

MAY 2021 NEWSLETTER

Uxbridge Swim Club

[Club Website Link](#)

Find us on 

 Instagram



A Message from the Board

Hello USC Athletes and Families,

How fast the weeks are passing as we round the corner into June and wonderful opportunities to be outside and look forward, if we are lucky enough to have them, to the opening of backyard pools.

First - I feel like there is starting to be some light at the end of this long tunnel we have been in as folks get vaccinated and outdoor activities start to resume. It is unfortunate however, that along with this new structure, indoor activities remain restricted and that means our pool remains closed and our club in virtual mode. At this point the Township has shared that UxPool will not reopen until July 26 at the earliest. That certainly impacts our ability to hold a summer program as discussed in the most recent email from the board from VP, Andy. As always we will remain optimistic that we can hold sessions in August but are also considering a simple, optional early start to the season. As you have done throughout this challenge, and continue to do, please bear with us USC, stand by us – there is light, I see it. It is called August.

Second – in that same email from Andy, we polled folks to ask who among the members might consider joining the Board for next season. We have had some replies in the affirmative - thank you to those folks, but not enough yet. Please recall, as was shared in the TownHall 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 andy priestman@gmail.com to indicate your interest. Thank you all. Stay USC strong.

The USC Board of Directors.

MONTHLY SWIM TIP: BUTTERFLY- HAND ENTRY

Pulling hard and kicking fast is not all that counts when it comes to Butterfly! The key is to think about where we're meant to go when we swim – and that is forward!

By getting those hands out in front of you just as fast as you can, you'll set the rhythm for your stroke. Throw those hands towards the other end of the pool. Try not to 'slam' or 'smash' them into the water. Keep them near the surface, even though the chest and head go below. Soft hands is what we are looking for.

With the hands entering too deep, they're taking the swimmer down towards the bottom. This sends the energy down instead of forward. This will look like an inchworm, diving down and then climbing back up for air. When the hands enter the water the chest presses down, but the hands should stay high and reach out. The head should always enter before the hands do.



A throwback!

TAKE5 HP TEST EVENT

3 GREAT days of swimming for Hannah Cornish. Check out this SwimSwam article about her 50 Free! Kudos to Hannah!

<https://swimswam.com/kayla-sanchez-maggie-macneil-lead.../>

SWIMMING CANADA RECORDS & RANKINGS

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

<https://registration.swimming.ca/powerranking.aspx>



May Flowers!

Think about how and where the hands enter. If your hands are too far apart, it can be difficult to get much distance per stroke, and it's hard to anchor your hands and hold onto the water, forcing you to shorten up instead of staying long and strong through each stroke.

If your hands are too close together on the entry, it can be tough to get a good enough catch for the tempo and timing that the body needs, and your rhythm will struggle, being a bit too slow.

Ideally, the hands should be about shoulder width apart on the entry, like the number 11. This does vary for every swimmer though due to strength, flexibility, height, but gives you a better visual.

A couple of great drills for this are the basic single arm butterfly drill with the non-moving arm by your side, and the 3's drill being 3 Right arm, 3 full stroke, 3 Left arm, 3 full stroke.

When you have it right, the arms will fall into the rhythm of the body naturally, without feeling forced.

Always remember that the ultimate goal is to move it forward towards the end wall, rather than constantly taking it too far downwards.



HISTORY – OLYMPIC MEDALS

Backstroke specialist Mark Tewksbury was Canada's 6th Olympic Gold medallist. It took Canada 24 years and 5 Olympic Games before our 8th Olympic Champion was crowned again. In Rio 2016, 16 year-old Penny Oleksiak, became an Olympic gold medallist. She won the 100m Freestyle in a time of 52.70 (tying with US swimmer Simone Manuel). This was her 4th and final medal of the Games.

Penny collected a silver medal in the 100m Butterfly, a bronze medal in the 4x100m Free Relay & the 4x200m Free Relay. She is the first Canadian to ever win 4 medals in one Olympic Games! Penny has been pre-selected to the Tokyo Games.

DRYLAND TIP– PLANK JACKS

Plank jacks are a combination cardio/strength exercise. They'll help strengthen many muscles all at once. For plank jacks, follow these steps:

Start in plank position with the arms extended and hands directly under the shoulders, feet in a narrow, yet comfortable position. Keeping the body in a nice, straight line from the top of the head right through to the heels. Keep the core in tight to help protect and support the lower back.

Hop both feet out at the same time, wider than the shoulders, to each side as if doing a regular standing jumping jack. Note that an alternating foot side tap can be used instead, for an easier version of the exercise.

Stay in a good plank position while the feet hop back together.

Continue to jump in and out. Keep your back in line with the hips high the entire time. The arms should be holding strong.

Try 2 sets of 10 plank jacks for starters. Work up to 3 sets of 20 or mix them in with a couple of other exercises for activation or a circuit type workout.

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.

