



# FEBRUARY NEWSLETTER

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

Here is the February edition of our Club News! Happy Reading Everyone!

## White & Green Update

Wow, what a busy February we have had! There has been lots of great training going on both in the pool and on dryland. The 15-minute activation protocol as lead up to practice sessions and prior to meet warm ups needs a little bit of a tune up but the coaching staff will continue to monitor this and remind those that are not quite there yet. This is an important part of being ready to go, general athleticism, as well as key for injury prevention. Green & White have been working hard and keeping a keen eye on the clock during all their sets. They have also been checking on exertion levels with the use of heart rate in some instances. Stroke count and breath control are other important areas that have been honed in on as of late. Plus, there is always the reminder of proper turn execution, from the approach to the rotation speed to the streamlined push off to the 2 to 3 strokes before initiating the first breath. All these important components need to constantly be trained properly so that they are in place for the big races. Speaking of which, the swimmers did a fantastic job at Central Region Bs with 94% best times, 12 medals, 16 new Festivals/Youth-Junior/Provincial qualifying times and many finals swims.

It has been very good to see the swimmers encouraging each other during practice and at the meets. This outstanding sportsmanship goes such a long way!

We also had representation at the Milton Skins Meet, Swim ON Festivals in Windsor and the Durham Cup. Coming up very quickly are the Swim ON Youth Junior Champs and the Swimming Champs. Go USC Go!



## Meet Highlights

**Medals from Central Region B's** – Ellie (Gold 100 Fr, Bronze 200 Br), Molly (Gold 100 Bk), Graeme (Silvers in 400-800 Fr & 200 Br), Maryn (Silver 100 Bk, Bronze 200-400 Fr), Lukas (Silver 1500 Fr, Bronze 200 Bk), Rachel (Silver 200 Br)

**Results from Milton Skins Meet** – Kate 3<sup>rd</sup> 100 Fr-100 Fly; Robin 2<sup>nd</sup> 200 Bk

**Results from Swim ON Festivals** – Rachel 5<sup>th</sup> 200 Bk; Molly 7<sup>th</sup> 200 Bk

**Medals from Durham Cup** – Richelle (2 Gold 50-100 Fly), Lauren (Gold 50 Fr, Bronze 50-100 Bk), Hannah H. (Gold 100-200 Bk, 200 IM, Silver 100-200 Fr, Bronze 100 Fly), Jacey (Gold 50-200 Fr, 100 Bk, Silver 200 Br), Maryn (Gold 50 Bk, Silver 200 Fr, Bronze 200 Br)

**New Ontario Festivals Qualifying times** – Mackenzie (200 Bk, 200 IM, 400Fr); Molly (200 Fr); Maryn (100 Bk, 400 Fr), Rachel (200 Br)

**New Ontario Youth/Junior Qualifying times** – Mackenzie (400 Fr, 200 Bk, 200IM); Molly (100 Bk, 200 IM), Rachel (200 IM), Graeme (400-800 Fr, 200 Br), Ellie (100 Fr, 200 Br), Lukas (200 Bk)

**New Ontario Swimming Champs Qualifying times** – Molly (100 Bk)



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## **Orange & Orange Plus Update**

**NINE** of our group qualified for Central Regions at Markham Pan Am this season ...fantastic! What a great show of effort and skill from our mighty Orange/Plus group! Putting a race together in a Championship setting can be unsettling, but this group of swimmers kept their composure, fighting through the nerves and supporting one another. It really is wonderful to see them rally to encourage one another to do their best. For all swimmers at future meets...let's remember it's important to RE-activate before racing when so much time lapses between events (skipping, walking, our usual arm routine). This is an important component of race preparation and should keep in mind we are there to race FAST and be READY! Go USC Go!

