



# PickeringMSC Newsletter Dec. 2023

**Dear PMSC members:** It has been great to see everyone out at both the Dunbarton and Pan Am pools during the Fall session, with many wearing our new caps (and t-shirts in warmer weather). The last session will be held on Saturday, Dec. 23 at Dunbarton. Below is an update on items of interest:

**Winter/Spring 2024 sign up:** Registration for the upcoming session is now available online at <https://pickeringmsc.ca/membership/>. We are continuing with the options of one, two and three/four times per week, with fees of \$190, \$315 and \$375 respectively. The period will be from Jan. 2 to May 30. For returning members, your \$15 MSO annual fee has already been paid for the 2023-2024 season.

The calendar remains the same: Monday, Thursday and Saturday practices at Dunbarton, with Tuesdays and the first Thursday of each month at the Pan Am (TPASC) pool. Note that the first workout of the year will be held on Tuesday, Jan. 2 at the Pan Am pool. Also, Dunbarton will be closed the week of March 11 but a practice will be held at the Pan Am pool on Tuesday, March 12.

**New members:** We currently have 42 paid members but would like to increase to 50 for 2024. Achieving a total of 50+ paid members allows us to maintain our fees at a reasonable level. If you know of anyone who would be interested in joining PMSC, please let them know about the benefits of the club. Potential members are welcome to try a session as long as the insurance waiver is signed. There are spaces for Monday, Tuesday, Thursday sessions although Saturday morning is nearly full.

As you know, Pickering Masters has two excellent coaches – Rene St. Aubin and Liane Coholan. – who are dedicated to helping swimmers of all levels improve their strokes and fitness. We have received good feedback regarding the whiteboards which are used to write down the workouts. This is especially the case where the sets are more complicated or have drills.

**Website and social media:** A website refresh is underway. For starters, photos of club members will be posted on the home page. Efforts will also be made to improve the look and content of the site. Following the AGM held on Oct. 18<sup>th</sup>, a committee was formed to enhance PMSC's social media profile. Todd Latham heads this committee. For both the website and Facebook, we are seeking testimonials from members about their impressions of the club and, for social media, to share and like stories.

**Equipment:** PMSC members receive a 20 per cent discount at the Team Aquatics retail store located at the south end of the TPASC facility. This can be used to purchase equipment such as bathing suits, paddles, goggles, snorkels and pull buoys.

**Executive:** At the AGM, the following slate was approved:  
Andy Manahan, President; Dave McMullan, VP and Registrar; Ed Rutland, Treasurer; Janet McMullan, Secretary; Liz Watson and Naomi Eisenberg, Social and Communications.



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**Swim meets:** A note was recently sent about upcoming swim meets. The Ted Roach Memorial SCY meet will be taking place at the Alderwood pool on January 28. This is an MSO-sanctioned meet, so all PMSC members are entitled to register for this meet. Here are links to both MSO and Swim Ontario (SO) sites:

<https://ms.mastersswimmingontario.ca/web/schedule.php>

<https://www.swimontario.com/athletes/masters/>

An additional fee of \$62.50 is required to compete in SO meets.

**Year-end PMSC party:** David and Janet McMullan will be hosting the year-end party at their home in Ajax on Friday, December 15<sup>th</sup>. More information has been sent in a separate email. Please mark your calendars and RSVP.

Any suggestions / questions / concerns may be directed to [membership@PickeringMSC.ca](mailto:membership@PickeringMSC.ca)

Or visit us at <https://pickeringmsc.ca/> or [Pickering MSC FB Group](#)

Andy Manahan, President, on behalf of the PMSC Executive  
December 4, 2023