



# DECEMBER NEWSLETTER

The pursuit of excellence in swimming, through leadership,  
fitness & competition.

Enjoy the December Edition of our Club News! We at USC would like to Wish Everyone a very Merry Christmas & the Happiest of New Years! Here's to an Amazing 2020!

## Monthly Swim Tip - Flip Turns

The three parts to a perfect flip turn are: approach timing, rotation speed of the somersault and speed of the streamlined breakout or exit. All of these must be practiced regularly in order to improve on a turn and develop consistency. Remember that with practice, the breath control and spatial awareness will come. Happy turning!

To start learning flip turns, it is best to be away from the wall in waist deep water. Do a somersault from a standing position and get back to your feet as quickly as possible. In order to do this, you must pull both arms towards your knees, tuck your chin in and dive forward quickly. To avoid getting water in the nose, try gently exhaling (blowing bubbles) as you go.

Once you are confident about your somersault, try approaching the wall with good speed, do the somersault at the wall and stop when your feet connect (before pushing off). Your nose should be close to your knees and the heels to your buttocks while turning. Be sure not to over rotate. Practice this a few times and then add the push off.

Do not use your arms and hands to initiate and perform the somersault. They come through and head for your ears right away. Swimming momentum, tucking of your chin and a butterfly kick (undulation) are used to execute the turn.

Judge the distance to the wall by using the "T" on the bottom, which is just in front of the wall. Initiate the turn by following the last pull into the wall (other arm at your side). The arms will serve as a point of stability, balance, support and control for the tumbling motion.

The legs and feet go directly over the head while performing the turn. Try to keep your legs together and the feet should touch the wall at the same time. Think of the wall as a 'launch pad'. Bring upper body and arms to a tight streamline position and push from the wall on your back. Start to rotate from your back to your side to your stomach. Stay in that streamline position. Start kicking as your speed drops. Start to pull just as you approach the surface. Avoid breathing into the wall, or out of the wall on the first stroke in order to maintain the streamline position.

It is very important to maintain wall speed as you come off the wall from a flip turn. A burst of speed occurs as you push off which is much faster and easier than swimming. Hang on to that speed for as long as you can! This is accomplished by gliding for just enough time to fully extend the legs and set the streamline position. Following this, small, fast kicks should be started. These will get bigger and increasingly more powerful as you feel yourself slowing down. The kicks dolphin kicks to a flutter kick.

The streamline position is important to hold onto the wall speed. A large kick too early when you are coming off the wall quickly can cause you to arch your back or bend your knees, which will slow you right down. Remember that on the streamline the head is squeezed right in between the arms just behind the ears, long and straight with one hand on top of the other.

A few questions to ask yourself for figuring out the ideal distance of a push off are:

- 1) Am I traveling faster than I can swim?
- 2) Am I at a depth where I can have a smooth and fast transition to swimming (neither too deep nor too shallow)?
- 3) Will I be able to hold my breath long enough to still be able to swim well as I breakout?

Once you answer "no" to any of these, it is time to break out and swim!



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**BRC Restoration** 

**White & Green Update**

Two meets highlighted the end of the first training cycle for the White & Green groups. These were the Lisa Flood meet & The Youth Cup. The swimmers did outstanding, with a ton of best times & lots of medals. Everyone qualified for second swims at Youth Cup! Many swimmers were able to achieve goals that they had set for themselves at the beginning of the season. We also had Kate & Hannah C. attend the Ontario Junior International (OJI) meet. Hannah came away with 3 medals – outstanding swimming! On the Saturday of the OJI meet, Swim ON hosted a fundamentals clinic and we had 4 swimmers in attendance. Two of them were from our White group. Congratulations to Mackenzie & Maryn on being invited to this exciting opportunity.

Mackenzie had a comment to share, “On December 14<sup>th</sup>, I attended Swim Ontario's Fundamentals Clinic. There was a variety of centers, one of the centers that I liked was track starts. One of the reasons I liked this center was that when you would dive they had a camera that was filming you; when you got out of the pool you could see how your dive looked because it was hooked up to a TV that was delayed. I also liked this center because they gave you good tips on how to improve your dive and the perfect amount of dolphin dives.”

Maryn's remarks ... "I had the opportunity to go to the Ontario Fundamentals Swim Clinic. There were 4 stations – track starts, sculling, dolphin kick and a talk with an Olympian. Out of the 4 stations, my favourite was track starts. When I was at that station they helped me improve my dive by changing my foot placing and told me to throw my arms out. My dive has now improved. I hope I can go again next year.

