

JANUARY 2021 NEWSLETTER

Uxbridge Swim Club

[Club Website Link](#)

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A Message from the Board

Hello USC Athletes and Families,

To our athletes – We know that being out of the pool and out of school is weird and uncomfortable, that you may be missing your friends, the pool, and your classes. We are so immensely proud of all of you and the way that you continue to train, make positive, healthy choices, and stay in touch with your teammates and coaches the best you can. Thank you for sharing your pictures and stories with the team. Stay tough USC. We will be back together again soon.

To our parents – Thank you for the encouragement and support that you continue to give your athlete as they learn new and valuable skills about discipline and commitment – because it takes both of those for these young people to do what they are doing by training virtually. We honestly believe that despite the challenges they will come out of this with skills they did not come into it with.

To our coaches – You are fantastic. You continue to give your all to creating the absolute best program you can for our athletes. You keep us moving forward and we appreciate you so much.

Separately, the Board would like to remind parents of their commitment to volunteer requirements and ask you to stay engaged in your respective roles and responsive to committee chairs even though we are in a virtual environment. The business of the club and planning for the post virtual part of the season and indeed next season, continues. The success of the club is dependent on the contributions of all of us in normal times and even more so while weathering these challenges.

Lastly, we appreciate everyone's patience while we await more direction from the Province as well as SwimON before we can determine next steps for the club. Please rest assured that we will communicate again the week of February 14th.

Stay well USC.

The USC Board of Directors.

MONTHLY SWIM TIP – WHEN TO BREATHE OFF A BREAKOUT

Break out breathe variations – On Contrast Drill 75's

The discussion will go on forever between coaches and swimmers about coming off the wall. While swimmers want to catch some well-deserved AIR and the coaches are looking for SPEED! Both will agree that the fastest the swimmer will be going after the start, during a race, is off the walls.

The first breathe off the wall after a freestyle flip turn can make or break a race. Here's a fun drill that can help with this and assist in figuring out what works best for you.

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/>

SWIMMING CANADA #RACEAGAIN CHALLENGE

To see the results from the INTRO stage of the #raceagain challenge, please click here:

<https://www.swimming.ca/content/uploads/2020/12/RaceAgain-Challenge-INTRO-RESULTS.pdf>



MONTHLY SWIM TIP CONT'D

A balance needs to be found between keeping your velocity and getting air on each push off. Streamline TOO long or go to air TOO soon and you lose speed. A feel for this timing needs to be developed, which provides for the best of both situations. So, enough velocity to travel fast is needed and enough air to manage your overall energy throughout a race must be attained.

This is a quick contrast drill that can be incorporated into any practice. This type of drill pushes the swimmer to do a skill that is incorrect while exploring all aspects of breath control to arrive at a good decision that works for them. Perform a short set of 4 x 75 m on an interval that allows for about 15 seconds rest.

When swimmers get tired, they often go to breathing on the 1st arm stroke off the wall. This drill gets them thinking about alternating between the 1st, 2nd, 3rd arm stroke.

In this case, the "contrast" is taking the breath on the 1st arm stroke on the initial push off when the swimmers have the most air and are carrying the greatest speed. The swimmer will then breathe on the 2nd arm stroke off the 25 wall, and finally the 3rd arm stroke off the 50 wall. By doing the incorrect technique when they really don't need to off that initial push off, this will help them to better understand why they shouldn't do the incorrect technique at ANY time!



NUTRITION INFORMATION

Nutrition is such an important part of everything that we do. Did you know that the USC web page has a nutrition section provided? Please check the **Parent Info** section under **Nutrition tips, info & recipes**. In addition to this, included below are some useful resources as provided by Swimming Canada and Canadian Sport Institute of Ontario (CSIO).

Menu Planning 101 – Simple strategies to save you time, money and trips to the grocery store: <https://www.swimming.ca/content/2020/04/Menu-Planning-101-ENG.pdf>

Hydration - Good hydration is important for so many doily functions. Read on here: <https://www.swimming.ca/en/fitness/hydration-4/>

Immune Health – The immune cells require protein to rebuild and stay strong with enough energy to be able to do their job. Check this model out: <https://csioontario.ca/csio-resources/immune-health>

DRYLAND – SCORPION STRETCH

How to do Scorpion Stretch:

Step 1: Lay face down on a mat on the floor with your arms straight out to your sides.

Step 2: Take your right foot off the floor and cross it over to your left side, as far as you can – trying to reach your hand. Hold for 5 seconds, then release.

Step 3: Bring your foot back down to the floor, and then do the same movement with your left foot.

Step 4: Alternate back and forth for 3 to 5 times.

This will allow for a nice stretch through the back, hips and shoulders as a warmup prior to a training session, or as a recovery stretch once the workout is over.

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 regularly for interesting information & more!

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

