

# SWIM ONTARIO

VISION 2020: LEAD – MOTIVATE - PERFORM



June 2021

## It's time to swim!

The past 15 months have been full of challenge, change and uncertainty. Extended pool closures across the province forced masters swimmers to be creative and explore new ways of staying healthy, fit and strong. We have been impressed by the adaptability and resilience of the masters swimming community but know that all of you are eager to resume a more regular swimming routine.

## Pool re-openings

Happily, we are now seeing increased opportunities to swim. The move to Phase 1 of the government's reopening plan on June 10 has provided some lane swim access at outdoor pools, however access continues to be quite limited. We look forward to additional pool re-openings and the start of group training programs, as high rates of vaccination and decreasing COVID numbers provide cause for optimism.

## Open water swimming

A relatively small number of hardcore open water swimmers continued to swim in Ontario's chilly waters through the coldest months of the year. Those of us who are not so bold are delighted to return to open waters now that water temperatures have increased to more moderate levels. We are excited to see the growth of this unique swimming discipline. In addition to its health and fitness benefits, open water swimming provides a sense of adventure, freedom and a meaningful connection to nature. The open water swimming community is supportive and passionate – and offers fun, friendship and a willingness to share knowledge with others. The connection to water that comes with open water swimming has also led to increased awareness of environmental issues and the importance of safeguarding the health of our waters. If you haven't already done so, we encourage you to visit the Swim Drink Fish website ([swimdrinkfish.ca](http://swimdrinkfish.ca)) and download the SwimGuide app for up-to-date water quality readings for over 8000 beaches across the province. While we encourage you to get out there and have fun, we remind you to stay safe: wear a swim buoy, swim with a friend(s), and be aware of your surroundings and any potential hazards.

For those looking to experience a competitive open water experience, Swim Ontario has two open water competitions on the summer schedule. Both are open to masters swimmers.

- July 24 and 25, 2021: Gull Lake, Gravenhurst ([Brochure](#))
- Event #2 - Welland Flatwater Center, Welland (information to be confirmed)

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We encourage you to save these dates and check the Swim Ontario website for updates and registration details. If you have any questions email: [openwater@swimontario.com](mailto:openwater@swimontario.com)

### 2021 Olympic Trials

The 2021 Tokyo Olympics are just around the corner. The 2021 Olympic Trials runs from June 19 to 23 at the Toronto Pan Am Sports Centre. We hope you will support our hard-working and resilient athletes – and be inspired by watching them race at

<https://www.cbc.ca/sports/olympics/summer/aquatics/live-stream-canadian-olympic-swimming-trials-1.6065761>

### Looking ahead: the 2021-2022 swim season

- The 2021-2022 season is just around the corner. We look forward to the return of current masters swim clubs from across the province, and to welcoming new masters clubs into the Swim Ontario family.
- Fees for the upcoming season will remain the same as the 2020-21 season.
- Swim Ontario registration/re-affiliation packages will be available on the Swim Ontario website mid to end of July. Club administrators and coaches will enjoy the more user-friendly registration system. If you have any questions regarding registration, contact Heather Dwinnell at [heather@swimontario.com](mailto:heather@swimontario.com). Swimmer membership fees remain the same as the 2020-2021 season.
- While many unknowns remain, we know that swimmers are eager for opportunities to race and connect with friends from the masters community. The committee is actively engaged in planning for the 2021-2022 season and will do everything it can to schedule some long-awaited competitions, as long as that can be done safely and in compliance with any government restrictions. Stay tuned!

### Masters Spotlight Webinar Series

Swim Ontario Masters hosted eight interesting and informative webinars for swimmers, coaches and club administrators as part of its 2020-2021 Masters Spotlight Webinar Series. The webinars were well-attended and well-received by participants. The webinars covered a wide range of topics:

1. September: Masters Swimming Back to the Pool—Approaches and key learning in this new Covid World

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2. October: Navigating your Swimming and Life Managing Stress, Motivation and Balance with Dr. Judy Goss, High Performance Mental Performance Consultant
3. November: Sport Nutrition Essentials for Masters Athletes with Sheryl Ross
4. December: Dryland, Activation, and Core Training for Masters with Meena Sharif
5. January: Workout Design and Seasonal Training Plans with Kelly Hughes, Luis Escobar and Mario Ramirez
6. February: Biomechanics and Stroke Fundamentals with Amber Hutchinson
7. March: The ABC's of Coach Registration and Hosting a Masters Competition with Lindsay Taylor, Nicole Parent and Bud Seawright.
8. April: Open Water Swimming with Doug Vanderby, Greg Stepple, Steve Hulford

We thank everyone who attended and supported the webinar series. The feedback you provided helped guide our content and improve the webinars. Special thanks to all of our excellent presenters for sharing their time and extensive knowledge with us.

## Get engaged and involved!

Your feedback is important and helps us better serve the masters community. We encourage the masters swimming community to share ideas and feedback with us at: [masters@swimontario.com](mailto:masters@swimontario.com).

You can also stay engaged and up-to-date by visiting our website at: <https://www.swimontario.com> or following/liking us on facebook at: <https://www.facebook.com/swimontariomasters/>.

If you are looking to make a more significant contribution to masters swimming in the province, consider putting your name forward for volunteering for the Swim Ontario Masters Committee. Current committee members include swimmers and coaches from teams large and small across the province. If you are interested in participating on the Committee, please reach out to the current Committee Chair, Katie Osborne, at [osborne.katie@outlook.com](mailto:osborne.katie@outlook.com)