

APRIL 2021 NEWSLETTER

Uxbridge Swim Club

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A Message from the Board

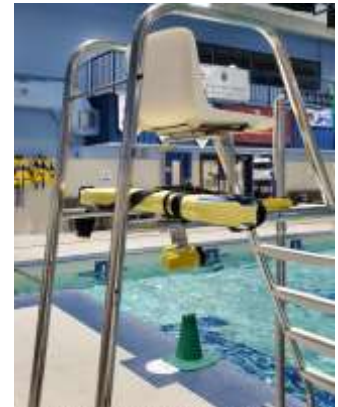
Hello USC Athletes and Families,

As I sit to compose a message to you I am faced with a challenge. A challenge of feeling stuck and not being able to be together as a team. However, if there is anything that this year has reinforced, it is the value of grit and resilience. If there is anything this little team has shown, it is grit and resilience.

Even though we might feel like we are stuck, I remind myself that even stationary objects are moving. Everything keeps moving, the mountains change shape. Rivers, millimetres at a time, change course and carve out great canyons. Our very cells are constantly in the process of dying and renewing so that we grow. When we are moving through a tough situation like the one we are in right now - the very best thing we can do is take one more step, do one more stroke, turn the skipping rope one more time, and push one more centimetre. Smile, say kind words, congratulate one another - USC athletes and parents, you have grit, you are resilient and your team spirit helps fuel that. Stay positive and active, take small steps everyday and when we get back together, we will be amazed at how strong we remain.

With positivity and pride,

The USC Board of Directors.



SWIM ONTARIO UPDATES LINK

http://swimontario.com/news_detail.php?id=3408

SWIMMING CANADA RECORDS & RANKINGS

<https://www.swimming.ca/en/records/>

<https://registration.swimming.ca/powerranking.aspx>

MONTHLY SWIM TIP – KICK IT!

Having a great flutter kick will help you become a better swimmer. Kicking goes beyond just giving your shoulders a well-deserved break!

Some of the benefits include **added propulsion**, meaning the faster you can kick, the faster you can swim. Simple as that! Kicking helps to maintain a **high balanced body position** in the water. A strong kick **launches you into each pull** and keeps the stroke together. Strong legs and kick add power to your hip rotation. This will help you drive your arms forward for a faster and more robust arm pull, coming right from the core. The endurance in the lower body adds to your stroke efficiency.

Here are 4 ways to improve your freestyle kick:

1. Improve ankle strength - Swimmers spend a majority of our time training in water, with push-offs being only tax on our feet. Ankle strength can be increased by adding skipping into the activation and dryland training. This is an easy way to develop strength in the ankles and calves, and it will develop overall athleticism which helps with being lighter on your feet. This is helpful with starts and turns.



April Fools on the 21st!!

2. Balance out your kick – Often the focus is on the downward part of the kick, with the upward part acting as recovery. Remember to kick 'up' as well as down. Using vertical kick in your training is the easiest way to force yourself to kick in both directions. The kick must be more balanced in order to keep your head above the water!

3. Improve ankle flexibility - Having flexible ankles will enable you to catch more water with your feet, to allowing you to push more water backwards. Here are a few good ways to help ankle mobility:

Ankle rockers - Sit on the back of your ankles. Lean back gently, lifting your knees just off the ground. Feeling the stretch across the top of your feet. Hold for 30-40 seconds. Repeat 2-3 times.

Ankle rotations – Just like arm swings, you can do the same with your ankles. Perform 15-20 foot rotations in each direction. The best part is that this can be done anywhere!

4. Kick more - There is no substitute for doing more kick in practice. This can be with or without a board or as part of the full stroke. Do high-intensity kicking **and** long, low-intensity kicking. Just kick! Once you get really good at it, you'll want to do more of it – as is the case with anything we do! Flutter kick your way to faster swimming.

(Based on an article by Olivier Poirier-Leroy, Yourswimbook.com)



HISTORY - SWIM NEWS MAGAZINE

From Swimming Canada's web page - The University of Toronto Archives is pleased to announce that Nick Thierry personal papers, which includes 320 issues of the magazine Swim News are now available. This was made possible through a donation made by Mr. George F. Thierry, Nick Thierry's brother.

One of Thierry's most important contributions to the swim world began when he discovered the need to start tracking swimming statistics to aid in the selection of athletes for swim teams and to develop a method for ranking swimmers globally. In order to facilitate this need for statistics, Thierry organized a monthly publication called Swim News, which quickly became a valuable global resource for coaches and swimmers. While Thierry passed away on October 2, 2012 at the age of 73, the documentary history of his impact on the swimming world will be preserved and made available at the University of Toronto Archives. Faculty, students, staff and researchers are encouraged to visit the Archives and explore this extraordinary new resource. <https://archive.org/details/swimnews>

DRYLAND – WALL ASSISTED SHOULDER STRETCH

The wall assisted shoulder stretch is a great move for relieving tension, releasing the shoulders, improving range of motion and increasing flexibility.

To perform this stretch, find an area with a large clear wall that is free of any obstacles.

- Place hands on the wall and walk your feet back until your arms are extended out from the shoulder, arm's length away.
- Hinge (bend) at the hips until you feel the stretch through your chest and shoulders (hamstrings too).
- Breathe out as you bend and stretch, relaxing your neck.
- Hold the stretch for 15 to 30 seconds. Release & repeat.

KEEP AN EYE ONLINE

USC Newsletters come out on a monthly basis, typically at month's end. Be sure to watch your inbox for them!

Also, check out our Team Unify site and our social media outlets regularly for interesting information & more!

The links to all of these items can be found at the start of the newsletter, for easy reference.

