

# DECEMBER 2020 NEWSLETTER

## Uxbridge Swim Club



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### **A Message from the Board**

Hello USC athletes and families,

What a fantastic fall it has been. It has not been without its challenges and learning, and its success has not come without a lot of hard work on the part of the coaches, athletes, board, and parents. Thank you to all.

As we look toward the new year, we will continue to build on the success the club has had from training gains, performance outcomes and club operations. First, we must weather this little 28-day setback, but then expect to see the continued participation in the Swim ON Performance Tracker, social and fundraising activities, and additional committee activation. Please also watch for the announcement of a date for a USC Town Hall meeting where the board will share the state of finances, operations, and board succession plans.

You have all come so far and done so much to get our club back up to full speed that we are confident in your ability to manage through these next few weeks. Please continue to do your part and stay vigilant in following health guidelines so that we can all get back to the pool on January 25<sup>th</sup>!

Get outside, play, laugh, rest and enjoy your families.

Warm wishes for a fantastic holiday and a happy new year!

The USC Board of Directors.

### **MONTHLY SWIM TIP – BACKSTROKE BREAKOUT**

Maintaining your momentum from the underwater dolphin kicks into the swimming, requires a clean breakout, avoiding all resistance.

If you've worked on creating great underwater dolphin kicks, be careful not to lose speed with a sloppy breakout. To avoid this from happening, consider the following:

- Learn your underwater dolphin kick count. Being either the number of kicks to the 15 metre mark, or to the point where you'll run out of air if you don't break out.
- Have your body parallel to the surface of the water and start the first arm stroke by focusing on driving the non-pulling hand forward down the lane.
- Rotate your body so your shoulder is exposed above the surface before the arm recovery begins.

Knowing how it feels to get it 'wrong', can be helpful actually. By doing a great job with the underwater dolphin kicks, but starting the first pull too early, when the body is still too deep can mess up the break out. Know how to get the timing right for you by adjusting the kicks by doing 1 or 2 extra. Alternatively, go a little less deep if getting enough air is an issue.

Creating a clean recovery on the break out will allow for a better transition into strong, fast swimming, and start your swim off with great rotation and arm turn over. With practice, this will come much easier. Stay on it!

### **HOLIDAY BREAK**

Holiday Training Break: Uxpool will be closed from Dec 24<sup>th</sup> to Jan 4<sup>th</sup>, thus USC training will take a break. The last day of training until the new year for each group will be as follows:

- Orange/Orange Plus: Tues Dec 22
- Novice: Wed Dec 23
- White/Green: Wed Dec 23

### **UXBRIDGE FOOD BANK**

The Uxbridge food bank says thank you! A box full of food to help this Christmas season. Way to go USC!

### **SWIM ONTARIO UPDATES LINK**

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

### **SWIM ON TRACKER PROGRAM**

To see the results from the Swim Ontario Performance Tracker program, please click here:

<https://SwimONPerformanceTracker>

### **SWIMMING CANADA RESOURCE HUB LINK**

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

## USC GROUP REPORTS

**GREEN & WHITE** - Phenomenal commitment and determination is the very best way that I can describe the USC Green group. I feel very privileged to have the opportunity to work with these talented athletes every week. Not only are they extremely dedicated to this great sport that we all love, but they pursue this commitment with ease and an overall positive-ness that is infectious. They are focused on the priorities in a given practice session and work on all their skills to a very high level of satisfaction. They take corrections in stride and very rarely require an instruction to be repeated more than once.

This seasoned group of swimmers is very accustomed to attending competitions one to two times per month from October through to July, but this year is so very different for everyone in so many ways. This has not slowed this crowd down. They have been swimming to amazing times within practice sets and on the various challenges that the swimming bodies have thrown at them. It has been so great to watch them continue to excel despite what is going on around them. They are a small, yet mighty and cohesive group. This speaks to their true character as individuals when they can all come together to be so well united towards a common task.

All but one member of the USC White group is new to this level of training. They have been working hard at making adjustments to their focus and attention to detail, both in the pool and with their dryland sessions. We were fortunate to keep the dryland piece outside for much longer than usual. The swimmers did a great job of working on their endurance, mobility & agility. We have transitioned that into more of a strength focus as we head into the second cycle of the swim season. So far so good.

Many best times have been set during the time trial events that we have included this season to provide for a competitive edge to compliment all the training that goes on weekly. These times while unofficial do provide a personal benchmark for the swimmers to continue to shoot for as we move through the season. There is still much work to be done on all the important and basic details that go with our sport, from stronger/tighter streamlines to breathing patterns to all aspects of a turn to proper use of the pace clock. This is all coming along, and will keep us very busy in the months to come.

Looking forward, I am holding out hope that we can see some regular meets in 2021 for these swimmers to test themselves at. In the meantime, we will continue to rise to the occasion with the current swim challenges & Time trials offered. These events have been doing a good job at keeping the entire USC program moving in the right direction as a powerful, competitive force. Go USC Go!

