



Synchro Alberta Coach of the QUARTER

2nd Quarter – January 1 – March 31, 2014

Arden McMahon – Strathcona Synatics

Both of our daughters have had the opportunity and privilege to be coached by Arden with the Strathcona Synatics and they have both flourished under her superior direction. Because Arden is young and very involved in synchronized swimming herself, she finds it very easy to relate to the girls that she works with.

Arden always has a smile on her face and is extremely calm and positive while she coaches, which always keeps the girls relaxed, focused and confident. They strive to do their best. She recognizes where the girls' strengths lie and brings out the best in them. Her gentle way of addressing the girls' weaknesses and having them work on improving, does not even make them realize that they have weaknesses.

Unfortunately, due to an injury, Arden cannot compete in synchronized swimming this year, but her performances in the water before this time were always very inspiring for the girls - they aspired to swim like her.

Whether it has been keeping girls who have severe allergies safe, supporting a swimmer who suffers from anxiety every time she puts her head under the water, to coaching a girl who has no synchronized swimming experience but has been placed with girls who have swam before, Arden has been given some very difficult situations to deal with in her coaching career and has handled the challenges professionally and successfully.

Arden is a very dedicated coach who gives selflessly and always has the best interests of her team and the girls that she works with in mind. Last February, when we went to Lethbridge for our first competition, Arden was encountering a lot of problems with her shoulder. Her arm was in a sling and it was very evident that she was in a lot of pain. She still made the effort to be at the competition for the girls, was always on deck coaching them on and was even doing make-up and hair with one hand! In May, during the competition in Calgary, Arden did her teams' hair, so that the moms could have a break on Mother's Day. She is also very encouraging. She takes the time to write the girls motivating letters a couple of times each year, telling them how much she loves being their coach, what they have improved on and all of the great things that they do to work towards achieving their personal best and build their team. Arden has also been known to stay later than expected to help the girls out and come to the pool on her own time to give our girls some extra coaching when they have had something that they really wanted to work on improving.

We believe it is very evident that Arden McMahon is a coach that goes above and beyond to bring out the best in the girls that she works with. Our family feels very fortunate to have had the opportunity to work with Arden and feel that she is very deserving of the nomination for Coach of the Quarter.