



OSHAC Chlorine Chronicles

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September 2020

It is official! The OSHAC swim season has begun! A huge thank you to our coaching staff that have worked so hard to create a safe return to pool plan. They have spent much time working diligently with the City to ensure safety protocols have been put in place and have updated families and swimmers on how to safely enter Donevan and the various pool environments. Please be vigilant in following these protocols so that we can exhibit to the City that we are safe and responsible, and that we are ready to move to the next stage of lifted restrictions which will equal more time in the pool.

Much thanks and recognition goes out to our Board of Directors for the countless hours spent on the OSHAC registration process this season. There were many hurdles that were overcome. Special thanks to Tony Trinidad (OSHAC Registrar) and Mark Townsend (OSHAC Treasurer) for working together to register our swimmers. Behind the scenes, these two dedicated volunteers gave much time (and many late nights) to get us here today. I also want to recognize Melissa Mitchell (OSHAC Equipment Manager) and Sarah Davis (Social Coordinator) and Stella Trinidad (dedicated OSHAC swim mom!) for organizing our team shirts and making our team masks. Our swimmers will look great on deck and will be safe! Finally, thank you to Salena Oulds who has been working over the summer months to update the OSHAC webpage. You'll find the layout easier to navigate and information is up to date, and it looks great!

Thank you to the OSHAC families for your patience as we navigate through this ever-changing "new normal". Information is changing rapidly. Please use our swim calendar and website to keep informed.

Just a reminder that in order for your swimmer to participate in dry land training via Zoom and to start training in-pool, all registration forms must be complete and invoices paid. This ensures that your swimmer is fully insured by Swim Ontario and our Club insurance policies.

If you have any further questions or concerns, please feel welcome to reach out to our Board of Directors and/or your swimmers coach.

Happy back to swimming!

Julie Reid

OSHAC President

Due to continuing restrictions, Swim Ontario has concluded the OSHAC Swim-a-Thon fundraiser. The Club raised \$6,000. This money has been put towards pool fees for the 2020/2021 swim season.

Congratulations to Alexanne Proulx for raising \$630 for OSHAC. She is the grand prize winner and received a \$200 gift card. Shout out to Dana Hansen for raising \$500 and Beatrice Harrod for raising \$465 for the Club. Many thanks to all our families that contributed to this swimming fundraiser.

COACHES
TOP STORIES

by Gord Sprung Head Coach September 2020

Welcome back everyone! It is such a great feeling to be at this point where we can begin training in the pool once again. I know it has been a long road and I thank you all for your patience as we have passed through all the protocols and steps in place for our return to training.

Our first two weeks back will be a little bit different as we will not yet have access to our morning pool time until October 5th. Please refer to the online calendar for your swimmers group at www.oshac.ca. Any and all changes to the regular schedule will be posted there.

As information is changing sometimes on an hourly basis I am including an updated 2020 training schedule for all of you. The city of Oshawa has made a few changes to our pool time to accommodate their operations staff schedule.

Thank you all once again for all your patience! Now, it's time to hit the surf and find out what we can do.

Regards,

Gord

SENIOR: on a weekly basis, pods will alternate in order to even out pool time access.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	5:15-7 Don, (pod 1)	5:15-7 Don, (pod 2)	5:15-7 Don, (pod 2)		5:15-7 Don, (pod 2)	6-9 TPASC, 6-7:20(pod1) 7:40-9(pod2)
	4:30-6, Zoom Dryland	4:15-6 Don, (pod 1)	4:30-6, Zoom Dryland	4:15-5:45 Don, (pod 1)	4:30-6, Zoom Dryland	

AG1: on a weekly basis, pods will alternate in order to even out pool time access.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	5:15-7 Civic, (pod 1)	5:15-7 Civic, (pod 2)		5:15-7 Civic, (pod 1)	5:15-7 Civic, (pod 2)	8-9:45 Don, (pod1)
	4:30-6, Zoom Dryland		4:30-6, Zoom Dryland		4:30-6, Zoom Dryland	

AG2: on a weekly basis, pods will alternate in order to even out pool time access.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	4:15-6 Don, (pod1)	6:15-8 Don, (pod2)		6-7:30 Don, (pod1)	4:15-6 Don, (pod2)	3-4 zoom dryland

AG3: on a weekly basis, pods will alternate in order to even out pool time access.