**ORANGE & ORANGE PLUS** - This season began like no other, ever. New protocols, new rules, and restrictions all highlighted the things we could NOT do. Our small but mighty group of 14 Orange and Orange PLUS swimmers adapted, rolled with the changes, and were determined to get back in the water. With a slow introduction back to the pool, being super careful not to mix too many groups at one time, adhering to Township AND Swim Ontario rules, we were able to hit the water in September and have been safe ever since! Beginning the season with incredible weather, we were able to keep dryland outdoors well past our usual Halloween end date. Fresh air and activity allowed our move-ups and veterans to build relationships, learn new exercises that relate to swimming, and keep safely distanced.



## 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 on a regular basis for interesting information & more!

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



## ORANGE & ORANGE PLUS CONTINUED

Once in the water, a couple of weeks were spent on reminding, relearning, and reinforcing good stroke drills. Taking their time, not rushing through drills – but instead focusing on what is being worked on and making those mind to muscle connections. Shaking off some of the bad habits – like breathing off turns, adding a whip kick in here and there, keeping turn touches 'legal' – took lots of reminders, delivered globally to them, as there's always something worth hearing. Some of these habits creep back in now and then, but I do believe they're learning that it's not only important to do it properly when they think I am watching.

Moving along into the season, pace times got faster – providing a more challenging practice for many – distances got longer – making endurance sets a lesson in efficient swimming. Swim Ontario and Swim Canada have provided clubs the opportunity to #swimagain, and we have participated in the #swimagainchallenge, the Swim Ontario Virtual Performance Tracker and our very own Uxbridge Swim Time Trials. This has given O/OP the chance to get up and race, showcase their skills and speed, and rank themselves next to the other swimmers in their age categories. It's fantastic to hear your swimmers cheering for their teammates.

As 2020 comes to a close, I know USC families have missed watching their swimmers practice and race. Let me assure you that each and every time your swimmer hits the water, they are challenged, encouraged, corrected and supported. We have a great coaching staff this year, on all levels, and we will continue to raise your swimmer up and push their abilities and efforts to the greatest extent. Although we missed out on our 'in person' awards banquet, and our chance to race with 500 other competitors, our little club is making the best of this crazy time...thank you to the families and the Board for all continuing along trying to make it a great season for these kids!

**NOVICE** - The novice group has had an amazing season so far! We have seen so much improvement over the last couple of months and are really proud of all of the swimmers in the group. Even with all of the covid restrictions and challenges, this group has been super positive and enthusiastic making practice fun and exciting! Over the course of the last few months, each and every swimmer has shown many strengths and improvements along the way.

Introducing the mini meets and time trials to the group was a challenging but fun addition and allowed us to introduce some racing aspects to swimming. This group has done amazing with these challenges and are already improving their race times from earlier in the season. Everyone puts in a great effort at practice and they are all constantly putting their best foot forward.

Our novice group have some of the nicest and most thoughtful kids who are full of team spirit. They are always cheering on their peers in relays and at our mini meets and congratulating people on beating their times or being able to make it the whole 25m without breathing. They are an incredible group of kids and we are so lucky to be able to coach them. For the upcoming year our focus will be on improving endurance and speed while also trying to still make practices as fun as possible. It has been a pleasure to coach each and every one of these kids and we look forward to seeing what the new year will bring!



## HOLIDAY TREATS FOR THE SWIMMERS!



## HAPPY HOLIDAYS USC!



## SWIMMER OF THE MONTH

For the detailed framework and photos of each of the Swimmer of the Month recipients, please go to the USC website. The December winners of the swimmer of the month recognition are:

**Novice – ETHAN WALMSLEY:** Ethan has been in Novice for the past couple years and has shown great improvement over the past month! We have noticed great improvement within his actual swim stroke as well as how he is outside of the water! He is now leading his lane and keeping up with the pace times. He is always asking questions for clarification and challenging himself. Ethan helps his teammates when they have questions and now gets excited about certain sets. We are super proud with his initiative during dryland and swimming. He has been a pleasure to coach and we look forward to the new year. Keep up the amazing work Ethan :)

**Orange/Orange Plus – AVA MILENOV:** Lessons learned through this Swimmer of the Month...

- \*It's important that every athlete feel confident about their efforts
- \*It's 'normal' to question commitment to the sport sometimes – especially during the cold, dark winter mornings
- \*It's not always the fastest/strongest/biggest athlete that works the hardest
- \*Getting through a hard set today might mean tomorrow will be easier
- \*Making choices for one's self is valuable for self esteem
- \*We are all stronger than we think we are
- \*Never asking for an easier task or giving permission to quit is a solid representation of strength

So, thank you to Ava for these lessons and reminders this month, I think each of us could use a refresher on these from time to time! Keep up the good work Ava – and watch out for the odd snowball, it is winter after all!

**White/Green – HANNAH HOOG:** This swimmer has a quiet yet strong presence within her group. She is always prepared for any given practice and organized to get started on a set. This year, her attendance has been excellent, rarely missing and if she does it's a dryland session that she gets ahead of time so she can do it on her own. Her swim efforts in the challenges and the time trials so far have been amazing, swimming to many best times. Technique is so critical for swimming and this swimmer has really made some great strides with her backstroke body roll, freestyle hand entry, breath control and breaststroke timing & outward sweep. She takes corrections very well and always does her best to apply them and this is really paying off with her improvement seen in both practice & racing. Congratulations Hannah Hoog! Keep up the great work.



## UXBRIDGE STRONG!

