

## **From Coach Heidi & Coach Catherine**

This fall has been fantastic for our program, pandemic aside. The athletes have done an amazing job of adjusting between morning and afternoon practices, and have stayed motivated regardless of limited racing. Our philosophy this fall was to get fitter, stronger and more technically savvy. Our approach was to do this by utilizing small boat and pod training, as well as slowing down the stroke and focusing on things that we wouldn't usually be able to do to busier race schedules. We were initially concerned about the limited bonding time due to social distancing, but the girls, as always, have been creative in reaching out and supporting each other. Our hope is that come springtime, we are able to use this strong base of team cohesiveness, technique and fitness to find success on the racecourse. As the amount of practice days left of the season dwindle, we all have found an immense amount of gratitude that our program has been able to continue, for the most part, as normal. The strength and fortitude of our girls amaze us every day, and as coaches we are so thankful to get to work with them.

Additionally, getting to scrimmage Saugatuck with our entire team was pretty special. We always stress that the strength of the team is our depth and to get a chance to showcase that this fall was pretty epic. We are looking forward to one last race against them this coming weekend! For us building our small boat skills and moving back into big boats is great but we really feel that we learn the most when we race – there is nothing like putting it altogether on the racecourse. Racing is always this revelatory moment (win or lose) and to get a chance to see what we need to work on going into winter will really help us to organize our training going forward. Plus, there's nothing quite like yelling/ hearing "GO GREENWICH" when you're bow ball to bow ball with your opponent! As we stated above, we are just capitalizing on the moments we are grateful for and pumped to keep moving forward, adapting to our challenges as they come.