



Masters Swimming Ontario Staying In Touch

MAY 15, 2007

VOLUME 1, NUMBER 2

Important Dates and Deadlines

Masters National
Swim Meet
Winnipeg Manitoba.
May 18-21

Next MSO board
tele-conference meeting
June 16 2007

Swim Ontario
Conference
Sept 22-23 2007
Toronto

MSO Annual General
Meeting Etobicoke
Nov 11 2007

Links

Masters Swimming
Ontario
<http://www.mastersswimmingontario.ca/>

Masters Swimming
Canada
<http://mymsc.ca>

Your MSO Board of
Directors

<http://www.mastersswimmingontario.ca/contacts/contacts01.htm>

Staying in Touch with our Swimmers

If you change your club contact during the swim year please notify the MSO registrar at msoreg@mastersswimmingontario.ca or your Communications Chair at marionswims@sympatico.ca.

This will ensure that your club and unattached swimmers, all the swimmers get information in a timely manner.

President's Report

Sally O'Brien

The Provincial Championship has come and gone and it appears to have gone over very well. There still is a problem with diving during the warm up. Our officials will have to be more diligent on this.

There will be a Swim Ontario Conference Sept. 21st, 22nd, 23rd in which Masters Swimming Ontario is planning a session. More information will be available soon.

Volunteers are needed. The Board is looking for nominations to the Board of Directors as the AGM is set for November 11 2007.

Leadership

Hillary Richardson

Last Chance for Surveys!

The last date to participate in the MSO Swimmer or Coach Survey has been extended to May 20, 2007. Your opinions matter. If you have not already done so, please take a few minutes to complete this important member survey.

Preliminary results of the surveys show that both swimmers and coaches want more information on training as one ages, injury management and prevention, as well as stroke technique to name just a few. Our next step will be to address these needs by setting up relevant courses, lectures and clinics. Watch for them here!

Coaches Survey + Swimmers Survey

MSO Website <http://www.mastersswimmingontario.ca/>

Please take a few minutes to help us fill your needs as master swimmers.

Hall of Fame

We also will be looking for nominations for the Hall of Fame in Master Swimming. If you have a candidate in your club please send your Hall of Fame suggestions to sallyobrien@shaw.ca.

Million Meters +

We encourage all swimmers to join the Million Metre Challenge for fun and fitness

on the MSC website <http://mymsc.ca/Million.jsp> Check out you friend's progress.

Competition

Olenka McKee

The 2006 – 2007 season of Masters' indoor competition has just concluded. The meet managers put together meet packages that offered fun and variety. Swimmers came had fun and a few set records. Thank you to all who made the season a success.

In just 8 weeks, June 30, the Open Water Swim season begins with distances from 750m to 5 k

3 offered by Techno sport (refer to the MSO website schedule)

1 by Brockville August 12 (new)

The Ontario championship distances 1.5K and 3K at Bright's Grove and the 5K at St. Mary's in September

REMEMBER -----June is not a season end- but one beginning

Those planning on Attending Perth for FINA Master Worlds in 2008 who would like to be part of a Provincial team for relays etc please contact Chris Smith at presidentmsc@hotmail.com