

NOVEMBER 2020 NEWSLETTER

Uxbridge Swim Club

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A Message from the Board

Hello USC athletes and families,

It is hard to believe that we are already fast approaching the holiday break. Thank you to all of you for continuing to do a great job abiding by the Return to Swimming guidelines and restrictions. We are happy to report that almost all our programs are running at full capacity and swimmers are successfully taking part in Swim ON performance tracker and mock meets/time trials. We continue to be proud of how well all our athletes are working & training, and the positivity that they approach their practices with.

We do have a couple of items to address in this message that are more directed to parents this time...

Idling cars in the parking area: Unfortunately we have had some concerns brought to our attention by other pool users and residents who live across and adjacent to the pool about cars idling for long periods of time in the parking lot during our training times. It is important that we all continue to be good neighbours by being mindful of the residents and the environment and ideally avoid any tickets being given because of complaints to the Township. Please do turn off your car when you are dropping off, waiting for or picking up your swimmer.

Post practices pick up: With the weather getting colder and it now being fully dark by the time evening practices end and the fact that athletes cannot wait indoors, we would like to remind parents of the importance of timely arrival to pick up their child after practice. On several occasions lately we have had athletes waiting outside the building for as long as 30 minutes for pick up – often on the east side of the building where they are not visible. Please remember that staff are not available to chaperone athletes waiting outdoors and cannot see them from indoors. We appreciate that this year is very unusual and presents challenges, but we are asking for parent/guardian support in working with us to ensure our athletes safety by arriving on time for pick up.

Fundraising: By now most, if not all of you should have received your tickets to sell for the Win a Wine Cellar Fundraiser. This fantastic fundraiser is well timed given the approaching holidays! Please recall that if you sell more tickets than the value of your family Fundraising Levy, 60% of the additional funds raised will be credited back to your account. Fundraisers are critical to USC's ability to keep our fees at the competitive rate they are. Thank you in advance for your hard work in selling these. It will be very valuable to USC's bottom line if we sold all 800 tickets! *NOTE: I like wine. I do not have a swimmer in the club anymore so do not have any tickets to sell or buy myself...hint hint!*

Jenn Davies, for the Board of Directors.

LINKS OF INTEREST

RETURN TO SWIMMING AT UXPOOL – INDOOR DRYLAND CHECKLIST

USC is transitioning inside for the associated dryland sessions. The dryland checklist is available on the web page, in the **Documents** area under **Parent Info**. Please give it a read through!

SWIM ONTARIO UPDATES LINK

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

SWIMMING CANADA RESOURCE HUB LINK

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

ORANGE/ORANGE PLUS FROM ABOVE



MONTHLY SWIM TIP – TWO HANDS

Butterfly & Breaststroke events require a 2 hand touch to avoid being disqualified at both the turn & the finish. When the swimmer 'grabs' the wall with both hands at the turn, typically they will pull in & up, making the turn very slow. This must be avoided in order to maximize the turn. Remember to 'touch' the wall with both hands, instead of grabbing that very tempting ledge!

The best way to do this is to think about which side you turn to. There will be a hand that barely makes contact with the wall. If you spin turn to the left, then it will be the left hand that is lighter. Practice a few turns to figure the hands out.

Try this - as you approach the wall doing breaststroke with your head steady & your eyes downward (little reminder there!!), touch the wall with both hands for the turn. The light hand is the one on the side you are turning to. Think of it as boiling hot, meaning the wall is so hot at the spot where you touch that you have to get it off the wall as quickly as you can. It touches the wall at the same time as the other hand (the planted or heavy hand), but stays there only for an instant.

By getting the hot or lighter hand off the wall as fast as possible, you will start to initiate the spin into the turn with the legs more quickly too. Very simple and efficient!



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 on a regular basis for interesting information & more!

The links to all of these items can be found at the start of the newsletter, for easy reference.

THE SWIM ONTARIO PERFORMANCE TRACKER

This program is creating an unofficial virtual provincial ranking for in-practice race simulations for clubs to use to help engage and motivate their swimmers. The performance tracker events are delivered during the regular training sessions. All of the results are timed, recorded and submitted to Swim Ontario by the USC coaching staff. The timeline for this runs from mid-November until mid-February, with results being tabulated at 5 points during the program.

To see the results from the first session, please click here:

<https://SwimONPerformanceTracker>

Great swimming USC!!!

HOLIDAY TRAINING BREAK

Holiday Training Break: Uxpool will be closed from mid day Dec 24th to Jan 4th, thus USC training will take a break. The last day of training until the new year for each group will be as follows:

- Orange/Orange Plus: Tuesday Dec 22nd
- Novice: Wednesday: Dec 23rd
- White/Green: Dec 24th am only

WINTER TIME IN UXBRIDGE- BE SURE TO DRESS FOR IT!



WINE CELLAR RAFFLE TIME!

USC Wine Cellar Raffle
Win a draw date: Dec 6 @ 7 pm

Tickets: \$20 each
800 tickets available

Prize Tiers:
- Premier: 50 bottles (1 winner)
- Superior: 25 bottles (1 winner)
- Deluxe: 5 bottles (1 winner)
- Private Tasting: 2 bottles (10 winners)

SWIMMER OF THE MONTH

For the detailed framework and photos of each of the Swimmer of the Month recipients, please go to the USC website. The October winners of the swimmer of the month recognition are:

Novice – GRACE WILLIAMS: Grace is new to Novice this year and has shown great improvement in the past couple of months. She is constantly working on her breaststroke pullouts at every wall and her two hand touches. She has come out of her shell a lot and is showing great enthusiasm for practice! Grace comes to every practice ready and prepared and continually puts her best foot forward in both Dryland and in the water. She is resilient and constantly trying to improve as well as take any feedback the coaches give her and put it back into her swimming. Grace is a great listener and always pays attention when asked. She is very respectful when given suggestions to improve her stroke. Grace has been a real pleasure to coach these past couple of months! Keep up the good work!!

Orange/Orange Plus – CHARLOTTE ROURKE: Charlotte is the O/OP group November Swimmer of the Month! Charlotte now practices in the middle lanes - which means she can handle faster pace times, and longer distances and more repeats. Charlotte pays attention to her drills, does them slowly and properly - so that when it comes time to race FAST she has good form and technique. Now, if we can get beyond the graceful swimming, and get her more aggressive in the water, Charlotte's times will continue to drop! Congratulations Charlotte, you work hard every time you hit the water, and it will continue to pay off...well done.

White/Green – RACHEL WANG: The November S-O-M is a swimmer who demonstrates a great deal of restraint and control in dealing with an ongoing shoulder issue. She manages this very well and shows a ton of patience to continue working hard even though things are not always perfect, which is quite often the case with an athlete. This swimmer has had perfect attendance and is well prepared for practice sessions, arriving early to set her equipment up and get going on her activation protocol. A positive attitude and presence is definitely something that this swimmer possesses. She does a great job of understanding what is asked of her, all the while keeping a smile on her face and in turn, putting one on someone else's face! In-practice repeats are consistently swum to a very high level. Way to go Rachel on being the White/Green swimmer of the month!



NOVICE SWIMMERS – READY TO GO!

