



MASTERS SWIMMING ONTARIO

MSO Newsletter – April 6, 2020

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As the COVID-19 crisis continues to evolve, we at CIMS and MSO remain focused on the swimming community and ways to support swimmers and clubs through unprecedented and unpredictable circumstances.

Many of our team mates are at work providing the essential services that keep us fed, keep us well and keep us safe. Let's help *keep them safe* by following the public health direction for physical distancing and hygiene. And let's not forget thank them at every opportunity.

1. Dry But Not Idle

We are continuing to monitor Public Health directives to see what OWS will be possible once the warm weather is here. As well, we are considering what kind of a "provincial" meet is possible when facilities eventually reopen. In the meantime, we have been updating the Manitoba records as well as some of the information on our website.

2. New Webpage – Getting through COVID-19

A number of excellent resources and much needed humour has circulated through MSO's Facebook group. US Masters Swimming has done an outstanding job writing relevant articles that answer questions and providing "stay in shape" advice. Swimming-focused yoga and fitness services are also providing free videos for this period. We have gathered some of these links and

created a COVID-19 Resource page accessible to everyone, not just Facebook users. If you find them useful, consider subscribing to these services following the free-access period.

Clubs and coaches are encouraged to stay in touch with their swimmers to keep them mentally and physically engaged with the sport, and ready to resume once facilities reopen.

Please read all articles within the context of Canadian and local Public Health direction and keep your dry-land training within your physical abilities.

If you have additional resources, let us know and we will update the pages.

3. Coaching Resource Page

Thanks to a small committee of dedicated coaches, we have started to refresh our [Coaching page](#) with advice, strategies and practice plans. This is a collaboration between MSO and Masters Swimming Manitoba under the CIMS umbrella. Many thanks to Rod Beauprie, Paul Boulding, Ian Feldman, Don Kennedy, Sharon Donnelly and Coco Comtois for their work in pulling this together.

4. This is Us! – Profiles in Masters Swimming

We have consolidated all the profiles and tributes to swimmers, coaches, officials and builders of our sport to be accessible from [one webpage](#).

In November, we celebrated Bob Weir's induction into the Leaside Sports Hall of Fame. In February, we celebrated Bryan Finlay's induction into the International Marathon Swimming Hall of Fame.

New this week!!! A profile of *Ted and Thelma Roach – Life Long Dedication to Swimming*. Ted was an unstoppable pioneer and builder. Both Ted and Thelma were record breaking swimmers. Swimming was a family affair. Ted and co-chair Baaron Drobog organized the first-ever international Masters Aquatics Championship in 1978. It was held in Etobicoke with 8 clubs and over 400 swimmers and the multi-discipline model was later used for the first 1985 World Masters Games in Toronto. In January 2020, Ted was on hand to celebrate the 45th Alderwood SCY meet, which he first organized in 1975. This article includes a few surprising tidbits and the results for these meets are posted on [MSO's Statistical Archives](#) page.

5. 2019 Annual General Meeting – CLUB REMINDER

As per MSO's [March 13th notice](#), absentee Voting Ballots for the [two motions](#) before the membership have been sent to member clubs eligible to vote. Please send your votes to R_Beauprie@MastersSwimmingOntario.ca no later than April 10th.