



Synchro Alberta Coach of the QUARTER

2nd Quarter – January 1 – March 31, 2013

Jade Connors – Strathcona Synatics

Jade is a lovely young lady who is continually patient and firm with the small team, which she currently coaches. It is important to note that none of the four the girls that make up this 10-And-Under team have ever competed in synchronized swimming before. In fact, none, except one, of the girls had ANY Synchro experience at all, prior to September of last year! Due to scheduling conflicts with a few of the girls on this team, they only have the opportunity to practice all together once per week. In order to keep the team together and qualified for competition (minimum of 4 swimmers required), the decision was made early on to split up the girls for their weekly practices, so none of them would have to withdraw from the club. The girls practice in pairs on two separate days of the week. The fact that they only swim together as a complete team, once per week, makes their tremendous progress even more impressive! With Jade's ability to create such a positive learning environment and numerous team-building experiences, I have seen her take these four young girls from being complete strangers, with no experience, to a close-knit group of team-mates with an amazing bond of friendship; each excelling in their synchro abilities beyond anyone's expectations!

Jade takes the time to organize activities outside of Synchro practice for the girls to connect and spend time together, which has helped to make this team extremely strong and united. She is a particularly thoughtful person, who makes an effort each week, to show the girls how special they are. With her frequent home-baked goodies, to the friendly competition she fosters, to the personality-specific rewards she encourages these girls with, she has a way with this team that few other coaches ever manage. These, among many other gestures have made the girls eager to improve to make Jade proud. In turn, their progress has had an impact on each of their self-perceptions. Jade has, directly and indirectly, affected each of these girls to feel more empowered and have a stronger self-image. I cannot think of a greater gift that anyone could ever give.