

# APRIL 2020 NEWSLETTER

## Uxbridge Swim Club

[Club Website Link](#)

Find us on 

 Instagram



### **#SwimAgain**

Those two little words say it all...we will swim again. We may not know exactly when at this point and it may not be quite the same at first, as it always has been before but we will **#SwimAgain!**

Swimming is a fantastic sport in that it can be performed by people of every level of ability from the very little & young to the significantly older. There is something for everyone at the pool. From a wide range of lessons, to a variety of aqua fitness classes, to lane swimming, to public swims, to aquatic sports teams & training, and the list goes on and on. It's therapeutic, it's relaxing, it's fun, and it's our sport!

### **BEST PRACTICE CONSIDERATIONS**

While some of the membership has opted out of coach directed club training for now, we wanted to take a moment to encourage all of the USC membership to stay as active as possible during this challenging time. It can be difficult for everyone to adjust to, but by maintaining the habits and focus of an athletic lifestyle with a good routine that includes physical literacy, we can continue to thrive from more than just a physical perspective, but also mentally & emotionally. Please consider some of the following as you plan your activities:

- Keep safety in mind when applying correct exercise execution, and wear appropriate clothing
- Remember good nutrition & hydration
- Be sure the training is done with supervision, in adequate space, with good ventilation, proper equipment, watch for hazards, etc.
- Ensure that athletes are fit and healthy enough and at the right athletic level to do the intended training and exercises
- Check that the athlete understands the activity; allow feedback, debrief
- Encourage athletes to set up for any online sessions in areas of the home that are open and observable by others

### LINKS OF INTEREST

#### FUN COLORING SHEETS

<http://www.crayola.ca/free-coloring-pages.aspx>

#### SWIM ONTARIO UPDATES LINK

<https://bit.ly/2R0eNw8>

#### SWIMMING CAN RESOURCE HUB LINK BELOW

<https://www.swimming.ca/en/resource-hub/>

#### **What Makes the perfect Swimmer's body?**

Making the 'New Normal' work – how to help kids, teens, and your family through social isolation

[\*\*Click Here!\*\*](#)



## MONTHLY DRYLAND TIP

### STREAMLINE JUMPS

The idea with the streamline vertical jump is to have the swimmer learn how to push all the way through to their feet and point their toes. When in the pool, these are often performed initially in the shallow end as streamlined bobs.

They can also help with breath control when done in the pool. The swimmer is asked to squat down under the water and then leap up through the surface of the water to a nice strong streamlined position with the toes pointed, legs tight together, core tight, arm squeezed just behind the ears, locked through the elbows, chin tucked to the chest and the hands one on top of the other (the hand sandwich!).

From here the swimmer would gradually learn to apply this to what they do when they push off the way, strong, straight and tight together. The exact same idea applies on land. Be sure the swimmer is warmed up and that the area for the activity is clear of any obstacles or debris.

Once they have the concept and technique down, have the swimmer perform 3 to 5 sets of 5 Streamline jumps. Watch that they are pushing off of both feet, staying tight and going straight up and down. It is so fun to see their leaping ability. Mastering this on land will go a LONG way once back in the pool.

### A LITTLE HISTORY LESSON OR TWO

The Uxbridge Swim Club was founded in 1986. That makes us 34 years old!

Before the sudden pool closure, USC alumni swimmer Mitchel Ferraro came in and trained with our Green & White swimmers on a couple of Friday morning early swims. It was great to have Mitchel back in Uxpool! Mitchel holds numerous USC club records, was a highly decorated provincial & national level swimmer, qualified for the 2013 Swim Ontario Canada Games team & 2013 Junior Pan Pac Team and recently graduated from The University of Toronto.



## KEEP AN EYE ONLINE

### MORE NEWSLETTERS TO COME!

We'll put out another couple of club newsletters in May & June, so stay tuned for those.

In the meantime, stay healthy, positive, upbeat and motivated for everything that comes our way through this crisis.

Also, check out our Team Unify site and our social media outlets for interesting bits of information.