**Medals from Lisa Flood:** Hannah H. 3 Gold, 1 Silver, 2 Bronze; Richelle 2 Gold, 1 Silver, 3 Bronze; Lauren 1 Gold, 1 Silver, 3 Bronze; Mackenzie 2 Gold, 4 Silver; Maryn 2 Gold, 1 Silver; Olivia 1 Silver, 1 Bronze.

**Medals at Youth Cup:** Kate 5 Gold, 2 Silver; Robin 2 Gold, 3 Silver, 1 Bronze; Louise 1 Gold, 1 Bronze; Ellie 1 Bronze; Rachel 1 Bronze; Maryn 1 Bronze

**New Festivals Qualifying times** – Molly (100 & 200 Bk); Rachel (200 IM)

**New Youth/Junior Qualifying times** – Ellie (50, 200, 800 Free & 100 Bk); Molly (200 Bk)

**New Provincial Qualifying times** – Kate (100 & 200 Fr, 100 Fly) Rachel (100 & 200 Bk); Ellie (200 Bk); Robin (400 IM)

**Orange & Orange Plus Update**

**OJI Fundamentals Clinic** - December 14 two swimmers from Orange/Orange Plus attended a Swim Clinic at Toronto Pan Am pool for a 4 hour pool/dryland skills session - during the break between Prelims and Finals of the OJI Meet. Congratulations Lily and Michaela for being selected to represent USC, your hard work has paid off!!

Here is what Michaela had to say about her experience...“On Saturday I got to participate in a swim camp at the Toronto Pan Am Pool I learned a bunch of things to help me be a better swimmer. Some of the things I learned are: For diving, I learned how to do a better stream line when I dive and for fly, I learned that I have to flick my feet at the end of my dolphin kick. I had a lot of fun and I'm glad that I got to go.”

And Lily's comments....“This past weekend I had the opportunity to go to the OJI clinic. I really enjoyed this experience, and I learned a lot. When we were doing dives, they took a video and showed it on a TV, so we could see what we needed to improve on. I was told that I dive too deep, so they helped me try to improve that. The coaches were very nice and encouraging, and they were helpful when teaching us the drills. There was a former Olympian, Heather Maclean, who talked to us about resilience and told us stories about her swimming experiences. This helped me feel better about some races that I haven't done very well in. This was an amazing opportunity, and I hope they keep this clinic running for years and years. Thanks again for giving me this opportunity.”

Parents, please take note of the calendar for the Christmas break - noting when Orange/Plus are in the water early January. Swimmers, enjoy your holiday, get some rest yet try to stay active over the break. Look forward to seeing you all back at the pool in 2020!

**Lisa Flood Meet - Pickering**

Jackson - 2 Silver 1 Bronze; Kaleb - 1 Silver; Dian - 1 Bronze; Evan - 2 Silver; Simon - 1 Gold 2 Bronze  
Michaela - 1 Silver; Chloe - 3 Gold 4 Silver 1 Bronze (Medal in EVERY EVENT); Georgia - 1 Bronze Julianna - 1 Bronze; Lily - 2 Silver 1 Bronze

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**Novice Update**

Novice are continuing to surprise me at each practice! The drills I am introducing are more challenging, and aimed at making their strokes more technically efficient, which with time and practice will build speed into their strokes. They are taking on the challenge and performing the drills extremely well. We enjoyed a fantastic weekend at the Lisa Flood Christmas Meet in Pickering. Some swimmers did not swim as fast as they had hoped to in an event or two, and were hard on themselves, however, there were so many best times all around - the swimmers represented USC in a positive manner, swam to the best of their ability on the day, and for the group it was their first three day meet. It was long! I know it felt long for the parents too, but for the swimmers it was extremely hard - both physically and mentally. The Novice swimmers who were able to attend the bowling evening on 17th November had a fun time (thank you to an Orange swimmer's parent and Coach Ann for organizing and keeping everyone posted), and as always enjoyed socializing with the Orange swimmers!

The swimmers' success also rely on our Saturday Novice coaches who are eager, enthusiastic and ready to pass on their swimming knowledge to the Novice swimmers. Thank you Meighan and Chloe!

