

This is Wilson. He is now working from home 😊



40 BC ARTISTIC SWIMMING



Thread



Justin McElroy ✓
@j_mcelroy



we need new language for daily routines

before

morning (7-noon)

afternoon (noon-5)

evening (5-midnight)

now

oh no what's new (7-9)

pajama time (9-noon)

productivity?!? (noon-3)

bonnie henry conference (3-4)

wine time (4-7)

group chat group support (7-midnight)

12:27 PM · 2020-03-24 · [TweetDeck](#)

GUIDING PRINCIPLES

SAFETY FIRST

EMBRACE THE NEW NORMAL

BE ADAPTABLE

SUPPORT OUR SPORT

SHIFT OUR FOCUS

PROVIDE CERTAINTY



SWIMMING

When pool
re-opens, due to
social distancing
rules, there will
be no water in
lanes
1, 3 and 5

AKS





MAPLE RIDGE
ARTISTIC SWIMMING CLUB

Mrs. Health Safety
Manager

COACH MEAGAN'S AT HOME WORKOUT!

(equipment: stairs, basic weights (moderate wt. kettlebells)
open space)

- 30 Burpees
30 KB swings
1 set of stairs
 - 25 Burpees
25 KB swings
1 set of stairs
 - 20 Burpees
20 KB swings
1 set of stairs
 - 15 Burpees
15 KB swings
1 set of stairs
 - 10 Burpees
10 KB swings
1 set of stairs
 - 5 Burpees
5 KB swings
1 set of stairs
- Roll out!



We **hope** for **equal opportunity for optimal pool** and **facility rental times** and **increased Artistic Swimming in more locations**, so **more girls can access the sport.**

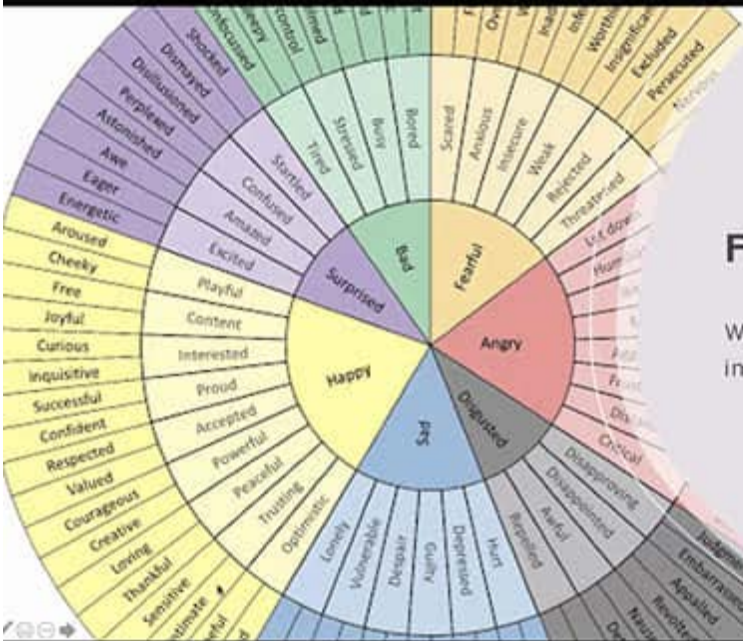


International Women's Day

#ChooseToChallenge

#IWD2021

www.PacificWaveSynchro.ca



Feelings

What role do feelings play in performance





[pacific.wave.synchro](https://www.pacific.wave.synchro)

