

# FEBRUARY 2021 NEWSLETTER

## Uxbridge Swim Club



[Club Website Link](#)

Find us on 



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

Hello USC Athletes and Families,

Considering the email sent out earlier this week with the update on the re-start proposal in front of Town Council I thought I would say thank you for continuing to be so patient and ask you to all...



Hang in there just a little longer.

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We've got this!

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The USC Board of Directors.

### MONTHLY SWIM TIP – BREASTSTROKE PULLOUT

For the underwater pull out, this is one of the keys to a great breaststroke and much of it is about timing. When done incorrectly/poorly, it can be the slowest thing in competitive swimming!

Being submerged parallel and level with the surface when you push off the wall in a streamline is important. Before the pullout, one good dolphin kick is needed. Follow this up with one long breaststroke pull and one strong breaststroke kick. Really finish through with the hands and then shrug the shoulders.

Quite often the swimmer will drop their head, forcing the feet to come up creating drag, which is not what is needed for efficiency through the water. Maintain a good head position, with the spine, neck & head all lined up.

The hands should remain as close to the body as possible, to avoid resistance and a loss of power. Keep them tight in and not dropped down.

Finally, never 'look' for the surface, keep that head in line and 'kick' to the surface instead. Again, this will avoid drag and unnecessary forces acting upon the body. A trick here is to try this with your eyes closed – you can't look up if your eyes are shut!

Before you start your stroke, you'll feel the water change around you, then you'll know it's time to take that first stroke. So basically, it's not about seeing where you're going, it's about knowing where you're going. Then you are nicely set up to continue on down the length to the next wall!

### SWIM ONTARIO UPDATES LINK

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

### SWIM ON TRACKER PROGRAM

To see the information for the Swim Ontario Performance Tracker program, please click here:

[http://www.swimontario.com/news\\_detail.php?id=3462](http://www.swimontario.com/news_detail.php?id=3462)

### SWIMMING CANADA RESOURCE HUB LINK

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

### SWIMMING CANADA #RACEAGAIN CHALLENGE

For updated information on the dates & age up cut off for the #raceagain challenge, please click here:

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



## COUNTING STROKES FOR EFFICIENCY IN THE POOL

Swimming fast is all about overcoming the resistance that the water creates, not simply muscling your way up & down the pool.

By counting your strokes, you'll know how many strokes it takes to swim a length. This helps to keep you as efficient as possible during your practice sessions and meet warm ups.

### 1. ENCOURAGES BETTER BREAKOUTS

A real easy way to drop a stroke or two from that stroke count is to kick out a little further on your pullouts and breakouts.

One of the most common poor training habits is lazy streamlines and breakouts. The swimmer will glide into the wall for the turn instead of swimming strong right in, then push off, and before breaking out will lift their head up and release an arm for a stroke far too soon. This combination negates any speed gained while coming off the wall.

While counting strokes doesn't guarantee perfect walls and breakouts, it certainly can help the overall count to have a better breakout, plus you'll look like a pro!

### 2. IT KEEPS YOU FOCUSED ON TECHNIQUE AND FORM

It's not easy to stay focused as a young swimmer for the entire practice time. The mind can drift to school work, friends, the weekend - all these thoughts can interfere with the focus needed to carry through a practice session well.

By counting strokes, you are hooked into focusing with good intent during training. It's tough to daydream when you are busy counting each lap!

### 3. COUNTING STROKES BECOMES SECOND NATURE

The signature of an experienced swimmer is knowing how many strokes they take at varying speeds. This can vary at a cruising speed versus race pace.

Eventually, you will be tempted to stroke count during warm-up and swim-down, as well as during the main sets, just out of sheer curiosity.

### 4. ONE LAST THING...KEEP IT REAL!

Avoid over-gliding to drop a couple of strokes from your Stroke Count. This compromises speed and momentum, while also promoting inefficient swimming. Not optimal!

Only once you have distance per stroke and hold on the water figured out, can you ramp up the stroke rate (tempo) successfully.

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

## DRYLAND – RAGDOLL STRETCH

The Ragdoll Stretch is a forward-bending move that can help release tension in the shoulders. To do Ragdoll Pose:

- Stand with the feet hip-width apart with the knees slightly bent.
- Bend forward and reach towards the toes.
- Keep the stomach against the bent knees to support the lower back.
- Place each hand on the elbow of the opposite arm.
- The top of the head pointing toward the floor.
- Let the head hang down, releasing any tension in the neck and shoulders.
- Hold the stretch for 30 seconds or longer.



## 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.

