

MAY 2020 NEWSLETTER

Uxbridge Swim Club



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#SwimAgain

Those of you fortunate enough to have safe access to a residential pool may be back in the swim of things, in your own little way. How lucky for that, especially in light of the record breaking temperatures experienced in Ontario recently! While we remain uncertain of when exactly municipal pools will be permitted to re-open & how that might look, we must remain open minded, flexible and optimistic that we will **#SwimAgain!** Read on for more on this...

Speedo launched a campaign in May called #SwimON. This is all about how swimmers have adapted their training to stay stronger than ever and to creatively try things they have never tried before. When we get back to our sport, we'll be ready!

SWIMMING CANADA'S RETURN TO SWIMMING FRAMEWORK

This framework is intended to be informative for the return to competitive swimming in Canada and is meant as a resource for all levels of swimming. It contains recommendations to assist health authorities, aquatic facilities, provincial sections, clubs and coaches in their roles leading to a safe return to swimming. Swimming Canada has worked with its Aquatics Canada partners Canada Artistic Swimming, Diving Canada and Water Polo Canada on this initiative. They have also been communicating directly with partners at major recreation facilities, as well as with the Lifesaving Society.

Phase 1 will focus on small, controlled groups returning to the water with a variety of adaptations around health monitoring, physical distancing, hygiene, equipment use, and entry/departure points and pathways.

John Atkinson, High Performance Director at Swimming Canada notes that the top athletes will have the responsibility of being the first ones back in the water, leading the way by following best practices to ensure health and safety. Following a successful step one, other groups can be part of a manageable return leading to steps two and three. Once provincial section return to sport plans are in place, clubs can then

LINKS OF INTEREST

FUN & INTERESTING LINKS

<http://www.scholastic.ca>

<https://www.ripleyaquariums.com>

<https://www.sportsnet.ca/olympics/conversation-penny-jamie-oleksiak-representing-canada-family/>

<https://www.outsideonline.com/2412734/athletes-napping-research-sleepability#close>

SWIM ONTARIO UPDATES LINK

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

SWIMMING CANADA RESOURCE HUB LINK

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



adhere to these specific plans. When the time is right from a health and safety perspective, swimming will continue to move forward together.

The framework document can be found in the Swimming Canada Resource Hub ([link](#) shown on Page 1). Swim Ontario has also put together a document on Preparing for a Safe return to Operations ([link](#) also shown on Page 1). USC will be guided by these documents along with information from the Township of Uxbridge, once it is released, to plan our own return to in-pool training. Please watch for updates from the Board of Directors in the coming days.



MONTHLY DRYLAND TIP

BROAD JUMPS

Adding Broad Jumps to your training routine will teach you how to DRIVE yourself off the starting block for your dive start.

Always wear appropriate shoes, and do your jumps on a safe, solid and flat surface. Start from a good base, with the feet shoulder width apart and toes pointed straight ahead. Keep equal weight on both feet.

Focus your eyes on a single spot, beyond where you hope to land. Swing the arms forward, back and then forward again as you jump out.

Land as lightly as you can, with soft knees and use your arms to send all the momentum forward with you. Mark your starting & finishing point, so you can see how far you get on each repeat. This way you can check for improvement.

Once they have the concept and technique down, have the swimmer try to do 3 to 5 sets of 5 Broad Jumps. These can seem a little tough for the first few times. Keep at it and like anything you do, you'll get better at them with practice!



Created by swimmer Hannah H.

USC SWIMMER PROFILE - RACHEL WANG, 13 YEARS OLD

1. When did you first start swimming for USC? *I started swimming the 2015-2016 year*
2. What is one of your best memories from your early swimming days? *One of the best memories from my early swim days is probably when I won my first medal. When you win your first medal it makes you feel great and I was so proud.*
3. What is your favourite school subject? *Math*
4. What is your favourite type of fast food? *I love burgers!*





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? **I would say either Michael Jordan or Kylie Masse. They're both amazing athletes and they have great mentalities and great perseverance in the sport they play.**
7. Favourite song before competing? **"Can't Hold Us" by Macklemore and Ryan Lewis. It has a lot of energy!**
8. If not swimming, what sport would you do? **I would probably be playing basketball.**
9. Favourite food on the night before a competition? **Pasta**
10. So far, what's your favorite pool to race in? **Toronto Pan Am Pool!**
11. Make a choice... chocolate or ice cream? **Ice cream!**
12. Favourite brand of swim suit? **Arena and Speedo**



STICKING TO A ROUTINE

We all thrive on routine and being on a good schedule, so even when we are in these uncertain times, no matter how tough it is, create a solid plan to follow. Instead of feeling lost and without purpose, a routine will help you in so many ways.

With a loss of structure and good habits, other triggers can take over. Nutrition can struggle, exercise & training can lapse, sleep habits can become random, and the list (or lack of one!) goes on. It can be work to create new routines to replace good ones you once had in place, but it's so worth it.

Start small, scheduling start times for items on that to do list. Piggyback a few new habits on to existing behaviors that are still working well for you can certainly help. Consistency is key, even if this means that not everything goes 100% to plan.

It can be time consuming and irritating to build these new routines, especially if as a busy sport family, you already had a GREAT routine in place, but it can pay off. Everyone will thrive and be better for it with your home operating as a well-oiled machine! And once you've got it together, stick to it as best you can.

KEEP AN EYE ONLINE

MORE NEWSLETTERS TO COME!

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

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

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

This was May!?!

