



Synchro Alberta Coach of the QUARTER

2nd Quarter – January 1 – March 31, 2015

Jessica Johnson – Red Deer Synchronized Swim Club

Due to unexpected circumstances this year with our club, Jessica was required to take on a more senior role as coach and mentor with little notice or preparation. Without hesitation she jumped in with full enthusiasm to ensure our girls in the U10 division were afforded the best possible introduction into the competitive world of Synchronized Swimming. Without her, our girls may have become less engaged before they even had an opportunity to fully experience the building of a team. Her love of the sport and for our girls comes through in every practice and at every meet. Jessica always has a smile on her face, even when she has every right to be frustrated. She encourages the girls to have fun and to push themselves to work hard and put forth their best effort. She will often get into the water with the girls, which is something they love – whether it is to demonstrate a new figure or just to have fun with them and this goes a long way in the eyes of a 10 year old girl. Jessica is a true athlete and having been a competitor herself is able to educate the parents as well as the girls about the sport. She always makes time to chat and to answer questions and is very approachable. My daughter had the benefit of working with Jessica when she swam recreationally and I truly believe her approach has allowed our U10 girls to transition successfully to the competitive stream.