

# SEPTEMBER 2020 NEWSLETTER

## Uxbridge Swim Club

[Club Website Link](#)

Find us on 





### A Message from the Board

Hello Swim Families,

How time flies! We are already starting week four of our new season of training and reports from our coaches are that it has been a success so far. A big thank you to all swimmers and parents for your care and attention as we work through the staggered start that the Return to Swimming Plan and Uxpool covid protocols demand. We are proud of how well everyone has worked together and of the enthusiasm you have brought with you.

Next up, starting Sept 28 we welcome back our Novice group! We are so glad to have the competitive club back together again in a safe way!

September 19 - 27 was National Coaches Week. A HUGE shout out and GIANT virtual hug to coaches Carol, Ann, Chloe, Meighan, our volunteer coaching support John and pre-competitive coach Louise (returning in January). We are very lucky to have you and are grateful for your expertise, passion and commitment to our club and its athletes!

Lastly, for this month the Board would like to say thanks to parents for their patience and support throughout the registration process. Coming very soon, please watch for committee assignments, job descriptions and communication from the committee chairs about first meetings.

Go USC!

Jenn Davies, for the Board of Directors.

### MONTHLY SWIM TIP – STREAMLINING

To perform an effective streamline position, the swimmer should be in a long straight line, like an arrow. Swimmers need to make sure their fingers, hands, arms, head, body, legs and feet are all lined up.

The **fingers** are closed and pointing in the direction they are going. The **hands** are placed one on top of the other, with the thumb of the upper hand wrapped around the outside of the lower hand, locking them into position like a 'hand sandwich'! The **arms** are fully extended to narrow the shoulders, making them super skinny. The **head** is positioned so the upper arms are squeezed tightly just behind the ears to help with the straight streamlined arm position. The **body** has the core completely engaged. The **legs** are straight and kept tightly together, with no bend at the knees. The **toes** are pointed.

### LINKS OF INTEREST

RETURN TO SWIMMING AT UXPOOL (SEE THE 'DOCUMENTS' AREA OF THE CLUB WEBSITE)

USC is heading into Phase 2 of the return plan. Keep up the good work everyone!

### HAPPY THANKSGIVING

There will be no training for USC on Thanksgiving Monday, Oct 12<sup>th</sup>. Have a wonderful weekend with family!

### SWIM ONTARIO UPDATES LINK

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

### SWIMMING CANADA RESOURCE HUB LINK

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



