

SWIM ONTARIO

VISION 2020: LEAD – MOTIVATE - PERFORM



March 2022

Welcome back - again!

After a bumpy start to 2022, Masters swimmers are happy to be back in the pool, with programs across the province resuming group workouts and increased pool access for lane swimmers. Masters swimmers are now trying to rebuild their fitness levels after frequent stops and starts over the last two years. We applaud your resilience, commitment, and creativity. There are positive signs that life will continue to return to normal – although many of us have forgotten what that looks like!

Swim Ontario is also pleased to announce that it is celebrating its 100th birthday this year. Stay tuned for more information on how we will mark this significant milestone.

Competition

The 2022 Masters Spring Forward Invitational

Among the many hopeful signs for the swimming community is a long-awaited return to in-person competition. Swim Ontario's first masters meet in over two years – The Masters Spring Forward Invitational – will be held on March 26-27 at the Etobicoke Olympium. We are grateful to the meet hosts, the Etobicoke Olympium Masters Aquatic Club (EOMAC). Planning, organizing, and running a swim meet is hard work. Do your hosts a favour and register as soon as possible to assist them in planning. You can find the meet information [HERE](#).

Open water competitions

Recognizing the growth in open water swimming, Swim Ontario is also planning to offer two open water events for masters swimmers this summer. Plans are underway for a return to Gull Lake (Gravenhurst) and Swim Ontario is also in discussions for an open water event at a new location. Check out our website and upcoming newsletters for information on these and other events.

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Competition Calendar

Event	Date	Location	Deadline	Info
Spring Forward Invitational	March 26 - 27	Etobicoke, ON	March 16	link
USMS Spring Nationals	April 28 - May 1	San Antonio, Texas	April 4	link
Canadian Masters Championships	May 20 - 22	Quebec City, QC	April 29	link
Pan American Masters	July 21 - 28	Medellin, Colombia	May 15	link
USMS Summer Nationals	Aug 3 - 7	Richmond, Virginia	TBA	link

Swim Ontario Masters Virtual Performance Rankings

Swim Ontario continues to publish regular updates to its Masters Virtual Performance Rankings. The format is designed to provide flexibility for coaches and swimmers. Timed swims can be performed in a team time trial, or within regular workouts. Swimmers can also have a coach, fellow swimmer, or lifeguard time their swims. Rules, guidelines, entry link, and other information can be found on the Swim Ontario website [HERE](#). The upcoming submission dates are:

- April 22nd, 2022
- June 3rd, 2022

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Registration

We are pleased to see a continued increase in registrations with Swim Ontario masters for the 2021-2022 swim season. There are currently 45 masters teams and 1100 swimmers registered with Swim Ontario Masters – an increase from pre-pandemic numbers. While we welcome all new clubs and swimmers, as we've previously noted we are particularly pleased to see significant growth in the number of integrated clubs (clubs with both age group and masters swimming programs), a club structure that highlights our “swim for life” philosophy.

If you are interested in affiliating with Swim Ontario Masters, or have any questions regarding registration, contact Heather Dwinnell at heather@swimontario.com.

Get involved!

Volunteer officials play a critical role in the swimming community, for both age group and masters swimming. Competitions simply cannot run without the support of our hard-working volunteers. While there are always jobs available for willing volunteers, consider taking your skills to the next level by registering for an online or in person officiating clinic. Information can be found [HERE](#).

If you would like to get more actively involved in 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 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.

Feedback

We welcome your input. Please feel free to share your ideas and feedback with us at: masters@swimontario.com. You can also informed and engaged by visiting our new website at: <https://www.swimontario.com> or following/liking us on Facebook at: <https://www.facebook.com/swimontariomasters/>.