

MARCH 2021 NEWSLETTER

Uxbridge Swim Club

[Club Website Link](#)

Find us on 





A Message from the Board

Hello USC Athletes and Families,

Athletes: You are officially WET and we are so glad! Coaches have shared how impressed they are with the fitness level that the group was able to maintain over our second break. Way to go!

Parents: on March 18th the Board and Coaches hosted a Town Hall meeting to present a bit of a "state of the union" for the club. If you did not attend, we would **HIGHLY recommed** that one member from each family take the time to watch the recording which can be found at:

<https://tinyurl.com/97m1xb4s> Password: TownHallMar18!

In it we share where we have been – history, recent history, what has gone into navigating Covid and Return to Swimming and the impact on the club. We review current financials, where we are, what steps we have taken and where we need to get to. Lastly, we explore how you as members have a role in getting the club to where it can be and to reach its potential.

Time markers for the meeting are as follows:

Introductions: 0:00:50

Guest Speaker Dean Boles: 0:06:43

History of the Club to present: 0:27:36

Financials: 0:35:27 (Snapshot, YTD, Steps taken)

Member Engagement: 0:46:28

USC is/can be.

Key Ingredients to success

Current Challenge - Status of the Board

The Opportunity

The Ask

Fundraising: 0:55:00 (Needs, Opportunities, Levy)

Social: 1:00:52

Key Challenges for Next Season: 1:04:27

Interim Head Coach Report: 1:10:07

The meeting and recording of same shares information critical to how the club will move forward next season – please take the time to view it. Please reach out if you have any questions at all about what you hear in the meeting and your feedback is always invited.

Our best

Jenn Davies, President, for The USC Board of Directors.

SWIM ONTARIO UPDATES LINK

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

SWIM ON TRACKER PROGRAM

To see the information for the Swim Ontario Performance Tracker program and the awesome results for **Round #4**, please click here:

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 (coming up soon!) & the age up cut off for the #raceagain challenge, please click here:

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



USC'S RE-ENTRY TO UXPOOL (COACH CAROL)

As mentioned on the Town hall a few weeks ago, the club has done a fantastic job with our re-entry to the pool. We have been able to pick up right where we left off in December, at full schedule for each of the groups. We are so very fortunate to have been given this opportunity with the cooperation of the Township, Public Health and Swim Ontario.

The swimmers have spent a couple of weeks re-acquainting themselves with the water through the use of skills and drills. We've really focused in on all the important details that make up a huge part of our amazing sport. These include: body position, streamlining, flip turns, steady kick and of course, feel for the water. Moving beyond this, attention will turn to aerobic conditioning. All of the valuable remote training that we did for the first part of 2021 has really helped with this and the swimmers are increasing their ability to swim greater volumes during each practice session.

USC is making use of the Swim ON performance tracker once again. The results for Round 4 were posted on Friday. The link to this is along the right panel of this newsletter. We will also be using a Time Trial format to challenge the swimmers towards the end of April. These are unofficial events, performed safely within their own group practice session, which will allow each swimmer to test themselves to see where they are at with their ability to race.

USC's adaptability during these tough times has been outstanding! Keep up the good work swimmers!

APRIL SCHEDULE CHANGES

Friday, April 2, 2021 (Good Friday) - all practices cancelled

Saturday, April 3, 2021 - all practices on as usual – Let's have some fun!! Please come dressed in Easter/Spring colors and bring along Easter accessories (bunny ears, stuffed animals, etc)!

Monday, April 5, 2021 (Easter Monday) – ONLY morning practices are in - new time of 7:45 (activation) to 9:30am

Spring Break, April 12-16, 2021 - lighter practice schedule (check email/webpage)

MONTHLY SWIM TIP – DOUBLE ARM BACKSTROKE DRILL

The double arm backstroke drill is simple one that can often be done without quite enough attention to detail. When done with focus (& knowledge!), it can improve many parts of your backstroke technique. The first component is the entry point of the hands, which should be directly above your shoulders.



**USC is back!!
HELLO early morning
practices!**



get to
TODAY, I HAVE TO
WORKOUT



Double arm backstroke also increases the awareness of the catch point or anchor of the stroke. Each time your hands enter the water, focus on grabbing the water as you pull through with both hands. A slight pause on the catch can sometimes be noticed, as you increase your "feel" for the water.

