



# NOVEMBER NEWSLETTER

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

Hello USC families! Here is the November newsletter, hot off the presses! Please enjoy the read and be sure to check out the little contest at the end.

### Monthly Swim Tip

Efficiency in the water will help swimmers to swim smarter. To do this, drag needs to be reduced and propulsion needs to be improved (in that order!). The main areas that can reduce drag while swimming are:

1. While swimming, try being as horizontal as possible in the water. Avoid swaying or rocking to the right or left, breathing for too long or too high, and swimming too narrow or too wide. Aim to stay between the shoulders.
2. Be as long and as streamlined as possible. Lengthening out the stroke, taking that time to glide, finishing the stroke, and reaching & rolling from the core. Swimming tall, creates a strong body position that decreases the amount of drag.
3. The kick is the motor. When the kick is inefficient, power is lost. Just moving the legs faster isn't going to make the kick better. Efficient kicking is done by keeping the kick compact and generating the power from the core and hips. The feet stay in the water, small in depth and width, and move quickly right from the hip. Think of it as "boiling the water"

Swimming smarter is when the swimmer realizes that swimming with good technique helps them to go faster, without even trying to! Being strong technically and training that way all the time eventually will allow the swimmer to outlast their competitors. Poor habits can only let you rise to the top temporarily.



### Green & White Update

To say that the Green & White swimmers are adapting really well to the training so far this season, would be an understatement! They have done a superb job with all the sets that have been flung at them and overall the attendance has been outstanding, which really helps the continuity of the whole program.

We are currently in the midst of 3 really solid weeks of training, heading into the last meet of the first training cycle, Dec 6-8 at Lisa Flood and/or Youth Cup. Test sets have been met with positive attitudes and well executed efforts.

This year we'll be doing a Christmas Training Camp at Uxpool from Dec 27 to Jan 4<sup>th</sup>. For details on this, please see the USC web page, under events. Keep up the amazing work everyone!

#### **NYAC Cup highlights:**

**Hannah C.** – Made all second swims and came away with 2 Gold, 3 Silver & 3 Bronze! **Rachel W.** – Made 3 second swims and set many best times. **Molly P.** – Made 2 second swims and almost all best times. **Graeme M.** – 200 Fly second swim. Plus, tons of best times by all swimmers involved.

#### **Cindy Nicholas highlights:**

**Robin V.** – 1 Gold, 1 Silver, 3 Bronze; **Kate T.** – 4 Silver, 1 Bronze; **Mackenzie P.** – 2 Gold, 1 Silver; **Maryn W.** – 1 Silver, 1 Bronze; **Rachel W.** – 1 Bronze; **Ellie H.** – 1 Bronze Plus, many best times by all swimmers involved.

#### **OSHAC Distance Challenge highlights:**

Top 3 placings for all 14 of the swimmers in attendance! Almost all best times and a new provincial time for Robin V. in her first ever 1500 Free. Way to go everyone!!

Thank you to our 2019  
GOLD Sponsor



**Orange & Orange Plus Update**

Getting back into the swing of race season - with a couple of fun home openers - this group was ready to get back into competition! Our gummie bear award bin has almost been emptied with all the BEST TIMES being achieved at Rising Stars and RHAC swim meets. Building the confidence of this group of swimmers through practices they feel successful with has been one of my goals in setting up the workouts. Challenging these swimmers with longer sets, or faster pace times, and not backing off or sitting one out has led to a number of these Orange kids agreeing to race the 100 fly and learning for themselves that butterflies in the belly are okay, and to get up on that block and dive in is not - in the end - as scary as they had made it out to be. I love seeing that evolution. Watching the Orange and Orange Plus gather together and organize themselves for their activation on deck, work as a team to remember the sequence has been a great realization to me that swimming and exercise means a lot to these kids, and I enjoy working with them each time.

For those Orange/Orange Plus swimmers with birthdays in November...I hope they were GREAT!

**RHAC Highlights**

Getting back into the Meet season, starting with 50s and 100s of various strokes, with the exception of one race, all were Personal Bests for each of the swimmers

**MAC Rising Stars Highlights**

Orange Plus

**Michaela Clark** - 1 Gold, 3 Silver, 1 Bronze; **Julianna Kimball** - 1 Silver, 2 Bronze; **Lily Pinzin** - 1 Silver, 1 Bronze; **Georgia Whynot** - 3 Silver, 1 Bronze; **Simon Thibaudeau** - 1 Gold, 1 Silver, 2 Bronze

Orange

**Dian Ji** - 1 Silver, 1 Bronze; **Cole Sheridan** - 1 Gold; **Ethan Sneath** - 1 Silver  
**Chloe Walker** - 1 Gold, 1 Silver

As a group we made some incredible Relay Teams!

Dian, Robyn, Kaleb and Michaela took SILVER in 4X50 Free

Cole, Evan, Lily and Zoe earned BRONZE in 4X50 Medley

Kaleb, Dian, Michaela and Chloe earned SILVER in 4X50 Medley

Showers at UXPOOL

The hot water tanks are being replaced at the pool on December 16-17. Practices will run as per usual but there will be No Hot Showers on these dates!



