

Duncan Swim Team

# Annual General Meeting 2020

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Head Coach Report





## September 2019

### Duncan Swim Team SEASON STARTUP!

- 10sept2019  
DST Welcome Back BBQ
  - Held at the Cowichan Lodge  
potluck style with burgers + fixings & chocolate milk kindly donated by A&W (Lake Cowichan)
- 11sept2019  
Day 1 of Swimming for our Competitive groups: A/B/C/D
- 19sept2019 – 22sept2019  
DST Staff attend BC Swim Coaches Association Conference (Whistler)
- 21sept2019 – 22sept2019  
DST Sr Board of Directors attend SwimBC Annual General Meeting (Whistler)
- 23sept2019  
Day 1 of Swimming for our Non Competitive & Learn to Swim groups: SwimActive & E groups



# October 2019

- 02oct2019:  
Duncan Swim Team's Annual  
General Meeting
- 02oct2019:  
Stingrays' Annual Awards  
2018/2019 season  
*PICTURED: DST Annual Awards recipients*







## October 2019

slide 2

- 19oct2019:  
Sharks Thanksgiving Challenge (Comox)  
*PICTURED: Aggregate Winners per age category*
- 26oct2019:  
NRST Fall Invitational (Nanaimo)



# November 2019

- 08nov2019 – 10nov2019  
Island Swimming Club's Bennett Cup (Victoria)  
*PICTURED: various relay teams & group selfie*
- 15nov2019  
Registered Dietician & Stingrays parent (2001 – 2017) Dina Ridenour presented "Nutrition for Training & Competition" to our swimmers & parents at a special symposium  
*PICTURED: group info session with Dina*
- 24nov2019  
CRKW Winter Classic Regional Meet (Campbell River)  
*PICTURED: team cheer & relay team*
- 30nov2019  
Community Support & Sponsorship @ the Real Canadian Superstore





## December 2019

- 30nov2019 & 03dec2019  
DST Officials Training x 2  
*With thanks to volunteers Heather Buckland & David Paridaen*
- 06dec2019  
DST's Orange & Black I  
(Duncan)  
*PICTURED: 2 happy swimmers!*
- 13dec2019 – 15dec2019  
Rapids' FastSwim 2019  
(Richmond)  
*PICTURED: group selfie, group pic: pre meet training, and team dinner*
- 14dec2019  
DST's Annual Winter Break Invitational  
(Duncan)



# January 2020

- 18jan2020  
DST's Last Chance Qualifier Time Trial  
(Duncan)

*PICTURED: group selfie*



- 24jan2020 – 26jan2020  
Vancouver Island Region (VIR) Short  
Course (SC) Championships  
(Victoria, co hosted by Tyee & PCS)

*PICTURED: medalists and various relay teams  
including the 8 x 50 Club Relay Team featuring 1  
female + 1 male per age category. This year we  
were able to field 2 teams!*





# February 2020

- 08feb2020  
Island Swimming League (1<sup>st</sup> ever!) hosted by the Comox Valley Sharks

- 21feb2020 – 23feb2020  
SwimBC Age Group Championships  
(Vancouver, hosted by the Canadian Dolphins Swim Club)

*PICTURED: team cheer & team dinner*

- 26feb2020  
DST's Orange & Black II  
(Duncan)

*PICTURED: Coach Emmy and happy swimmers*



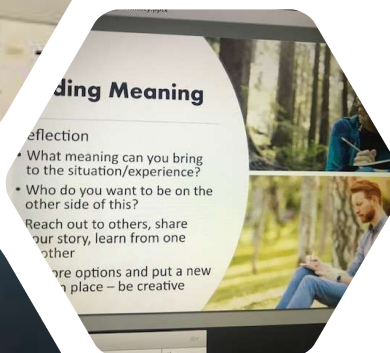




## March 2020

- 29feb2020 – 01mar2020  
DST's Annual Spring Break Invitational  
(Duncan)  
*PICTURED: relay teams galore!*
- 05mar2020 – 08mar2020  
SwimBC Provincial Championships  
(Victoria, BC)  
*PICTURED: relay teams + medalist*
- 13mar2020  
Cowichan Aquatic Centre announces  
unprecedented shutdown





# April – July 2020

## Our lives changed.

*PICTURED: empty pool.*

*A & B group zoom meeting and zoom meeting content*



- Be kind.

- Be calm.

- Be safe.

*Dr Bonnie Henry,  
Provincial Health Officer*





## August & September 2020

- Open Water Swimming started with visits to the many bodies of water in and around the Cowichan Valley

*PICTURED: Mesachie Lake, Cowichan River, Fuller Lake, Cowichan Lake, Mesachie Lake, Youbou.*

### PLANNING FOR A RETURN TO NORMALCY

- Online Registration opened up 02aug2020
- DST schedule release for the CAC 29sept2020
- Day 1 of the 2020/21 season starts 13oct2020



## October 2020 – August 2021

We're living in extremely uncertain times and our daily goal is to be considerate of others, for our health and theirs.

We follow the advice of those who are our leaders:

- Canada's Chief Public Health Officer: Dr Theresa Tam
- BC's Provincial Health Officer: Dr Bonnie Henry
- Island Health's Chief Medical Health Officer: Dr Richard Stanwick

And we take into consideration the direction from those in our community:

- SD79
- Cowichan Aquatic Centre & Municipality of North Cowichan

*We endeavor to plan for the unknown and have considered numerous different scenarios.*

*All to prepare for the continuance of our program with the utmost concern of safety for all.*

## *LOOKING FORWARD*