Making this connection with the water starts with the catch. It anchors with the hands. Then "hold" on to that water and think about pulling your body PAST your hands. By bending at the elbow, this allows for the anchor. This uses the entire forearm and not just the hands. This will definitely increase the effectiveness of your pull.

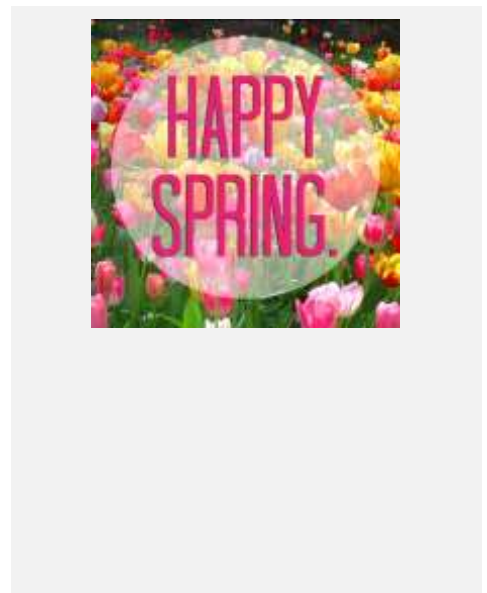
Be sure to keep the arm movements symmetrical (the same) and precise. We are looking for a clean, pinky-first hand entry, which will be directly above the each shoulder. Create an anchor with the forearm, from palm to elbow. Maintain this solid pulling surface from the palm, through the wrist, and right along the forearm. A balanced body is important too, so keep the head in line with the spine, chest out and a steady, light flutter kick.



SWIMMER OF THE MONTH

Novice – Maithiri is a very dedicated and hardworking swimmer. We see her put in her best effort at every practice and dryland and she is always willing to better her strokes and technique wherever possible. Maithiri always applies our suggestions and corrections to her strokes as soon as she can and she continues to show improvement at every practice. She has also continued at every practice to work on her breaststroke and is constantly asking questions on how to make it better! She is a fantastic swimmer and has come so far with her swimming abilities. She is a pleasure to coach!

Orange/Orange Plus – The swimmer that deserves recognition this month is Heath Barry. Through the lockdown, Heath was definitely keeping busy and active outdoors with his swimmer siblings, participating in the Orange lockdown workouts and healthy bingo activities. Heath is new to USC this year, and has fit in seamlessly, working hard to learn drills and technique, and pushing his lane mates with some friendly speed competitions. Heath isn't afraid to ask for clarification when needed, which is super important when embarking on a new sport. He is ready to go every practice, participates fully in dryland and is one of the first to get in the water. Heath is able to use the pace clock, and is always ready to take on a faster pace time with less rest - willing to push himself beyond his comfort zone. Standing on deck, it's always rewarding to watch our USC swimmers enjoy themselves, be proud of themselves after a hard set, or even find success in learning a new skill. Congratulations Heath!



White/Green - A tie! Robin & Lukas Vadeika are 2 of our senior swimmers who have been with the club for 8 & 10 years. During the recent lockdown, these 2 were instrumental in getting the video call sessions up and running each week. From accessing the zoom link, to providing the playlist, to demo-ing exercises & stretches, providing comic relief & plenty of sibling rivalry along the way. They also helped with the explanatory video clips by starring in and recording them. All of this was tremendously appreciated and remote training 'take 2' would not have gone nearly so well without their assistance. Thank you 😊. They also adjusted and adapted to the virtual training very quickly and have reaped the benefits of this both physically and psychologically.

Back in the pool, these 2 always have near perfect attendance. Lukas, as a multi-sport athlete, rarely missing a swim and if he does it's to bike or run. Robin loves to push herself very hard on any given set, and often takes the time to work on her turns if we happen to finish practice early. Lukas always brings a sense of humor with him to practice and can be seen smiling, even on his breath while swimming repeats! Any time we need to know how many we have done, what interval to leave on or the total volume of the practice, he is quickly able to tell us. Both these swimmers are always happy to help their peers by way of a demonstration, kind words of encouragement or a knowing smile. Robin has been running the Instagram page for the last little while, working on keeping us all connected through this challenging season. These swimmers are always ready to 'go'. They exude passion & enthusiasm for swimming and it can be seen with every stroke that they take. Keep up the amazing work Robin & Lukas!



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.

USC BIRTHDAYS

We have enjoyed celebrating many swimmers birthdays so far this season! Below is a fun picture of the old birthday cap and the new contactless sign. Making it work!

