

OCTOBER 2020 NEWSLETTER

Uxbridge Swim Club

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A Message from the Board

Short and sweet this month. First - Congratulations to this season's first swimmers of the month. We are proud of you!

Second - We encourage everyone to pay extra attention and stay Covid safe. Let's do our part to keep the local numbers low and our community in stage 3 of reopening!

Jenn Davies, for the Board of Directors. (more news via email soon)

MONTHLY SWIM TIP – SOFT HANDS ON FLY

Focusing on letting the hands enter softly, and having them stay close to the surface during the first part of the fly pull, builds pressure through the chest that allows the body to go back to its natural position. Swimmers use the entire body on butterfly, and not just their arms.

The key is to keep the hands long & soft, yet high on the entry, as the chest and head press down. A pressure point will naturally build up through the chest and the back. If this connection or stretch is not felt at the front of the stroke, the swimmer might be trying to go through the motion with the hands instead. This natural and necessary part of the butterfly stroke may be missed in this case.

Try practicing fly kick with your arms by your side, allowing your chest to press through the water and for the hips to come up. Do this for a lap or 2. Gradually bring the arms ahead of you (in #11 position). Perform the same kick but gently use the arms to lead the way, while still allowing the chest to press through slightly. Once this comes easily, go to one arm only and then to full stroke, maintaining the soft hands and chest press the whole time.

THE #SWIMAGAIN CHALLENGE FROM SWIMMING CANADA

Swimming Canada has put together a 6-week program with a variety of swim challenges that are submitted by the clubs across the country and then ranked by age grouping. USC has been doing our best with the challenges so far for the swimmers that are prepared & ready to take part.

The link to the information on the #Swim Again Challenge can be found below, as well as on our web page. There are opportunities to win prizes from Swimming Canada sponsors too! USC had a winner in week #3 – Yay for Elizabeth!! Be sure to check in for results each Wednesday!

<https://www.swimming.ca/en/swimagain-challenge/>

Go USC Go!

LINKS OF INTEREST

RETURN TO SWIMMING AT UXPOOL – VERSION 5

USC is into Phase 3 of the return plan. The updated plan is available on the web page, in the **Documents** area under **Parent Info**. Keep up the great work everyone!

FAST POOLS!

<https://www.swimmingworldmagazine.com/what-makes-a-pool-fast>

SWIM ONTARIO UPDATES LINK

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

SWIMMING CANADA RESOURCE HUB LINK

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

ROYAL WINTER FAIR GOES VIRTUAL

<https://www.royalfair.org/>



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 – JOHN DONER

John always comes to practice with a smile on his face and a great positive attitude. He is the new to the competitive program this season, moving up from pre-competitive. John always tries his best and never gives up on a set that we are doing. He asks questions and always takes our advice to try to better himself as a swimmer. It is a pleasure to coach John and we hope he keeps up the amazing work!

Orange/Orange Plus - ETHAN SNEATH

This swimmer has been with USC for a number of years, and this fall has moved up to the PLUS level of Orange - making the transition into higher levels in future seasons. This swimmer consistently shows up for dryland 15 minutes early, always ready to go, appropriately dressed for exercise, and always brings a great attitude. Throughout the dryland, focus is put on the intention of the movement, and not just wildly flailing about. When things don't go quite right, a correction is given, and a modification is made - which makes this PLUS swimmer a great example to the others that we don't always get things right the first time...that's why we PRACTICE. This swimmer pays attention to the 'rules of the walls', tries really hard to control extra breathing into and out of turns, and certainly knows how to use the clock to keep a pace time. This swimmer definitely has one particular stroke that is a struggle...but the continuing to try, and continuing to take the cues and work on corrections continues to present a fantastic example for the younger / newer swimmers. The smile and crazy hair this swimmer brings to practice FIVE days a week (3 super early mornings) makes them someone I look forward to seeing! Well done Ethan Sneath, and congratulations being our first Swimmer of the Month for the '20/'21 Season.

White/Green - EVAN SABOURIN

Evan is new to the white group this year and he has done a very good job of applying himself to the training at this new level. It's a step up from what he is used to but Evan works hard on every set, sometimes even on the easy lengths! He takes stroke correction well and pays attention to the set delivery so that he knows what he is being asked to do. Sometimes at practice there can be equipment mishaps, but Evan was ready for this with an extra pair of goggles on hand when his snapped. He does a nice job of sticking to the pace intervals, which is trickier than usual this season since the swimmers are starting from opposite ends of the pool. Evan's attendance has been nearly perfect, his attitude is upbeat & positive, and he arrives on time to get started with his training, indoors & out. He is not worried about asking questions for clarification, and he brings his 'A game' each time we have a new #swim again challenge to do. Great work Evan. Keep it up!



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.

BLACK & ORANGE DAY FOR A HAPPY HALLOWEEN!

On Saturday, Oct 31st let's have everyone come dressed in Black & Orange to celebrate Halloween with your USC Swim Family! Happy Halloween!!