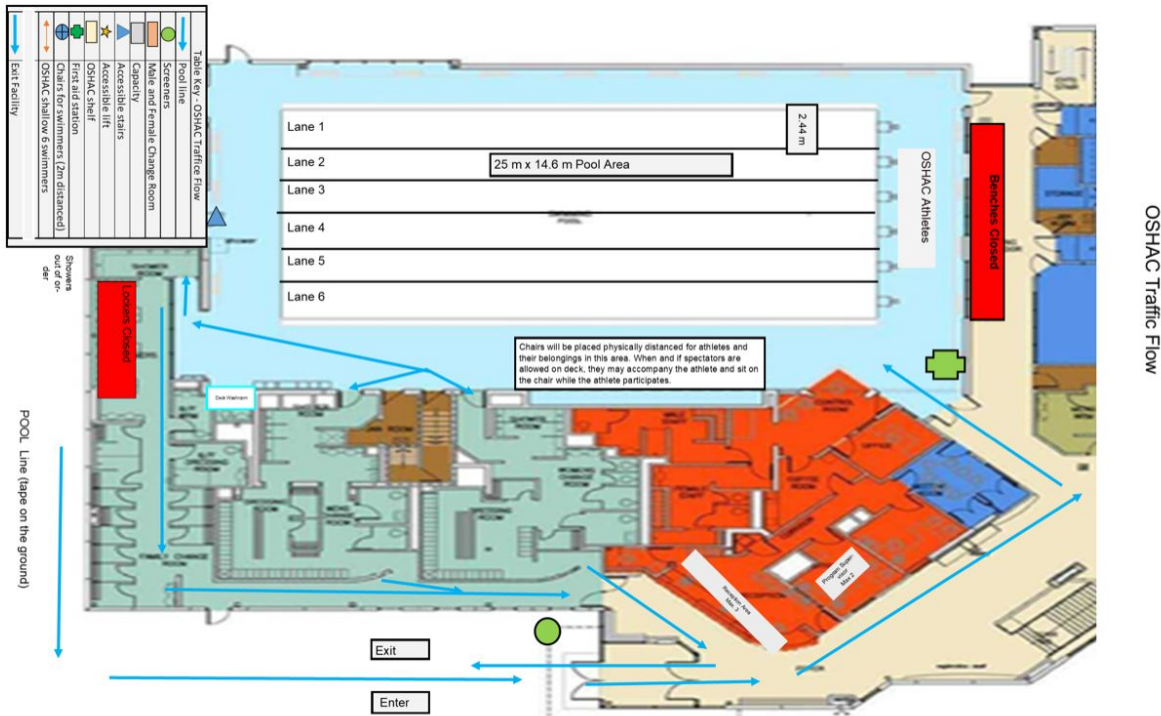
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						10-11, Don, (pod1)
	6:15-8 Don, (pod1)				6:15-8 Don, (pod2)	3-4 zoom dryland

Dolphin:

