

SWIM ONTARIO

VISION 2020: LEAD – MOTIVATE - PERFORM



December 1, 2020

Challenge, change and a focus on safety

The start of the 2020-21 swim season has been full of ups and downs. On the positive side, additional pools reopened and a number of masters programs restarted in modified form across the province. Masters coaches demonstrated considerable adaptability and creativity in designing interesting and challenging workouts that could be performed safely given current restrictions and physical distancing requirements.

While we welcomed expanded access to pools and programs, the Fall also brought some challenges. Swimmers in some communities still lack pool access, and a number of masters programs have not yet resumed. Swimmers in Toronto and Peel regions were disappointed to learn that pools would be closed in those regions as part of provincial lockdown measures to slow the spread of COVID-19, effective November 23, 2020. Affected swimmers are having to change how they think about their training plans and find ways to stay fit, strong, healthy and positive during their time out of the water.

Swim Ontario continues to advocate with government for our member clubs and the sport of swimming as a whole, knowing that the data shows that Swim Ontario clubs have robust risk mitigation plans in place that have been working effectively.

These are unprecedented and challenging times that require enormous patience, adaptability and resilience. Rising COVID numbers also demand that we remain vigilant and do our part to reduce transmission of the virus. We applaud all of you for your efforts to remain fit, healthy and safe in a very difficult, restricted and uncertain environment. Please continue to place a priority on health and safety – and remember to reach out and support those around you who may be struggling.

Registration

- Masters clubs and swimmers continue to register with Swim Ontario Masters for the 2020-21 season, with an increase in registrations over the same time last year.
- Swim Ontario Masters welcomes back returning clubs and swimmers and extends a warm welcome to the Burlington Masters Swim Club – welcome to the Swim Ontario family!
- For any clubs or individuals who have not yet registered you can find registration documents on the Swim Ontario website at [HERE](#). If you have any questions regarding registration, contact Heather Dwinnell at heather@swimontario.com.
- With support from the Federal Government Sport COVID relief fund, Swim Ontario is pleased to support all registered clubs with reimbursement of the club affiliation fees. Additional information will follow in the next few days.



Masters Spotlight Webinar Series

Fall webinars

Swim Ontario Masters hosted three interesting and informative webinars as part of its [Masters Spotlight Webinar Series](#). These webinars provided an opportunity to educate and inform, and to engage masters swimmers, coaches and club administrators in discussion. The ZOOM platform also allowed us to connect virtually and see some friendly faces!

- In the September webinar, moderator Dan Thompson facilitated a panel discussion with four club administrators and coaches around some of the challenges, changes and learnings associated with a safe return to the pool during the COVID-19 pandemic.
- In the October webinar, sports psychologist Judy Goss talked about how to maintain motivation and balance in challenging times. Her lessons around the importance of building adaptability and resilience are especially important during these turbulent and unpredictable times.
- The November webinar featured Nutritionist Sheryl Ross, who led a helpful and information discussion of sports nutrition essentials for masters athletes.

These monthly webinars were well attended and well-received by participating swimmers, coaches and club administrators. The feedback provided through post-webinar surveys has been very positive and has helped inform planning for future sessions.

Upcoming webinars

Registration is now open for the fourth webinar in the Masters Spotlight Series: “Dryland Activation and Core Training for Masters Swimmers.” This webinar will be held on Sunday December 6, 2020 from 7:30 to 8:30 p.m. [REGISTER HERE](#). Don’t miss this opportunity to learn from Meena Sharif, who works at the Canadian Sport Institute Ontario and the High Performance Centre – Ontario, preparing athletes for the 2021 Tokyo Olympics. Meena also owns a strength and conditioning business, Coaching and Movement Systems, helping clients to achieve their goals.

Mark your calendars for the fifth webinar in the Masters Spotlight Series, scheduled for Sunday, January 17, 2020 from 7:30 to 8:30 p.m. This panel discussion featuring masters coaches will cover Workout and Program Design for Masters Swimmers.

We look forward to seeing many of you at upcoming webinars – and welcome your input on topics of interest for future webinars!

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Return to competition

- Rising COVID numbers in Ontario have delayed a return to even modified in-person competition. While we miss having the chance to race and connect, your health and safety remains our priority during these unprecedented times.
- In response to the restriction on in-person competitions at this time, Swim Ontario launched its Masters Virtual Rankings in November. This initiative will provide swimmers with the opportunity to test themselves and see where they stack up in their favourite events, while ensuring participant safety. This unsanctioned virtual initiative will help swimmers set goals, increase motivation and get those competitive juices going, while maintaining our organizational and community commitment to safety. For more information on this initiative visit the Swim Ontario website [HERE](#).
- The 2021 Swim Ontario Masters Provincial Championships remains on the schedule for March 20 – 21, 2021. Decisions around whether to go forward with this and other competitions, and any measures, restrictions and format changes that will be required if the meet proceeds – will be made closer to the date based on health and safety information and any applicable requirements.
- Swimming Canada's 2021 Masters National Championships is scheduled for May 21-23, 2021 in Quebec City. Like the Provincial Championships, decisions around this competition will be made at a later date.

Get engaged and involved!

We value your feedback and encourage the masters swimming community to share concerns, feedback and ideas with us at masters@swimontario.com.

You can also visit our website at: <https://www.swimontario.com> or follow/like 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 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

Stay fit, healthy and safe – and do your part to stop the spread!