

JUNE 2021 NEWSLETTER

Uxbridge Swim Club



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A Message from the Board

Hello USC Athletes and Families,

Happy summer!! June 30th is our final training day. Congratulations on completing a very unusual school year and training year. We are proud of all of you for hanging in, working hard and staying positive!

As we wrap up this season and start serious planning for next, the Board would like to extend a hearty thank you to Coaches Carol, Ann, Chloe and Meighan for their commitment, hard work, adaptability and positivity this season. You are the heart and soul of the club. You are role models, friends and teachers and we are lucky to have you.

To our graduates from Elementary School - congratulations! High School will be a great adventure in the fall. To our High School graduates - wishing you all the best at University. We are proud of all of you.

Thank you to all of you who responded to our poll about returning to the club in the fall. As we look ahead to next season at USC, we are excited about getting back to normal in-pool training. We also anticipate restarting our Pre-Competitive program as well. Please watch for the much earlier release of the 2021-2022 Registration Package on July 15th this year.

Lastly, and I know I have mentioned it a couple times previously - but that is only to emphasize the significance of the request - we recently also polled the membership for volunteers to become part of the USC Board of Directors. Thank you to those folks who have put up their hands to be part but additional members are still needed. Please recall, as was shared in the Town Hall back in March, that the current Board will be transitioning out and a new Board will need to be elected for next season. As a volunteer driven, not for profit, the club relies on the Board to operationalize it. Please consider volunteering some time to help keep our awesome little club viable and active. Please reach out to me at jdaviesrmt@gmail.com or Andy at andypriestman@gmail.com to indicate your interest.

Thank you all. Stay USC strong.

The USC Board of Directors.

USC'S 2021 GRADUATES!

And that's a wrap for the 2020-21 school year! This may not have gone as planned for any of us, but hopefully it was a successful year in many ways regardless. Let's 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 path. Good luck at Secondary School to Riya, Samantha, Jackson, Abigail, Julianna, Cole, Evan, Simon & Lily! All the best at University to swimmers Hannah & Lukas and to coaches Meighan & Chloe!



OLYMPIC TRIALS

2 GREAT days of swimming for Hannah Cornish in the 50 & 100 Free! Advancing to the final for a 6th place finish in the 50. Way to go Hannah!

SWIMMING CANADA'S OLYMPIC TEAM FOR TOKYO

<https://www.swimming.ca/en/news/2021/06/24/canadas-tokyo-2020-swimming-team-announced/>



Summertime!

BACK YARD POOL TRAINING IDEAS

Here are a few ideas that might keep you entertained while hanging out in your back yard pool. Pick a few to put into a circuit. Enjoy the water! Please be sure to do so safely, with sunscreen, supervision and hydration!

Vertical kicking – In deeper water, move out from the wall, staying in a vertical position. Flutter kick for set 1; Fly kick for set 2; Egg beater or Breaststroke kick for set 3. Arms up makes it tougher! Go for 3 sets with 3 rounds per set of 20 or 30 seconds of work, 30 to 40 seconds of rest.

SL Bobs –Squat down under the water. Push off with both feet. Explode up in a tight streamlined arrow. Try for 3 x 8-10 of these and the build up.

Breaststroke Pull outs – Go the distance of the pool. Keep head in line. Remember only one Br pull & kick is allowed per pullout. Don't rush it. 8-10 repeats.

SL Breakouts – As above, go the distance of the pool. From a nice streamlined position, break out for a few quick strokes. 10 repeats. Mix up the strokes.

Wall kicks – Hang on to the side or end of the pool. Kick fast & then slow. Boil the water. Do not kill it! 15 seconds on, 15 seconds off. Repeat 5 -6 times. Mix it up!

'Thin like a Pin' jumps – On a 'Go', jump in sloppy. Hop out and repeat it but in a tight controlled streamlined position. Once you get good at these, add in a tuck or a straddle and then return quickly to the streamlined position. These options require a little more power from the jump (the lift off).



HEAD-UP FREE DRILL

Known as 'sighting' to open water swimmers, head-up free is a great drill to practice in the pool. This drill trains you to check where you're going in the pool so that it is one less thing to think about when swimming in open water.

The best way to do it, is to place an object, like a kickboard or pool noodle, at the other end of the lane. Sometimes there can be a block or wall sign there already. The idea is to start swimming freestyle, with your regular stroke cycle.

After a few strokes, and with the lead arm extended forward, press slightly down on the water with an early vertical catch to lift your head up to look for that object. Be sure to remain low and close to the water with your chin. Think of sneaking a peak! This helps to keep a good body position and avoids dropping the hips & legs too low in the water.

Once you've found that object, the head can go back down for 3 to 4 strokes then up again, OR it can remain up while looking straight ahead. Try doing 4 to 6 x 50m 25m head-up followed by 25m regular swim. These should feel smooth.

When in open water, keeping a straight line is one of the most important (and difficult) things to do. The head-up drill helps you learn to sight for the buoys/markers. It is best not to keep the head elevated for too long but on a regular pattern, so you have the ability to judge where you are heading.

When you are swimming in open water this summer, be sure to always keep safety in mind. Find out what the water temperature is. Below 20 degrees Celsius, a wetsuit is recommended. Check the water quality before swimming. Check on the water and weather conditions. Never dive into unknown waters. Be aware of watercraft traffic. Never go out alone in open water. Know how and where to get in & out. Plan a short swim first to get the feel of being in a new environment.

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.

THANK YOU TO EVERYONE!

Thank you to all our great swimmers and parents to our amazing coaching staff to the board of directors and to the Uxpool staff for a very disjointed yet productive swim season both in & out of the pool. USC Strong!

Have a safe, healthy, active enjoyable summer!