

JUNE 2020 NEWSLETTER

Uxbridge Swim Club

[Club Website Link](#)

Find us on 

Instagram



#SwimAgain

We've entered Stage 2 but there are still many restrictions and requirements placed upon all of us. Please keep your patience and be so thankful for all that you do have. There is still much uncertainty about what swimming will be like when we get back to the pools. We'll all have to re-imagine our amazing sport and do everything we can to keep it moving forward. The practices will have to start out in a scaled back manner due to this prolonged break we've been on. The meets will come eventually but they too will be different than what we are accustomed to. All that matters when you get right down to it, is that we will **#SwimAgain!**

The 2020 Graduates!

And that's a wrap for the 2019-20 school year! It'll be one that none of us will ever forget – that's for certain! Even if it did not go exactly as any of us had planned from a student, parent & teacher perspective, hopefully it was a successful one. We wanted to take a moment to wish our Public and Secondary School graduates an extra-special congratulations as they embark on the next chapter of their schooling pathway. Good luck at Secondary School to Richelle, Rachel, Molly, Jeremie & Alanna! All the best at University to Jacey & Graeme!

LIFE LESSONS FROM THE POOL

1. Comparisons - Comparisons are inevitable. They are done all the time. Ranking ourselves with the people around us is normal behavior. But basing all your pleasure on how other swimmers did, does not allow you to enjoy all of your hard work.

It can often be what sets the pecking order for the lanes in practice. This is ok if it acts as a motivator, but not if it doesn't!

Controlling what other's do is not up to you but putting energy into maximizing what you do is!

2. Little wins - Little wins do matter! The decision to add up all the little wins takes time to show itself in a time of wanting instant gratification for what we

LINKS OF INTEREST

FUN & INTERESTING LINKS

<https://telusworldofscienceedmonton.ca/explore/experiences/science-home/>

<https://www.vanaqua.org/live-cams>

<https://www.blogto.com/city/2020/06/toronto-zoo-tortoises-tour-city/>

<https://swimswam.com/17-ways-to-drive-your-swimming-coach-nuts/>

SWIM ONTARIO UPDATES LINK

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

SWIMMING CANADA RESOURCE HUB LINK

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



do. Focusing on the small things is not hard to do, but it also is easy 'not' to do! In the grand scheme of things, everything you do, big or small, matters.

3. The process - Create a process or system that you can buy into and carry through on. Working through it can be hard to do. Sometimes adjustments will be needed and that's ok. Don't be distracted from it by any speed bumps along the way. It's not always about the outcome – it's about the process.

Swimming tends to be very much results-based. The training and the competition are what build who you are. With these, the results you want will come. Improve who you are all the time, regardless of whether a race goes 100% as planned.

Work on becoming the person who meets challenges with a positive attitude, and overcomes them, regardless of whether you win the race, break the record... The process is so much more important than the end result.

Your true value comes from 'who' you are and not from 'what' you do.

4. Paying up - Not feeling completely comfortable all the time is tough and inevitable. We all pay for it eventually. It would certainly be better to feel tired, drained, exhausted through your training than during the competition.

Working hard, pushing yourself, eating well, going to bed early can all be hard but so necessary. Other things that are hard are not reaching your potential and dealing with the regretful feeling of that.

5. Mindset - Being in the right frame of mind can make all the difference. Negativity and self-doubt will not be helpful as you work to push through. Focus on the successes instead of bogging yourself down with a bad set or performance. Be mindful of the things that you are doing well.

Try not to Create barriers but rather building on the moments of excellence and using that satisfying feeling to guide your mindset to keep chasing further success.

Each day, jot down these positive things in a log book or journal. Be proud of what you've done! Focus on how you can continue to grow and get better. Let's not focus on the short comings.

Go with a mindset that seeks excellence, and moves you forward rather than the one that is lacking, that pulls you backwards.

(Based on books by Olivier Poirier-Leroy and Joshua Medcalf)



MONTHLY DRYLAND TIP

PLANK LEG LIFTS

This exercise will help to develop core strength while also improving on stability, mobility & flexibility. This is a multi-purpose exercise that hones in

the core as well as the spine and hips. All of this is so relevant to swimming skills. Rarely does anything happen in isolation while swimming!

The way it works is to start in a pushup position. Be sure to keep your hands shoulder-width apart and directly below the shoulders. The core should be nicely engaged so as to keep the back in a neutral position, shoulders relaxed down, head in line.

