

# SWIM ONTARIO

ENGAGE – INSPIRE - EMPOWER



March 8, 2021

## Getting our feet wet again...

As we move into 2021, we are excited to see the rollout of vaccines, and are optimistic for an eventual return to the things we love. As Ontario slowly reopens after the province-wide shut-down, many Masters' swimmers are now enjoying access to pools again. We are also hopeful that those in regions not out of lockdown yet will be able to swim in the near future.

As we get our feet wet (and remember what it's like to swim!) again, we want our Masters swimming community stay informed, stay healthy and stay positive. We recommend that coaches and club administrators keep in continuous contact with your local facilities. Not only does this ensure you have the latest information for your pool, but it also provides an opportunity to advocate for your swimmers. We also remind clubs to maintain your Swim Ontario Return to Swimming requirements. You can find more information on [Return to Swimming here](#).

## Now accepting new submissions for Virtual Rankings

In November, Swim Ontario launched its Masters Virtual Rankings. In the absence of in-person competition, it is a way for swimmers to safely establish benchmarks, test themselves and see how they compare to their peers across a range of events.

We currently accepting new submissions for rankings. Please submit your times by March 30, April 20 and May 11 to be included in the next updates. [Click here to see the updated results](#) and for more information on what events are eligible or how to submit times.

## All Championship events rescheduled for 2021-2022 season

In light of the disruption to training, along with uncertainty around pool access and group gathering restrictions, the difficult decision has been made to reschedule all championship meets this season. This includes:

- **Nationals:** Swimming Canada has advised us that the 2021 Swimming Canada Masters Nationals is canceled
- **Provincials:** Swim Ontario will not be holding any Provincial Championships until the 2021-2022 season

Swim Ontario wants to get back to racing. And we will. We just have to open the flood gates slowly, cautiously, with an eye towards safety. Our first steps will be to have Masters clubs host small intra-squad time trials and then expand to inter-club meets as it is safe to do so. To guide these efforts we have developed a [Return to Racing Framework](#) including a [staged approach](#) that is aligned with Provincial colour-coded response framework.

## Get ready for open water!

As the weather gets warmer, we look forward to another open water season. To help our coaches work with open water swimmers, Swim Canada has created launched a new [Open Water e-module](#) for all registered coaches.

Swim Ontario is also planning on holding two Open Water opportunities in July and August. Stay tuned for more details to come next month!

## Masters Spotlight webinar series

Back in September, Swim Ontario Masters launched its [Masters Spotlight Webinar Series](#). These webinars have provided an opportunity to educate, inform, and engage Masters swimmers, coaches and club administrators in a variety of topics. It has also been a great way to connect virtually and see some friendly faces we have been missing on the pool deck.

Since September we have hosted six webinars:

1. Masters Swimming Back to the Pool—Approaches and key learning in this new COVID World
2. Navigating your Swimming and Life Managing Stress, Motivation and Balance with Dr. Judy Goss, High Performance Mental Performance Consultant
3. Sport Nutrition Essentials for Masters Athletes with Sheryl Ross
4. Dryland, Activation, and Core Training for Masters with Meena Sharif
5. Workout Design and Seasonal Training Plans with Kelly Hughes, Luis Escobar and Mario Ramirez
6. Biomechanics and Stroke Fundamentals with Amber Hutchinson

Our next webinar, The ABC's of Hosting a Meet, will take place on March 29. Look for a registration link soon! Following this, and in anticipation of open water season, we are pleased to announce that our April webinar will be on Open Water swimming. More details to follow in early April.

Missed a webinar? No problem!

All webinars are recorded and posted online for you to view – check them out [here](#)

## Losses to our swimming family

Our heartfelt sympathy goes out to Granite Masters swimmer and Swim Ontario Masters committee chair Katie Osborne and her family for the loss of her son Ian Argue. We also extend our condolences to the Richards' family and the Burlington Masters on the passing of David Richards.