

AUGUST 2020 MINI NEWSLETTER

Uxbridge Swim Club



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FROM THE BOARD

Finally, club registration is here! You will find the package of information in your inbox with all the details around the Return to Swimming and how to register. There are set timelines for this, so please take the time to read through it all carefully. The Board & Staff are anxious to welcome everyone back to the pool! It's been a long wait but we are ready to start back in a strong & safe manner. See you soon!

MONTHLY DRYLAND TIP – DEAD BUG (WITH STABILITY BALL)

This is a variation of the regular dead bug core exercise. Start by lying flat on your back with a stability ball between your hands and knees. It is held in place using only the palms of your hands and the tops of your knees. No stability ball? Any larger sized, light ball will do!

Press your low back into the floor and extend the left arm & right leg in a controlled manner, while holding the ball in place by pressing with your opposite (left) knee and (right) hand. Hold for 1-2 seconds, return the right leg and left hand back to the ball, which is the starting position. Repeat on the other side by extending the right arm and left leg. The extended arm will enter pinky finger first, just like we do for backstroke! Of course, this exercise can also be done without the ball.

Try starting with one set of 20 reps (1×20) and progress to 2-3 sets of 20 reps (2-3×20). There should be little movement in your low back, maintain that neutral spine. Enjoy!

WORK ON YOUR MANTRA!

Kick back & relax. While doing so, think of a 'mantra' that you could use during your training or racing. This would be something that you repeat to help with your focus & concentration. An example such as "I am strong", might be useful as you are starting to fatigue through the mid part of a race or set. This will keep you on track and if you've picked a really good one, it might even be something you can actually 'feel' as you swim on through. The Green swimmers worked on this during their remote training. A couple of their examples are: 'Mind over Matter' and 'Yeet – Vroom vroom!'. Perhaps you can create a few of them for different situations, maybe serious or a bit funny. Keep your mantra handy! It can be used in so many positive ways.

LINKS OF INTEREST

FUN & INTERESTING LINKS

Swim-a-thon National Prize winners, including one of our own:

<https://bit.ly/3l5yL5V>

<https://www.swimmingworldmagazine.com/news/10-things-non-swimmers-should-not-say-to-a-swimmer/>

<https://www.youtube.com/HPC Pre pool activation>

SWIM ONTARIO UPDATES LINK

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

Check back for updates!

SWIMMING CANADA RESOURCE HUB LINK

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

Check back for updates!

#SWIMAGAIN CHALLENGE!

The Swimming Canada **#SwimAgain Challenge** will launch at the end of September and run for 6 weeks! Details to come soon.