

Age Group Report

July HOD 2020

To write a report for this year was something that I struggled with finding the right material and finding the right context. I think we can all agree that this past season was not ideal and has had so many pitfalls, it has challenged us all in so many ways. While I could go into detail with what we don't have with respect to results and meets, I figure we can look at it as a learning experience and think about what we have gained. As a Coach, I think we all hopefully found that we really do love this sport, and we were able to reflect on all the parts of coaching that guides us. I also think it was an opportunity for growth. All of us were forced out of the water and we looked at how we can continue to improve our athletes and what resources we can use outside of the pool. We learned new ways to communicate, new ways to teach, and worked together as a coaching community to talk about how to be better coaches. Our athletes have also benefited and have learned a lot about training outside of the pool and how many ways they can improve. To gain more knowledge in fitness, nutrition, flexibility, and other aspects is something most kids don't get until college, but I think many found these during our lockdowns. I hope as coaches we can all continue to lead our athletes and be the positive force in driving them through these tough circumstances. We will get back to meets, we will get back to competitions, but in the meantime, I hope we all appreciate what a great sport we have and work together to build our swimming community.

This is my 4th year as the Age Group Chair, and I appreciate all the support and work from everyone on the board and from all the people involved in this swimming community. This was a great experience for me and really helped me learn more about all the hard work that goes into making Potomac Valley a success. We got some great things accomplished during these last 4 years including a re-shaping of our championship meets and a continued growth in all our operations. I'm proud to have been able to serve as your Age Group Chair and thank you for the opportunity.

Blair Piddington

PVS Age Group Vice Chair