

Head Coach Report January 2021

Training meet #2 went smoothly. Overall the girls improved from the first training meet. It was revealed very close to the date that we were able to view it through Zoom. Jessica & Pascha managed to virtually attend.

There is no final date for training meet #3 in March.

Isabelle and Peyton did not return after the winter break. It has been challenging to practice some of the skills with our social distancing measures. So much of our sport is being close to one another. Each group gets the shallow end and deep end for 45 minutes.

Masters are still not allowed back in the pool. The only scenario for the masters swimmers is to be one on one with a coach. There are no duets or teams allowed.

Kate has re-fractured her arm. A simple sculling move was all it took. I am not sure how long she will be out of the pool. I have sent well wishes to her through her mom. This leaves the LComp team with only 1 swimmer. The registration deadline for training meet #3 is Jan. 22 and video submission deadline is Mar. 5.

Carol MacFayden