

Coaches Report

May 21, 2019

Dear parents and swimmers I would like to welcome you all to our year end AGM.

Every season RHAC's goal is to create an atmosphere where every athlete feels valuable part of the team. We believe that the team can lift and elevate the performance of an individual. That is why we continuously work on building the team spirit and pride of belonging to the Richmond Hill Aquatic Club.

The primary focus of our Club is to encourage each and every swimming member to achieve his/her peak individual potential as a competitive swimmer and, at the same time, to develop a love of swimming as a life-long source of fitness and health.

A swimmer can only achieve his or her highest competitive potential through commitment, effort and dedication. This requires significant sacrifices in the time devoted to training and in adopting a single-minded focus on training goals. Parents must also be prepared to support swimmers financially, emotionally and by acting as Taxi - drivers at inconvenient times. The rewards for swimmers come first in the form of success in competitions, but also in self-confidence, fitness, and highly developed time-management skills!

Since I became a Head Coach in 2007 RHAC is relentlessly trying every season to restructure, reorganize and streamline its groups. This is necessary to be done in order keep competitiveness within the club. With groups restructuring we reinforce that they are structured by age, ability and commitment to training being RHAC's primary focus. We keep in mind that the primary purpose of each group is to provide a path for all of our athletes to reach their maximum potential. The program is designed to gradually increase training and development in order to encourage athletes to remain in the team through the National level.

Often I talk about RHAC having enough young swimmers who are being "home" - developed and moved through RHAC's system. Pre – competitive programs Sharks and Super Sharks have been showing remarkable success feeding RHAC with young talent.

RHAC registers every year well over 300 Sharks and Super Sharks each swimming year from September to end of June. These gives us steady revenues and feed our competitive stream. Looking ahead into the next year we will try to enlarge our pre-competitive base. Thank you goes to all who contributed to the success of the pre competitive level. This would be our instructors, Roxana and our Treasurer.

RHAC swimmers took part in the 2019 Winter Festivals with our 13 & under swimmers, 2019 Ontario Winter Provincials, 2019 Canadian Swimming Trials and 2019 Eastern Championships. The performance was outstanding. We had swimmers making "A" Finals and the podium. Allot

of individual and relay Club records were broken. Full details are coming up at the Club's annual awards banquet.

This coming summer RHAC will be participating at Summer Festivals, Ontario Summer Provincial, at the Canadian Junior Champs in Calgary.

Congratulations to all qualifiers who will put a lot of effort to represent RHAC at this most important meets of the year. We wish them fast racing!

I also personally want to congratulate every RHAC swimmer who has trained this season with a purpose, dedication and commitment to the training routines RHAC coaches set for the club. Everyone in the club, one way or another contributed to the Club's training environment.

A BIG THANK YOU to all RHAC coaches Gary, Evans, Adrian Martin, Roxana, Siham, Adrian B, Nemanja, Arian and Sungha. Without their knowledge, dedication, perseverance our RHAC athletes would have never been trained to reach excellence. Thank you I could have never done it alone.

A BIG THANK YOU to all the parents for so graciously giving up their time to make the 2018 RHAC Fall, 2019 Winter Invitational and Ontario Youth - Junior C meets once again outstanding events. RHAC hosts 2 distance meets throughout the year to help us develop RHAC swimmers in much needed events such as 400 IM, 400, 800 and 1500 Free. These distance events are an integral part of the athletes Long Term Development.

A Special Thank You to the Board of Directors for their efforts to allow me to set up the structure that allows RHAC to evolve as a stable, highly successful, premium Ontario competitive club.

I would like to express my gratitude to all of you who worked as officials and to those who have helped us out one way or another to make these meets run smoothly. All participating clubs assessed the hosted meets as very well organized and they are willing to participate in them again.

At the end we would like to take this opportunity to thank all the parents for their continues support during good times and bad times. Developing a high performance swimmer requires patience, constant moral support plus believe in the program.

We hope that you enjoyed your year with RHAC!

We look forward to seeing you all in the start of the next season. I personally believe there are Olympians training in the Richmond Hill swimming pool. We promise to nurture these swimmers as long as it takes to reach their highest level of excellence.

THANK YOU

Konstantin Danailov

Your Head Coach