To begin the exercise from the solid starting position, raise the right leg off the floor until it is at hip height. Pause for a second before lowering it back down, gently to the floor. Next lift your left leg and repeat the exact same pattern.

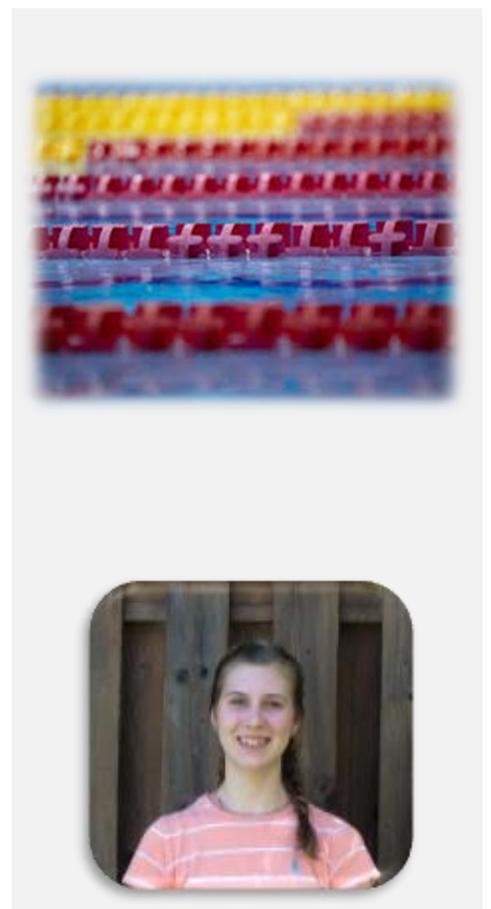
Initially, try to do 3 sets of 8 to 10 repetitions. If this goes well, then this can be increased gradually.

This exercise can also be done from a forearm plank position. This can be easier on the shoulder and the back but does take its toll on the elbow. Be sure to keep the elbows lined up, directly below the shoulders. Either way, give it a go!



USC SWIMMER PROFILE – HANNAH HOOG, 15 YEARS OLD

1. When did you first start swimming for USC? *I started swimming in 2014*
2. What is one of your happiest memories from your early days with USC? *When I was just meeting all the people on the team who I'm very close with now!*
3. What is your strongest school subject? *English and Science*
4. What is your favourite type of fast food? *French Fries!*
5. Make a choice ... 30 x 50 best average, *6 x 100 max effort*, 6 x 400 negative split
6. Who is your favourite sports hero? *Penny Oleksiak because she inspires me.*
7. What's your favourite song to listen before competing? *"Mariposa" by the Peach Tree Rascles*
8. If not swimming, what sport would you do? *Basketball or Volleyball*
9. What do you like to eat for dinner on the night before a big swim meet? *Spaghetti or any sort of Pasta!*
10. So far, what's your favorite pool to race in? *Markham Pan Am Pool*
11. Make a choice... chocolate or ice cream? *Ice cream!*
12. What type of goggles do you like best? *Speedo Vanquishers*



SILVER LINING

Even though it may seem difficult to believe, if you reflect on it, there are positives to be found from this situation that we have all found ourselves living in over the past few months.

Whether you have kept up with the formally delivered remote dryland with the club or if you are working on staying fit on your own, there are advantages from this variety in training. This will have contributed to making you a well-rounded, resilient athlete. The change in the training has in turn helped to make you a better swimmer. It will have definitely contributed to strength gains.

The time away from the pool will have given your body time to manage any swimming related injuries that you may have had. Those with respiratory issues will have appreciated the time away from the pool chemicals and atmosphere.

Improved sleep and recovery have certainly been a huge bonus during this time as well. There has been more time permitted to explore new & exciting recipes and nutritional choices.

As we plan for the return to swimming, we will all need to work on finding that good sport-life balance that we had before this pause. It will be a gradual process, requiring a positive attitude and patience.

THANK YOU EVERYONE!

Thank you to the swimmers, the parents, the coaches, the board of directors, the volunteers, and the Uxpool staff for a great, yet adjusted swim year! USC Strong!

Have a safe, healthy, active, enjoyable summer! We look forward to seeing everyone soon!



KEEP AN EYE ONLINE

MORE NEWSLETTERS TO COME!

We'll put out another newsletter in July, 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.

