



OSHAC Chlorine Chronicles

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April 2020

As we move forward through this time of uncertainty, there is one thing that has become clear: this situation is extremely fluid and changing daily. It is our intent as a Club, both the Coaches and the executive board members, to do all we can to get our kids back into the pool. However, this is an unprecedented time for the world, one in which the safety of our children is of utmost importance and priority. The restrictions placed on our communities has been done to curb the COVID19 virus and mitigate potential losses of life. A situation that no recreational activity should supersede. As a club we are at the mercy of the decisions made by all levels of Municipal, Provincial and Federal Governments as it relates to social distancing and accessibility to city run facilities. As it currently stands the City of Oshawa has moved forward with the closure of city run recreational facilities. Due to the uncertainty of the COVID19 situation the City of Oshawa has not put a date on a potential reopening of facilities. We are optimistic that the kids will get back into the pool this season, but realistic to the fact that it needs to be done when it is safe to do so. We will continue to keep swimmers and families apprised of any changes as we learn of them.

If you have any further questions regarding this, please feel welcome to reach out to me.

Tim Morrison, OSHAC Vice President (oshac.vicepresident@gmail.com)

Given the current pool closures and physical distancing guidelines in place across the country, the OSHAC Swim-a-Thon has been postponed until October 3. Two weeks leading up to the Swim-a-Thon there will be the final two weekly prizes for top earners. PLUS, the top fundraisers have prizes to be won! This will be a fun event to kick off the new swim season! Something great to look forward to!

OSHAC Annual General Meeting - rescheduled

In response to COVID-19 and the recent provincial emergency order to prohibit organized public events and social gatherings of more than five people, the Provincial Government legislation allows not for profit organizations, like OSHAC, to push out Annual General Meetings to 90 days of the original date. The OSHAC Board has decided to hold our AGM on Wednesday, July 8 at 7pm at the Donevan Recreation Centre in the upper program room.

Please note that the following positions are up for re-election: **Treasurer, Social Coordinator, Sponsorship and Fundraising Chair, and Web/IT**

[READ MORE ON OUR WEBSITES](#)

If you are interested in running for one of these positions, please submit your name to the Club secretary, Irene Hansen at oshac.secretary@gmail.com prior to June 19, 2020.



In light of the continually evolving situation with the COVID-19 virus and measures from our governments needed to flatten the curve, Swim Ontario is suspending all provincial, regional and club in-person swimming official training until further notice.

In these times, when the best thing for both our global and local communities is to physically isolate, below are options for officials and instructors who may wish to extend their swimming official's training.

[However if you are still looking for one last opportunity to obtain credits towards your volunteer credit earn back program, please consider the following options presented by Swim Ontario. All clinics will earn you one credit towards your volunteer credits.](#)

E-Modules: The [Swimming Canada E-Learning Website](#) offers the Intro to Swimming Officiating, Safety Marshal and Chief Timekeeper clinics for anyone that has an account on the Swimming Canada registration system

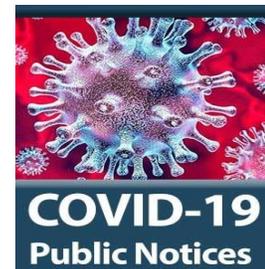
- [Guide for access](#)
- [Link to website](#)

Webinars: The May webinar series is now open for registration at the following link - <https://form.jotform.com/SwimOntario/official-clinic-webinars> . The following Clinics via Webinar will be offered:

- Monday, May 4 - 7:00 - 9:30 PM - Clerk of Course
- Wednesday, May 6 - 7:00 - 9:30 PM - Recorder Scorer
- Tuesday, May 12 - 7:00 - 9:30 PM - Meet Manager
- Thursday, May 14 - 7:00 - 9:30 PM - Chief Finish Judge / Chief Judge Electronics
- Monday, May 18 - 7:00 - 9:30 PM - Judge of Stroke & Inspector of Turns*
- Wednesday, May 20 - 7:00 - 9:30 PM - Clerk of Course*
- Tuesday, May 26 - 7:00 - 9:30 PM - Recorder-Scorer*
- Wednesday, May 27 - 7:00 - 9:30 PM - Meet Manager*

If you have any questions regarding your volunteer credits please contact our Club Officials Chair Joel Reid at coc.oshac@gmail.com

The City of Oshawa has extended until further notice the closure of City facilities and outdoor amenities to help prevent the spread of COVID-19. We appreciate the cooperation and patience of the community during this trying time and ask them to follow [Health Canada's COVID-19](#) best practices in their individual routines. City services continue to operate and are available online, over the phone or by email.



