

## RWPA – Development Report

I started taking over the WPS contract with the RWPA development group in the fall of 2019. I have been the primary head coach for that age group since then until now, and what a journey it has been. When I first arrive in the fall we had not yet been hit with a Global Pandemic. The development program had very healthy numbers with a lot of enthusiastic kids. In the fall of 2019, we had an approximate amount of close to 20 Semi-Comp athletes, 14 Admiral and over 24 Battleship athletes. We have had a very productive 7 months of training, scrimmages and Provincial League opportunities to see all the athletes improve drastically. Unfortunately, we had to shut down our season before the usual Spring Provincial wrap up. Since the development group started again in September, we have had comparable numbers and are doing well considering the restrictions placed on the Club. We have 14 Semi-Comp, 14 Admiral and 20 Battleship athletes. In the past two months all athletes have improved drastically. To give a little technical example we have recently ran a 200m swim test to gauge improvement. The results showing every single athlete dropping time with one athlete dropping a full min. The environment is fun and full of learning, this could not be completed without the coaching staff of Jake Morris, Sham Kalra & Jason Cawkwell. The coaching staff would like to extend its appreciation to the Club administration in the smooth transition during this ever-changing time. The staff would also like to thank all the membership for their continued support and enthusiasm.