

Coach report for AGM

The past few months have been very difficult for our team as I am sure they have been for you all. During this time I have been spending much of my time researching, and developing dry land workout programs for the swimmers which is an area that I had some experience in but feel much more comfortable planning more comprehensive dry land programs for the KSC swimmers in the future. One step in a positive direction we have been able to take over the past month is having the swimmers back together doing dry land workouts which have been awesome, and I am so happy to be coaching them again. The main goal of the dryland program is to maintain / improve aerobic capacities as well as developing muscular strength which in my mind if we can make some gains in these areas this will certainly contribute to our success once we are able to hit the pool again.

In regards to pool access we have tried to make several plans to access pools on the peninsula with no success. No pools on the peninsula will open before July 6th at which point I am hoping our pool will be open soon after that as it sounds like the boiler repair plan has thus far been on schedule. However, it is hard to give a solid start date for KSC given the fluid nature of these decisions in the past, but my intention would be to begin programs as soon as possible. To ensure smooth transitions I have begun to draft a return to the pool plan which will aid in being sure we are compliant with any mandates given by KPBSD which I imagine there will be once pools are open.

In terms of where we will be in August I am optimistic as I know many of the fall sports which require more contact will be limited and certainly presents us with the opportunity to gain new members (especially in the 7-10 category). The current and past membership seem excited and ready to return to the pool so I anticipate a good amount of returning members as well. I am looking forward to returning to the pool as soon as possible and am committed to making this next season as successful as possible.