**Novice Update**

Novice have been working very hard so far this season on ensuring that their starts, strokes and turns are legal in the water! There are lots of technicalities that they have to understand and then apply to their swimming - easier said than done, but the improvements so far are HUGE!

They enjoyed their first swim meet of the season earlier this month. Just a one day meet for our group, which was a first meet for many and an attempt at some longer distances for others. We were close to 100% attendance at the meet, and the swimmers behaved exceptionally well on deck representing USC in a positive way and they enjoyed socializing with the Orange swimmers; most importantly for this meet - everyone had fun, there were many new personal best times, no missed races and no tears!!

Our next meet is coming up very quickly and is a 3 day meet!! We will be discussing the need for good nutrition and hydration to stay in top form for the three days. Please help your swimmers by reminding them to double check that they have packed swim suit, cap, goggles, towel, deck shoes and water bottle, as well as healthy snacks. Please be sure to log in to your USC count for full meet information, as well as read emails and check the bulletin board at Uxpool for any changes that may occur.

Thank you to our 2019  
BRONZE Sponsor



**Swimmer of the Month**

**Novice Swimmer of the Month - Mary B.**

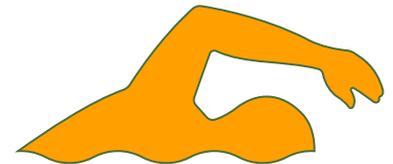
Mary works extremely hard in dryland and in the water. Some sets seem a little daunting to Mary, and she occasionally questions her ability to be able to complete what is being asked, but she still gives it her full effort and supports her team mates in the process. I think she sometimes surprises herself with what she can achieve! Mary accepts feedback very graciously and implements it into the task at hand!

**Orange Swimmer of the Month - Dian J.**

Dian is in the Orange group, and those who may need a picture to place the name...you can catch his Birthday Picture in the lobby on the USC screen! Dian has a near perfect attendance record which makes him one of the most reliable and dedicated swimmers in the bunch. He is consistently first on deck, and never fails to ask, 'Can I put the lane rope in?!'. Dian has great pace clock skills, leaves on time, and checks his time when he returns. Dian sets himself apart with his discipline, his tight streamline off just about every wall, his 'no breathing' on first strokes, and his playfulness to challenge his lane mates when it comes to race time. To say Dian puts into action each challenge presented to him would be an accurate statement. Other than the foot cramps he suffers from time to time, nothing stops Dian from working hard every practice - both the dryland and water portions. Thanks Dian for all you bring to the Orange group and congratulations on being the Swimmer of the Month for November.

**White/Green Swimmer of the Month – Molly P.**

Molly is the November Swimmer of the Month for the White/Green groups! Molly has had outstanding attendance this month. She has also had some amazingly fast and confident races at our first few swim meets, bringing herself to within 10ths of a second of the Festivals qualifying time in her 200 Bk! Molly always comes to practice prepared to do her best. She's a great lane leader and spends most of her time at what we have called White Plus, since she is often placed with a few Green swimmers for her training. At the Cindy Nicholas meet in Markham, Molly showed her X-factor by doing a nice job of videotaping many of the races for her team mates and sharing these with them. Way to go, Molly & please don't ever stop smiling!!



**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.

**Win a Wine Cellar**

Money and Ticket Stubs are due back December 2!

Draw will be at 5pm on Wednesday, December 4 @ UXPOOL in the lobby!

**Equipment & Apparel**

Green USC Swim Caps are now in Stock!

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

Thank you to our 2019 Green Sponsors



### Santa Claus Parade

On Saturday Nov 16<sup>th</sup>, right after morning swim practice many of our USC swimmers took to the parade route for the Santa Parade. Our float was all decorated for the festive season and there was candy in abundance to hand out along the way!! It was a beautiful day and it was awesome to see all the enthusiastic swimmers doing their part for our community. Thanks to everyone that helped out, especially Hannah C.'s mom (for pulling it 'all' together!), Lauren D-V's mom (great driving skills!) and Molly P.'s dad (yummy treats and a warm house!).



### Special Olympics Otters Meet

On Sunday November 24<sup>th</sup> several of our swimmers and parents volunteered their time to help the Otters Meet run smoothly. Thanks to all those that took part. This is such a good way to give back to our amazing sport!



#### CONTEST TIME!!!

Our club newsletter needs a new name. If interested, please take a few minutes to channel your creative side and let us know what you come up with! Simply email your newsletter name suggestion/nomination by December 15 along with your name and contact info to [Jenn Davies at jdaviesrmt@gmail.com](mailto:Jenn.Davies.rmt@gmail.com)

#### Upcoming Meets

NYAC Youth Cup 2019

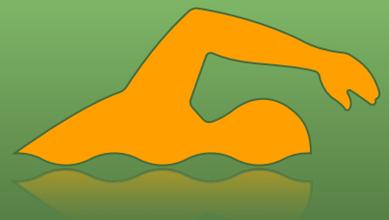
December 6-8

Lisa Flood Christmas Classic

December 6-8

MAC Winter Invitational

January 9-12



Thank you to our 2019  
White Sponsors