## **DURHAM CUP**

This past weekend, athletes from our Novice through to Green program competed at Oshawa Durham Cup. The Orange/Plus group - both the girls and the boys - competed with good energy, excitement, and confidence. Swimming some events never swum before meant a few nerves, however it was nice to see at this point in the season that nerves were not overpowering - they trust their training, and knowing this was a great venue to give it a try. Eliminating the NT (no times) on their roster of events allows them to be eligible for meets where they do not accept NT. The Durham Cup resulted in some DQs (disqualifications) which serves as a reminder to swimmers that the Officials are indeed watching, and that habits at practice translate to how they compete. Swimmers can't practice poor technique and illegal strokes/turns at practice and hope they disappear at meets...they do not, so let's be certain to practice properly, no shortcuts, and build on the solid foundations already in place. It isn't any fun completing a race, no matter the stroke or the distance, to be told it doesn't count because of something being done 'against the rules of the stroke'. The overall results of Durham Cup were OUTSTANDING...with 18 Orange/Plus swimmers, we had a record haul of 44 medals for 1st, 2nd, 3rd, and numerous ribbons through to 8th place. Well done group, it was a great weekend!

## **ORANGE/PLUS DRYLAND AND WATER TRAINING**

This group of swimmers have been challenged in many different ways this cycle. We have worked on tempo - and how it varies with the distance being swum. We have trained

short little sprints of 30 X 50 Free, longer 16 X 100 Free, and holding it all together through 8 X 200 Free. Working on consistent 2-2-2 streamlined kick outs (as they uncoil from flip turn) and not breathing on first strokes has been a challenge, but with lots of reminders I think the majority have it! Another focus of this cycle has been on sculling. Getting a feel for the water with their entire arm, having a 'paddle' like wrist instead of floppy has allowed them to have a greater distance per stroke. Continuing with our skip routine each Tuesday...I am seeing some real improvements with their endurance and pushing through some discomfort until the set is over. New exercises included the Baby Shark ab challenge - which is indeed a challenge! This catchy little jingle of a song stuck with most of us through the rest of practice this past Tuesday! The routines put together for dryland are designed to challenge muscle groups, strength, endurance and flexibility.

## **Novice Update**

Novice continue to improve with each and every practice! We have been increasing the distance of swims in practice with the purpose of building endurance, aiming to maintain proper technique in strokes and turns over longer distances and of course starting to prepare for the USC Swim-A-Thon at the end of March! The standing up in the shallow end and hanging out on the deep end wall is becoming a thing of the past as they remember their turns and streamlines off the wall more and more.

Durham Cup this past weekend was a great meet for Novice. The cozy environment allowed for some team bonding, and lots of cheering at the ends of lanes or from the pool side. Not every race was a best time, and we really do not expect best times every race, but it was fun to watch the swimmers race and then when they came for the debrief afterwards, they often already knew what went well and what they could have improved based on what they have been working on in practice - it's a shame how quickly streamlines disappear in a meet at this level, but the fact they know it, is the next step to them actually doing it!

## **Pre competitive Update**

The second session of our pre competitive program is nearing the end. Stay tuned for info on the upcoming session with our hard working pre-comp coaches, Louise & Graeme!

