



Synchro Alberta Coach of the QUARTER

3rd Quarter – April 1 – June 30, 2014

Paige Greenwood – Red Deer Synchronized Swim Club

I am writing this letter to nominate Paige Greenwood for Coach of the Quarter. Paige is a coach for the Red Deer Synchronized Swim Club who coaches the Masters Program and also assists the club's Competitive Youth program. Paige is able to do all this and still achieve Honour Roll this year at the Red Deer College.

There are only five women in the Masters Program, four of us have been swimming together for the last seven years, and our fifth member has just completed her first year. With the exception of one swimmer, none of us had any history of synchronized swimming until we joined the club. As for myself, I couldn't even swim. We are, "The Sink Club." All of us are over the age of forty and we are a handful of hormones in the pool. Some days our old bodies with old injuries don't allow us to move like we should; we skull above our heads; our busy life and bad memory had already made us forget the counts we were just taught a minute ago; we procrastinate getting in the pool and when we are finally in, we would rather just float around and gossip without gasping for air. We are all at different skill levels, and also have different strengths and weaknesses. Paige's coaching capabilities are tested every Monday and Thursday as she coaches five completely different swimmers, and she makes learning this difficult sport fun and enjoyable. Paige will tell you that teaching 30 children at the same time is much easier than teaching the five of us. We know what she says is true; we are a complex bunch of old girls. Knowing this, our brave Paige still chooses to teach us and has decided to stay with us for another year.

Paige has coached us for the last two seasons, and has shown a remarkable amount of patience. Without tone, without sarcasm, without an eye roll, she repeats the counts and choreography over and over again to us. Not once in two years has she shown any anger or negativity toward us. We have mangled the occasional routine during practice, her response is, "We need to work on that a bit more." Paige not only is patient, but she is uplifting and optimistic. In the history of our team, we have done a few unsynchronized performances at provincials, there is Paige on deck, telling us how proud she is of us.

I recall many times where I had attempted to do a figure, only to come up gasping, "I can't do it!!" Paige is quick to respond, "Yes you can, I know you can." It is Paige's encouraging words that make me keep trying to do that figure that I have so epically failed the first 100 times. She approaches each of us with a smile, speaks to us with respect, listens to our suggestions and concerns, and enjoys spending time with us, even outside the pool.