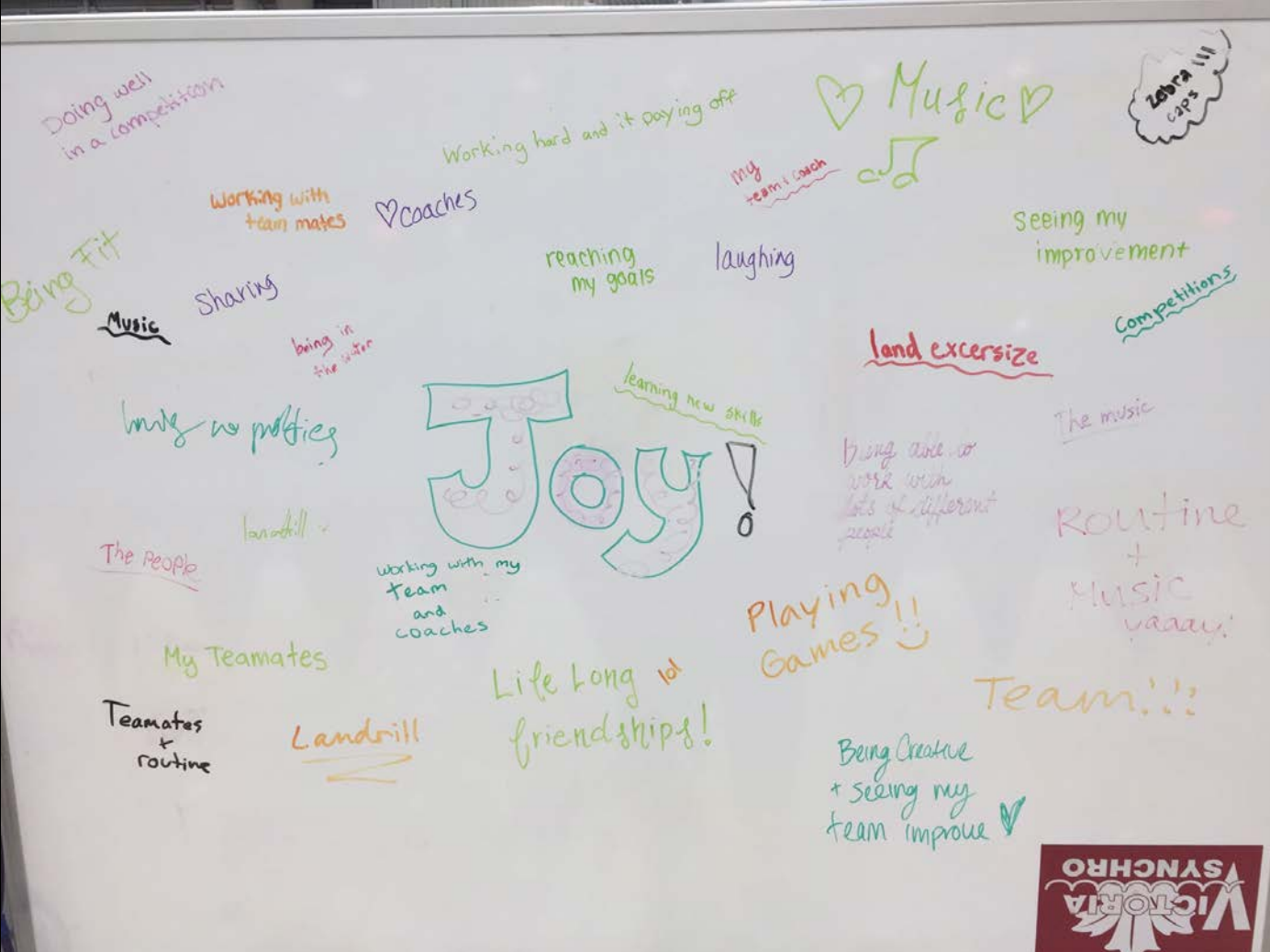


40 BC  RE-IMAGINE 2020
SUMMIT
ARTISTIC SWIMMING

Breath Control

The image is a promotional graphic for the 40th BC Artistic Swimming Summit. It features a black background at the top with the number '40' in large red font on the left. To its right, 'BC' is in white, followed by a red maple leaf icon and 'RE-IMAGINE 2020 SUMMIT' in red. Below this, 'ARTISTIC SWIMMING' is written in large white letters, with a stylized swimmer icon integrated into the word 'ARTISTIC'. The central part of the image shows a group of swimmers in a pool, with only their legs and feet visible above the water surface, performing a synchronized routine. At the bottom, the 'Breath Control' logo is displayed in a light blue font against a dark blue gradient background.

