



Uxbridge Swim Club September Newsletter

A Message From Your Head Coach

Hello swimmers and families,

Congratulations on getting through your first month back in the pool! After a long time away from the water swimmers were eager and willing to get to work! It has been my honour to be getting to know all the amazing kids and families at USC, and I cannot say thank you enough to the families who have welcomed me into this incredible community. Though we continue to face some adversity, we are doing so with passion and positivity in order to keep this group of athletes going!

A few weeks back I had a conversation with the swimmers about how to be a great teammate and athlete and the swimmers took a moment to come up with the three most important things to THEM about being a great teammate at USC! They came up with: **POSITIVITY, COMMITMENT AND PROFICIENCY**. I couldn't agree more with the swimmers and was truly inspired by their understanding of what it means to be a great teammate!

A Message From Your Board

Hello USC Athletes and Parents,

We hope that everyone is enjoying a beautiful weekend of gratitude for the wonderful lives we lead here in our little North Durham community. We have much to be grateful for. We are grateful for the successful start we have had to the USC training season and the kindness, laughter, hard work and team spirit all our swimmers have exhibited.

We are grateful for the fantastic work that our coaches, Sarah, Taylor, Hannah, Rachel and Molly have done to get the season started – what a team! Hugs and high fives (okay well - air hugs and elbow bumps instead)!

We are grateful and excited that we will FINALLY get a chance to return to racing in the coming weeks! Thank you to all parents for so quickly responding to our call to get officials certified with their Red or White Pins. Your support in this is critical to getting back to racing in this new post covid environment. In the coming days, please also watch for



an email confirming which parent volunteer committee you have been assigned to. We want to share that we acknowledge how full all our lives as parents are, but also give a gentle reminder that in addition to being a requirement for continued athlete participation, parental support as volunteers is critical to the ongoing operations, and in fact the very viability of the club. We kindly ask for a similar timely and engaged response to committee activation as well. The many hands will make the job light for all.

Swimmer of the Month

Each month, starting in October, a swimmer will be chosen from the training groups as the "Swimmer of the Month." This is based on good sportsmanship, being an outstanding teammate, performance in practice and at meets, and is designed to recognize excellent behaviors and improvements. Each swimmer will receive a special swimmer of the month certificate!



Novice: Mathiri Ravin

"Great job Mathiri! Not only did you manage to remember all the skills you learned last season, you have now perfected that underwater streamline off every wall!"

- Coach Taylor

Orange: Elizabeth McCabe

"Elizabeth's attention to detail impresses me every day! She has developed a great sense of body awareness. Elizabeth also has perfect attendance which is a key factor for success in the sport of swimming! Way to go Elizabeth, keep up the amazing work!"

- Coach Sarah

White: Ethan Sneath

"Ethan has come in this season and dove in head first (no pun intended!) Ethan takes every opportunity presented to him to practice mastering the basics - a focus we have had for this first month of training - and it has certainly paid off! Ethan is looking better and better every day in the water, and I am so proud of all his hard work!"

- Coach Sarah

Set Yourself Up For Success (Master the Basics!)

The theme for the start of the season has been to master the basics!

All swimmers, no matter the age or stage you are in, need to master the basics, and practice them on a daily basis. We have worked very hard on our streamlines, and focused on coming off the wall hand over hand, with our ears squeezed off every push, open turn, or flip turn!



Even the pros take time on a daily basis to review this skill, and use every wall as an opportunity to practice doing the little things right!

Return to Racing

USC is excited to announce its return to Racing!

The club plans to host a series of Time Trial/ Dual meet style events for our competitive swimmers to get back to racing! Our first event will be a small dual meet for the Orange and White swimmers which will act as an opportunity to learn how to run larger meets for the whole club!

This will only be possible with the help of our families, by completing the Red Pin certification.

Event: Pickering / Uxbridge Dual Meet

Location: Ux Pool

Dates: October 22nd and 23rd

Groups Attending: Orange and White

Apparel Update

Great news, we have learned that apparel ordered mid September will be ready by the end of October! Watch for pick up details coming soon.

Some of you may still be looking to purchase swimsuits or the required equipment. Please see the links below of required equipment available to be ordered through Splashables [HERE](#).

Social Committee Update

Your Committee Chair – Nikki Minchin and the members of the committee are currently rescheduling and reformatting the season starter get together with an end of October tentative date. Watch for details coming soon.

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