

# JULY 2020 MINI NEWSLETTER

## Uxbridge Swim Club

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

Hello athletes and swim families,

I hope that you are all enjoying a safe and happy summer so far. I want to take an opportunity to communicate with you about what has been happening behind the scenes at USC lately.

First, a HUGE shout out to Coach Carol and Coach Ann for all their efforts in delivering an excellent virtual training program this spring! Congratulations to all our athletes for staying fit and active either on the program or on your own!

Good news...we will #SwimAgain soon! Your swimmer's health and safety are our most paramount concerns as we head back into the pool. In the past few weeks, and especially now that we have entered stage 3 of reopening in Durham, Coach Carol and the Board have been working on a Return to Swimming Plan for USC. The plan makes use of the guidelines published by SwimON and SwimCAN as well as our provincial and regional health authorities. Our plan has been proposed to the Township of Uxbridge and shared with SwimON. The Return to Swimming Plan for USC outlines what a safe return to swimming will look like including:

- Physical adaptations to the facility and pool deck
- Movement pathways both inside, outside, and even in Uxpool
- The limited and progressing number of athletes, coaches, and staff in the training area and specific "training bubbles"
- Screening processes
- Slow progression of training frequency and intensity

All these measures are aimed at getting everyone back in the pool in a safe and healthy manner. We will continue to fine tune the plan in the coming days and once we have approval from the Township and an opening date, we will share both the Return to Swimming Plan and our Fall Registration Package. Stay tuned.

We are excited to see you soon!!

~ Jenn Davies, on behalf of the USC Board of Directors

### **MONTHLY DRYLAND TIP - GLUTE BRIDGE**

Lie on your back with knees bent and feet flat on the floor, hip-width apart and directly below the knees. To protect the lower back, contract the glutes and squeeze the stomach. Continue contracting and lift the hips up off the floor, hold

### **LINKS OF INTEREST**

#### **FUN & INTERESTING LINKS**

<https://ottawatourism.ca/virtual-tours>

<https://www.cambridgebutterfly.com/virtual-tour/>

<https://coach.ca/buddha-bowls-boost-energy>

<https://www.swimmingworldmagazine.com/news/an-honest-sport-15-truths-about-swimming/>

#### **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!**

Watch for the Swimming Canada **#SwimAgain Challenge**, coming in September!

This is being launched across the country for all swimmers.

at the top of the range of motion for 2 seconds, then lower back to the floor, slow & controlled.

Try to add these into your core routine a couple of times a week, with 3 sets of 10 to 15 repetitions. Take 20 seconds between sets. To add an extra challenge, they can be done as single legged, meaning that one leg is pointed towards the ceiling. Be sure to do an even number for each side.

Give it a try & enjoy!! There are many benefits to be gained from this exercise –

- 1) GREAT POSTURE – Spending most of the day sitting, the glute muscles can get weaker, while the hip flexors can shorten, making them feel tight.
- 2) STRENGTHENING THE CORE - Although the exercise targets the backside, the glute bridge does a great job of activating and strengthening your core muscles.
- 3) A STRONGER BACK - The muscles which run from your calves, glutes, hamstrings and lower back are extremely important for healthy movement.
- 4) CORRECTS MUSCLE IMBALANCES - Training only the front of the core can leave the backside weaker & more susceptible to injuries. Work the opposing muscle group!

## THE CONFIDENCE JAR

The purpose of the Confidence Jar is easy. Find a neat looking jar and fill it with all your successes and moments of excellence! This is a place for you to keep track of everything that otherwise might get forgotten along the way. Make a hard set in practice or during dryland? Go a best time in a meet? Correct part a skill that the coach had been at you about? All of these items can go in the 'Jar'.

The Confidence Jar is personal – all yours! No one can take these things away from you. As the season progresses, and Jar begins to fill up, you can feel great about the quality work that you have done. This is not always obvious. As the Jar continues to fill, you'll have proof of all that you have accomplished so far!

It can act as a motivator to chase your goals and be in the right mindset. It will feel so good to add to that Jar! It'll inspire you to always do your best, and teach you how to recognize your achievements and what they mean to you.

Negative experiences can take up a lot of head space, if you allow them to. This is why it is so important to understand what makes you happy. Allow your self-confidence to be built up every chance you get! Use this confidence when you need it, maybe during a hard swim set or as you prepare for a big race.

Here are a few examples of what you could put into your Confidence Jar:

Broke 5:00 (or 6:00) for the first time in 400 m Free; Did 25 (or 10) perfect push ups; Made it to every practice for the week; Did ten minutes of good stretching after practice; Skipped going to a sleep over to get a good night's sleep before a practice.

Other items such as encouraging a teammate through tough training, helping a younger swimmer with their technique, being part of a team cheer, or even listening to motivational song lyrics. Whatever works for you and your Confidence Jar!

Give your self-confidence the chance to grow and it will definitely be there for you when you need it the most.

(Based on a tool from Yourswimbook by Olivier Poirier-Leroy)



## KEEP AN EYE ONLINE

We'll put out another mini newsletter in August, so stay tuned for that.

In the meantime, stay healthy, positive, upbeat and motivated for everything that comes our way.

Also, check out our Team Unify site and our social media outlets for interesting activities and information.



USC Rocks!!!