes... another working in the shallow end 3 lanes. We rotate every  $\frac{1}{2}$  hour.

We have training meet #1 on November 14/15 training meet #2 on December 12/13 for our competitive group only. Training meet #3 is in March and includes the limited competitive group. The entries are by video submission. There will be a water base and land base skill set to demonstrate. Each swimmer has been given their landskills requirements for each upcoming competition. It would be great if there was encouragement at home to work on these skills as there is not a lot of time at practice.

A new event this year is a 'land routine'. There are required skills/positions that the athletes perform in a routine style. This can be done as a solo, duet, trio or team with open patterns. All athletes are to face the same direction. There is a choice to do this with music and a theme. There is a time limit and metronome count. Athletes can perform wearing matching suits & headpieces. There is to be no connected movements and no contact.

Carol MacFayden

