



# Synchro Alberta Coach of the QUARTER

## 3<sup>rd</sup> Quarter – April 1 – June 30, 2016

### Cynthia Ying – Excel Synchro

Cynthia is a dynamic young woman, dedicated to the sport, and who has blossomed into a fantastic coach and mentor for young swimmers in our club. She has passion for the sport, and can coach all age groups equally well. She has been there, competing at a high level, experienced the frustration that comes with disappointment and lack of results, the highs of winning, and understands the psyche of high performance athletes. She recalls her best & worst coaches, and strives to do her best and not repeat mistakes her coaches made with her. She has succeeded beyond my expectations.

Cynthia has made a huge difference to my daughter this year. My daughter has never been afraid to work hard for what she wants, but suffers from anxiety and lack of self-esteem that can be crippling to her. Cynthia has been able to coach her to her best this year physically – my daughter & her duet partner have won their age group duet all year this year, including the Alberta Winter Games. Equally importantly, Cynthia has also been able to coach her through the anxiety that has accompanied high performance. She has been patient, kind and compassionate for the acute anxiety my daughter has suffered this year as she transitioned from being the “hunter” of the top spot to being the “hunted”. She has reacted to these episodes of anxiety with aplomb and has been diplomatic & calm even in very challenging situations. She has remained steadfast in her commitment to my daughter’s success in developing more positive self-talk, and self-belief. She has truly gone above & beyond my expectations of a coach.

It is because of this commitment and dedication to the spirit of the person, not just the swimmer, that I believe Cynthia Ying deserves to be recognized as coach of the quarter.