

Head Coach Report February 2021

We are still following the same guidelines and protocols. Unfortunately this includes the masters still not being able to join us in the pool.

Training Meet #3 video filming will be done on the last day before spring break... March 11. We will be entering in the figure event and not the routine event for this meet only. This meet is for both competitive and limited competitive swimmers.

Kate is healing and doing much better. She will be joining us sometime in March. Marina is getting a lot of one on one coaching with Lisa and improving tremendously. They are working on a routine which will be swum as a duet with Kate but entered in the team event.

We are pleased to have Kaia back in the pool with us. Our competitive team is now 6. We are working on re-choreographing our team routine to accommodate the new guidelines. We will be entering in the 'partial' pool category. Basically, this means we have one set pattern and the girls do not move up or down the pool. As well, we present to the camera which means we present to only one side of the pool. It has been so nice to see the routine aspect of the sport coming back and focusing on the creative side.

Carol MacFayden