Team Trip to Windsor May 1-3 - cancelled

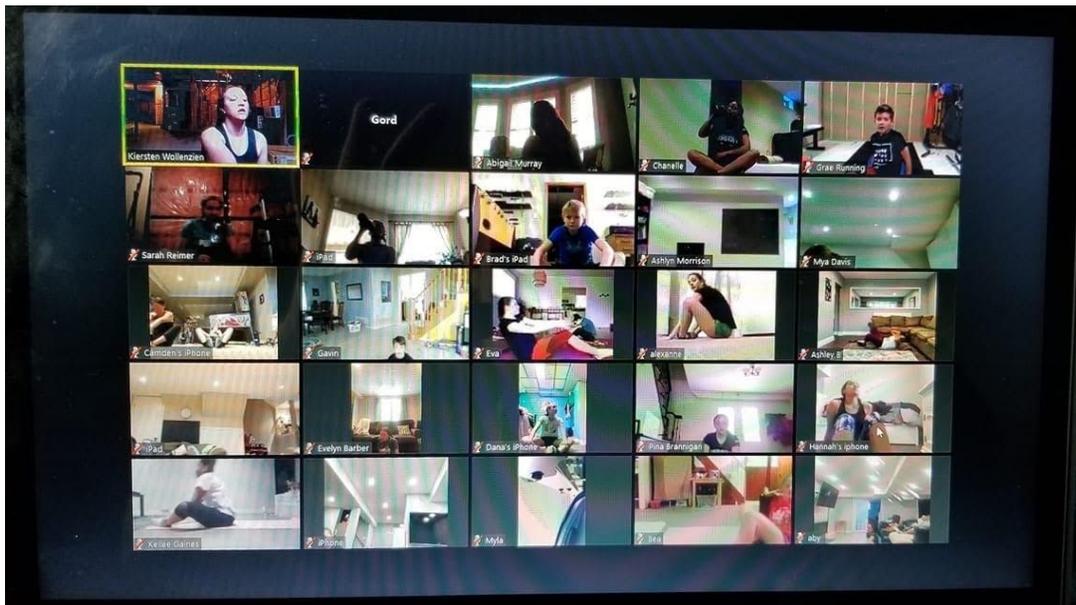
We have had some new information come in from the various facilities that we use. In line with the DDSB and their facilities being closed until May 4th, our community use of schools permit has been put on hold until that time. The City of Oshawa has also announced that they are keeping their facilities close until further notice. Other municipalities across Ontario have also closed until the end of May. At this time, the Club and Staff have made the decision to cancel the Team Trip to Windsor. Given the closure of facilities and the unknowns as far as getting back to regular training, also thinking of everyone's financial considerations at this time, we felt it was the prudent way to go.

COACHES TOP STORIES

by **Gord Sprung, Head Coach** April 2020

I hope that everyone is staying safe and healthy as we all navigate our way through this crazy time. I have been awed by the response to the dryland training program, you have all outdone yourselves with your commitment and creativity. I was able to compile on the activity from our 1st week and the #'s are quite staggering. Over 80% of our competitive membership is doing something to stay active each week! There isn't one group that doesn't have more than half of their members doing something. This is so great! Keep active, stay healthy, stay safe!!

Keep it up OSHAC!



Coach Kiersten has been doing Zoom workouts on Monday and Wednesday from 4:30 to 5:30. These are a great way to connect with your teammates and have some fun getting in some great activity. The response to these workouts has been phenomenal, with over 50 swimmers participating each time.

Below is a reminder of the dryland program....

Coaching staff would like to see all competitive members keep active in some way. Based on which group you are in will determine the amount of activity we would like you to be engaged in as we move forward in this new normal. Those who have been a part of the dryland program are familiar with the Speed Circuit. Doing a speed circuit involves 10 exercises, doing each exercise twice you will alternate

your exercise with skipping. The idea is to do 30 seconds of exercise and then take 10 seconds to switch over to skipping and repeat that twice for each exercise. Each circuit will take 26 minutes and 30 seconds to complete. You may need a parent to be a timer, or if you have a Tabatta app on your phone or tablet you can program the circuit in, 30 seconds on, 10 seconds off for 40 rounds. The 10 exercises could be like this...

1. Crunches
2. Pushups
3. Burpees
4. Plank
5. Leg raises
6. Alternating lunges
7. Single arm triceps (use soup cans for weight)
8. Side plank
9. Tuck jumps
10. Bicep curls (use soup cans for weight)

This is just an example of what you could do using things in your home that are at your disposal. If you have access to a home Gym, you could do ever more intricate exercises and you could increase the intensity. If you are stuck you could also contact your coach for some more ideas.

Starting the week of March 23rd, coaches will expect the following from these groups.

- Senior: 2 speed circuits a day, Monday to Friday, report to coach Gord(glsprung@rogers.com), # of circuits completed, exercise that you did in those circuits, 10 seconds heart rate count at the end of each circuit. Reporting should be done daily by 7PM.
- AG1: 1 speed circuit a day, Monday to Friday, report to coach Kiersten(kiersten_wollenzien@hotmail.com), # of circuits completed, exercises you did in those circuits. Reporting should be done daily by 7PM.

- AG2: 1 speed circuit on Monday/Wednesday and Friday, report to coach Kiersten, # of circuits, exercises you did in those circuits. Reporting should be done on the days you have been active by 7PM.
- Varsity: Speed circuit on Monday/Wednesday and Friday, report to coach Ryley(momar21@hotmail.com), # of circuits, exercises you did in those circuits. Reporting should be done on the days you have been active by 7PM.
- AG3: we would like you to be doing something active for 30 to 40 minutes on Monday/Wednesday and Friday. This could include going for a hike, run, bike ride, you could also do a speed circuit if you wish but maybe limit it to doing each exercise just 1 time through. You should also be reporting your activity to coach Ally (allyoconnellgray@gmail.com) on the days that you are active. Please do your reporting by 7PM on those days.
- All groups can substitute another activity in place of the speed circuit in order to facilitate some variety. Those activities should be 30 to 40 minutes in duration and should keep your heart rate at 140 to 150 beats per minute for the length of time you are active. This activity can be running, biking, using a rowing machine, cross country skiing, inline skating. If you have another idea and are unsure, ask your coach.

When you are doing your reporting please do not email your coach directly without copying at least one of your parents as well. Or, do your reporting from your parents email account. This procedure follows the Safe Sport initiative.

I am optimistic that we will get back in the water before the end of the summer. The Club and coaching staff are looking into ways to have everyone back in the water as soon as we are given the green light.

[READ MORE ON OUR WEBSITES](#)

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