

SWIM ONTARIO

VISION 2020: LEAD – MOTIVATE - PERFORM



Dear Swim Ontario Masters Community,

December 21, 2017

We want to wish the entire masters swimming community a happy holiday season. It's been a year of transition for many clubs and swimmers and we thank you for your support and patience. We are proud to talk about our guiding principles and profile many of our new initiatives designed to strengthen the delivery of the Swim Ontario masters' programs in Ontario. Our work is just beginning and we appreciate the ongoing input we have received from the entire Ontario masters swimming community. As always, we are open to input so please feel free to reach out to us with your thoughts and questions at masters@swimontario.com.

Swim Ontario Masters Guiding Principles

The Swim Ontario Masters Committee believes in a series of guiding principles which form the basis of our work today and into the future. Critical is our belief in the value of and need for an **aligned national strategy** with our partners, Masters Swimming Canada and Swimming Canada. We believe over time it is in the best interests of Masters swimmers in Ontario to have a **single governing body** that considers and meets the needs of all adult swimmers in the province, including fitness swimmers, competitive pool swimmers, open water swimmers and multi-sport athletes. A single provincial body facilitates swimmer registration, meet sanctioning, insurance, ranking and record-keeping, implementation of safe sport measures, coaching certification, member communications, and delivery of programs and special initiatives for the masters swimming community.

Swim Ontario Masters promotes and supports fun, fitness, friendship, healthy living and competition for adults through swimming. Swim Ontario will promote, encourage, support and grow masters swimming in all its forms in the province. Our goal is to be the **leading resource for adult swimming in the province** and to offer programs and services for all adult swimmers in the province that are effective, inclusive, safe, respectful and fun.

Swim Ontario Provincial Masters Swimming Championships Barrie May 4-6

We are proud to announce that the Barrie Trojan Swim Club has agreed to host the Swim Ontario Masters Provincials at the East Bayfield Community Centre at 80 Livingstone St., East Barrie. The facility is an 8 lane 25 metre pool with Swiss timing, OSB 11 starting blocks and a new Quantum timing system. The event will feature a Friday afternoon/evening session and two sessions on Saturday and Sunday. A technical package will be issued in January. Stay tuned for more details.



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Swim Ontario Masters Independent Swimmer Category

Swim Ontario has created a new independent swimmer Category called Masters MSC-SO-M. The cumulative annual fee will be \$75 dollars. While it is our hope that most individuals will join existing Swim Ontario masters clubs, we realize that this is not always possible. In response, we have created MSC-SO-M to ensure independent swimmers can participate in masters swimming in the province. More details of this category are as follows:

The Registration category Masters MSC – “SO-M” is for registrants wishing to compete as a masters only swimmer as recognized by Swim Ontario. The registration category Masters MSC – “SO-M” is limited to swimmers aged 18 and over. Swimmers registering in this category are eligible to participate in sanctioned Swim Ontario Masters activities (competition and training). MSC allows for registration with more than one club. The second and subsequent registrations must reflect the same Swimming Canada Swimmer ID number. If a swimmer registers only in this category, then they may only represent the call letters as SO-M at a sanctioned competitive event. Swimmers entered into sanctioned competitions in this category as SO-M may only swim on relays as SO-M.

Swim Ontario Masters Clinic December 17th Toronto Pan am Sport Centre

On December 17th between heats and Finals of Ontario Junior International, the Swim Ontario Academy put on a clinic for close to 30 Swim Ontario masters swimmers. The two-hour clinic was conducted by Don Burton, Swim Ontario Academy Head Coach, Amber Hutchinson, Academy Biomechanist, and Darin Muma, Performance Manager Swim Ontario. The group participated in a rotational series of activities, including a training session and starts and turns video analysis. Donations were made to support the Swim Ontario Para Scholarship Program. It is our desire to build on this event by conducting similar events each year with all proceeds going to support the great work of the Swim Ontario Academy. Special thanks to the Swim Ontario Team for this fantastic experience.



New Year's Eve Challenge December Toronto Pan Am Sports Centre

Swim Ontario and Etobicoke Olympium Masters Athletic Club are proud to announce the 2017 New Year's Eve 100x100 Masters Challenge at TPASC on December 31, 2017. What a great way to meet other masters swimmers, build some character, and burn off some holiday turkey. There will be multiple pace times and lots of moral support.

Location: training pool at TPASC, short-course configuration

Please arrive at 8:00 am.

Swim starts at 8:30 am sharp.

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Free for all SO masters swimmers; For non registered individuals, you can sign up for a \$15 non competitive registration with EOMAC plus a \$5 on site fee. To sign up click [this link](#). Entry is limited.



Swim Ontario Masters Contact - Meet Heather Dwinell

Many of our master club administrators and coaches have already gotten to know Heather Dwinell as they learned about club affiliation and registration requirements. We are proud to announce that Heather Dwinell will be your first point of contact when dealing with registration and day-to-day questions surrounding masters swimming. If your queries are about coaching certification or competition she will guide you to the right person. Heather has extensive knowledge of the registration and affiliation portfolio having worked with the organization for many years. She brings a keen understanding of many aspects of Swim Ontario and can be reached at 416-426-7222 or heather@swimontario.com

Calling all Fitness Swimmers- Access to the Masters Swim Canada Million Metre Challenge



Just a reminder that all Swim Ontario members including our non-competitive category have access to the Masters Swim Canada million metre challenge.

The Million Meter Challenge was designed to promote swimming for health and fitness. The program encourages regular participation through tracking of cumulative distance swum as an individual or as a team, and recognition as swimmers reach various milestones. Swimmers record the distance swum in each workout and the system tracks their progress. For more information click [HERE](#).

New Initiatives we will be working on in the new year

- National requirements assessment/review by MSC/SNC
- Masters Coaching Certification Program
- 2018 Swim Ontario Masters communication strategy