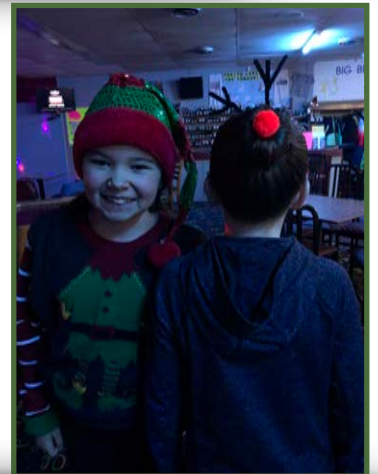
Novice's last practice of this calendar year will be on December 21st 2019 and practices will resume on January 6th 2020. The Novice coaching staff would like to wish you and yours a very Merry Christmas!

Pictures Top: Mackenzie, Evan, and Simon at the Lisa Flood Meet  
Bottom Left: Hannah at the OJI Meet  
Bottom Right: Ava and Chloe at Orange/Novice Bowling Party Dec. 17

**Pre competitive Update**

The first session of our pre competitive program has already come to an end. That went by very quickly and now the new session is upon us, and will begin Jan 7th 2020. An email has gone out with all the details.

A big thank you to our awesome pre comp coaches, Louise & Graeme. A job well done by you both!



**Reminders**

Go onto Team Unify and check your account balance.

Check the Meet Calendar!  
Remember to Decline two weeks prior to the meet to avoid charges.

**Training Camp**

Christmas Training Camp for Green and White Swimmers is just around the corner!

Be sure to check the training schedule on the web page.

**Equipment & Apparel**

Green USC Swim Caps are now in Stock!

If you need one please reach out to Jenn Davies @  
j.daviesrmt@gmail.com

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**Swimmer of the Month**

**Novice Swimmer of the Month - Ethan Walmsley**

Ethan's name is one that I am calling out on a regular basis each practice - "eyes and ears up to listen" (he likes to be underwater!), and that hasn't changed much this month. However, this month something seems to have just 'clicked', he has listened very well to the individual feedback I have given and small things like a streamline off the wall are happening every. single. wall! He is also working very hard to improve his dive although he is finding the process a little frustrating. Ethan swam 7 races in our recent meet at Pickering, and achieved a best time in each event. A coach cannot ask for more in a swimmer than hard work and dedication - this month Ethan has shown me that!

**Orange Swimmer of the Month - Zoe Baker**

The swimmer who stands out for December has been one of the most consistent in this group; in terms of attendance, effort, and attitude. Always partnering with a former Swimmer of the Month, these two put forth a solid dryland workout each and every time, with good form and no shortcuts. This month's swimmer doesn't always have Best Times at meets, but will always return for feedback, always holding eye contact, and respectfully taking that feedback with the assurance of putting it into action moving forward. This swimmer has incredible skills - representing the Orange and Orange Plus group when negotiating a slower pace time or maybe one less repeat...but mostly just showing her great sense of humor. Always remembering to not breathe off starts and turns, or at the finish of Fr or Fly, and not looking for the wall on Bk, this swimmer demonstrates a good knowledge of strokes and turns...making ZOE BAKER Swimmer of the Month.

**White/Green Swimmer of the Month – Robin Vadeika**

The spirit of Christmas is alive and well in the White & Green groups and Robin is a big reason for that! She took over from where the Senior swimmers left off last year by setting up the Secret Santa gift exchange. This will be a fun activity for everyone in the groups, including some of the alumni swimmers. Robin also had perfect attendance and can almost always be seen helping to get the lane lines in as quickly as possible at the crack of dawn. She has really stepped up her training this year, taking on some challenging distance sets, which have paid off already with a new provincial cut in her 400 IM, & 1500 Free, as well as a 13 second drop in her 800 Free, thus cementing that provincial time too. A couple of weeks ago she stood up near the end of practice for an effort 200 Fly, coming within seconds of her best time. Many technical elements have been improved upon already this season for Robin, including the approach to her turns, her backstroke recovery technique and her composure around races. Keep up the great work in & out of the pool and be sure to never lose that 'drive' that you bring to training every day!



Merry Christmas!

Upcoming Meets

- |   |                      |
|---|----------------------|
| <b>MAC Winter Invitational</b>          | <b>January 10-12</b> |
| <b>Audi Scar Winter Classic LC Meet</b> | <b>January 17-19</b> |

Pictures Left: Mackenzie, Maryn, Michaela, and Lily at the OJI Clinic  
Right: Kate at the OJI Meet



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