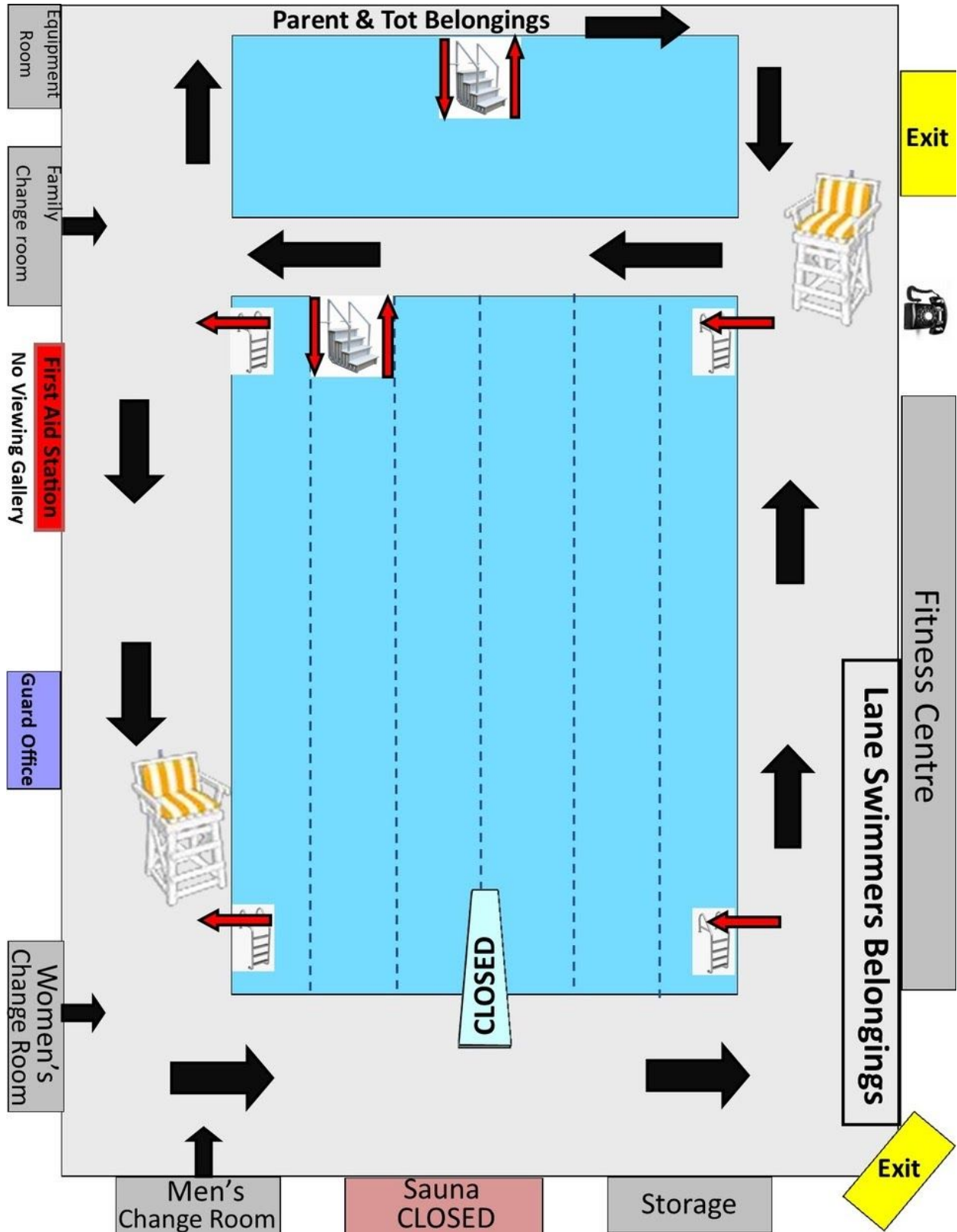
Sun	Mon	Tues	Wed	Thur	Fri	Sat
	Pod 1-430-5 Pod 2-5:15-5:45 Pod 3- 6-6:30 Pod 4-6:45-7:15, SOCC, 30 min intervals		Pods 1&3-4:15-5 Pods 2&4-5:15-6 Don, 45 min intervals			

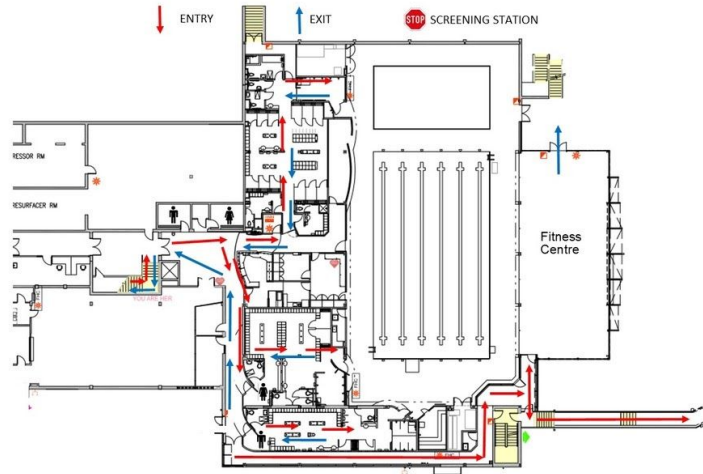
For your reference, here are the various pool entry/exit procedures for OSHAC

Donevan:

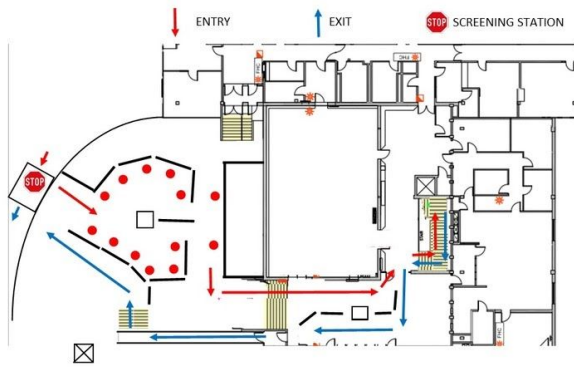


Civic:





SOCC:



There are lots of ways to “give back” to OSHAC while shopping and eating out!!

FlipGive



Use code SDMRQZ

Team “C”



Enter your code at the bottom of your receipt

[READ MORE ON OUR WEBSITES](#)