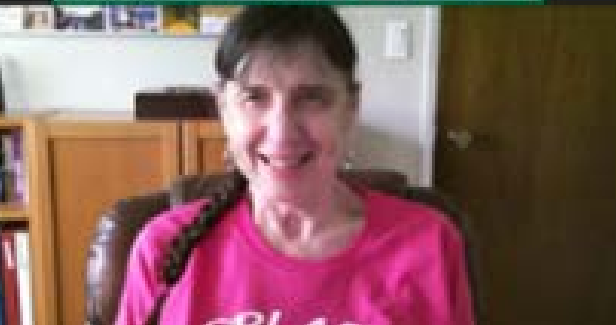
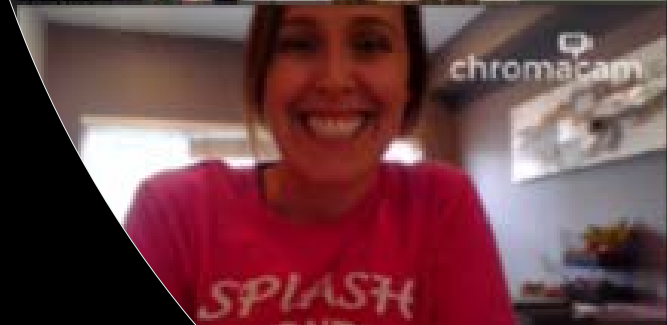
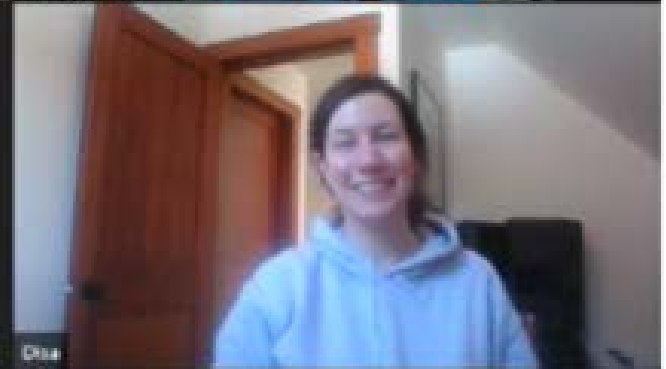
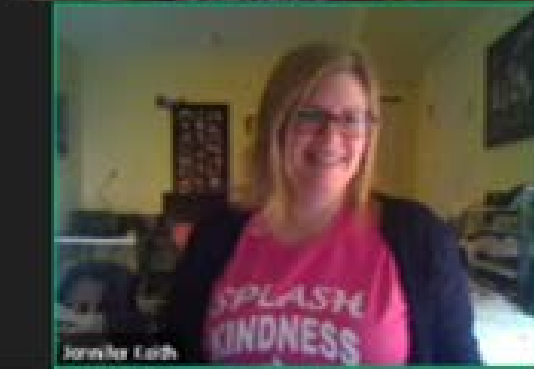
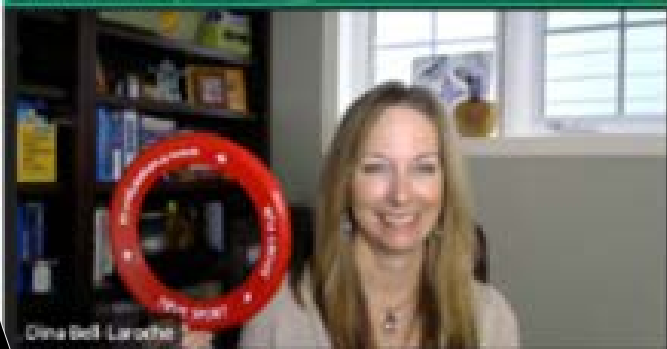








TRUE SPORT







13-15:
NANCY
#1 IN
CANADA





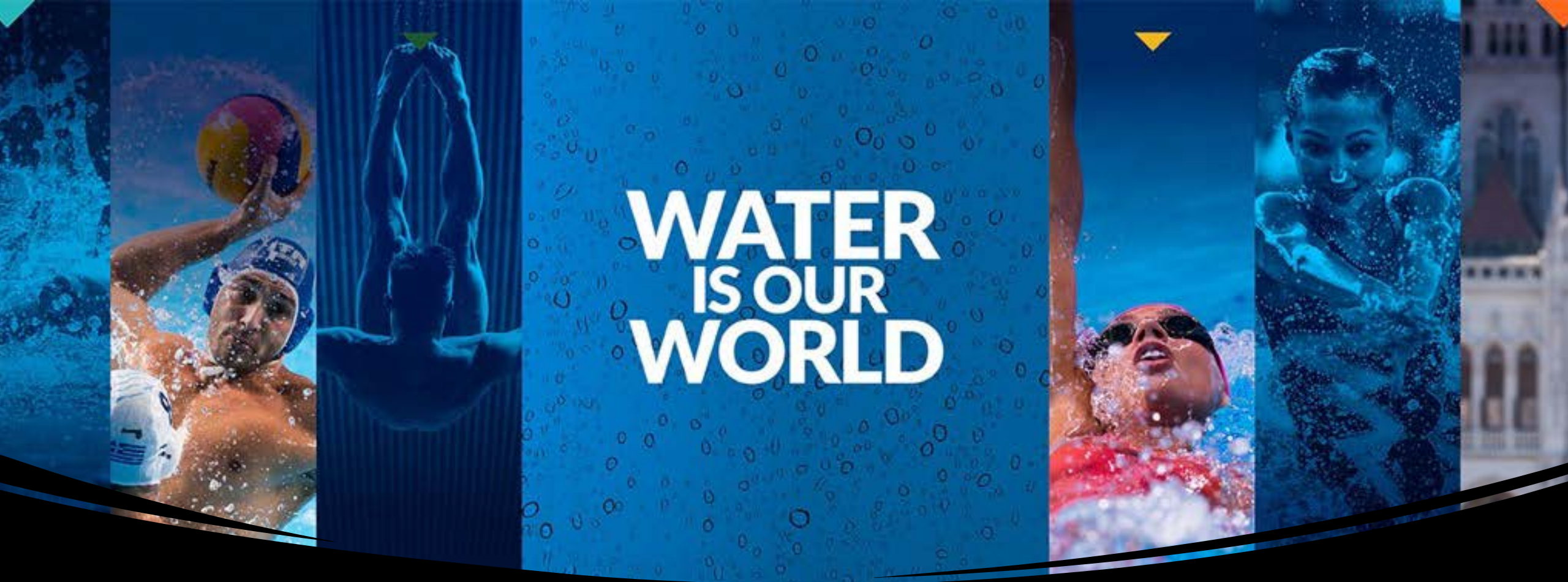




Grow



Grow



Grow



Professionalize



Aspire