

Welcome Back All VPSC Swimmers and Families!

Having to adapt to the new realities brought on by the COVID-19 pandemic, these past six months have been a tremendous challenge for us all. Despite those challenges, it has been amazing to see the incredible commitment and dedication shown by our swimmers throughout the spring and summer during our Virtual VPSC and Pre-Season Training Camps. I want to take this opportunity to **THANK YOU** for continuing to commit to the club as we continue to grow our programming through the fall and adapt to the ever-changing landscape brought on by the pandemic. I also want to acknowledge the dedication and hard work of my team of lead coaches, Scott, Sarah, Kassidie and Kennedy. Without our collaborative efforts, VPSC would not be in the strong position that it is today.

The slower start to the season has provided me, as Director of Swimming, a unique opportunity to visit with coaches and swimmers at ALL levels of the club. Since September 14th, I have been able to visit EVERY group within the club, visiting with swimmers and parents as much as social distancing will allow. During the season, I will continue to visit all groups to assess and assist. This will be followed up with weekly meetings with our coaching staff to focus on formulating and implementing an updated developmental program aimed at ensuring the long-term development of all VPSC swimmers.

With training schedules and workouts now more solidified, the coaching staff will be reaching out and communicating with their groups on a more personal level. Through October, the lead coaches will be scheduling non workout times for the individual swimmers in their groups, through Zoom sessions. The sessions will include communicating the expectations of the groups as well as to discuss and better understand each of their swimmer's goals and expectations for this season and beyond.

Our facility providers have done a tremendous job communicating on the process to start training in their facilities in the first phase and are now working on when and how they expect they will be able to increase lane space in the next phase. Two of our three facilities have already allowed an increase in swimmer per lane limits with the 3rd preparing for the reality. An extremely important fact to share is that through the process and with your incredible support, we do not anticipate any additional increases in fees and hope to be able to either reduce costs, expand training times or both in the months to come.

Due to the regulations in place, both provincially and at our host facilities, VPSC will not be able to host any sanctioned competitions until January 2021 at the earliest. While larger sanctioned competitions are not allowed, the VPSC coaching staff are working hard and will provide fun and competitive opportunities for the entire club. These opportunities include:

- 1) Participating in the Swimming Canada Swim Again Challenge. The 6-week challenge consists of a weekly event done during practice. The coaches record the results and send them to Swimming Canada. All results are published and include how VPSC and our individual swimmers rank against all the other participating clubs and swimmers across the country.
- 2) VPSC will be conducting twice monthly, in-practice "swim tests" that will be posted on our website and newsletter, highlighting swimmer improvement in swimming elements that relate to our core technical values as a club. The "swim tests" will include prizes, rankings, and highlights.
- 3) The Coaching staff will be providing additional in-practice racing opportunities. These will be a mix of regular and special events that will offer the swimmers the chance to compete in their favourite races, as well as races that will highlight and improve specific aspects of competition.
- 4) VPSC will also be providing "Team Racing" elements across all ages. The Black, Silver and White year long event, will be commencing in the 2nd half of October. Details will be published soon.

Lastly, we are excited that Coach Sarah will soon be welcoming a third child into her family! Sarah has advised the club that her last day on deck will be November 10th and we anticipate seeing her back on deck in early January. During her maternity leave, I will take on the Lead coach responsibilities for the Junior groups.

While this season will bring a series of unique challenges for our staff and our swimmers, it does not change our club's commitment to ensuring that every swimmer has the opportunity to develop into the best possible swimmer that they can be. Thank you all for your help, support, commitment and dedication and we look forward to having a great 2020-21 swim season!

GO VPSC!!!

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