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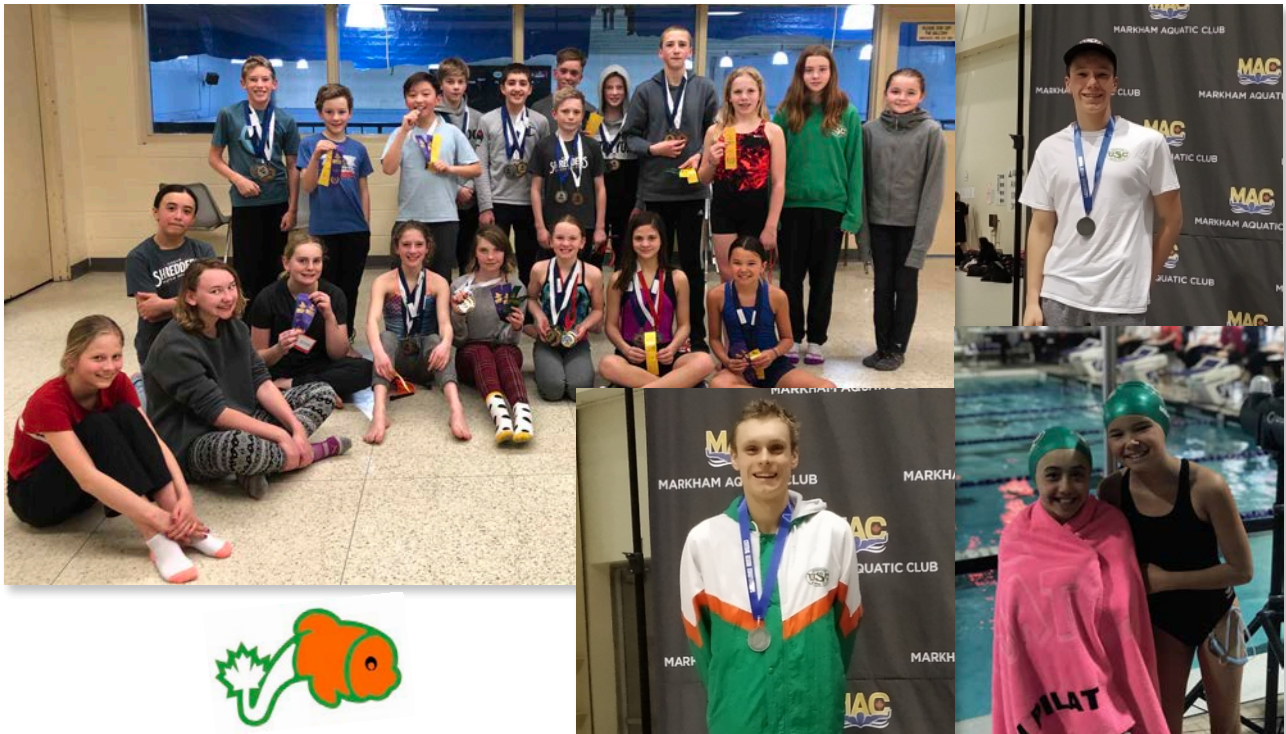
### Monthly Swim Tip-Butterfly Hands

Setting up a good butterfly starts with something easy, letting the hands stay soft on the entry. Many swimmers 'pound' the water at the front of their fly stroke.

Focusing on allowing the hands to enter the water softly and by keeping them close to the surface during the initial 'press' of the stroke will build up a tension point through the chest that has the body wanting a return to its natural state. This helps swimmers use more of their body on butterfly and not just the arms. The hands reaching out are an extension of the arm.

Allowing the hands to stay soft and 'high' on the entry as the chest presses below, will help with the motion of the butterfly stroke. With the hands high, the head and chest will land just below and then the body comes back as the hands pull through.

If you don't feel this connection or stretch at the front of your stroke, you may be trying to lead or press down to the undulation with your hands. Doing this will cause you to narrowly miss this natural and necessary part of butterfly.



#### 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.

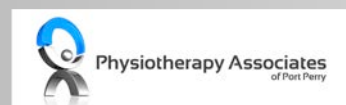
#### New this Month!

Thanks to the USC Sponsorship Committee Zehrs, Uxbridge will be providing fruit for our swimmers to enjoy after practice!

#### March Break

The regular swim schedule will continue right up until Saturday March 14th. We will then be off on a break until Monday March 23rd. Regular programs will re-commence that day.

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## Swimmer of the Month

### **Novice Swimmer of the Month - Jack Nelson**

This month we had a couple of swimmers who have really pushed their limits and rose to new challenges. It was a tough decision but this month we recognise Jack Nelson for his extra efforts. Jack has often been easily distracted during practice in the past and sometimes finds it hard to stay focused, however this month, he has made an extra effort to fully understand the sets that are being explained, and then focus and perform them to the best of his ability - both in water and during dry land. Swim Meets have always been a nerve wracking experience for Jack, but his good work ethic leading up to the Durham Cup meet in Oshawa paid off. He overcame his anxiety and swam his absolute best. He was disqualified in the first race, which not so long ago would have been devastating news for him, but he was able to move on and then swam his way to a best time in the 50m free taking off a whopping 4.28 seconds, wearing goggles that snapped right before marshalling, so we had to tie them back together, just hoping that they didn't snap again during the race! Way to go Jack - keep up the hard work and positive attitude in practice and at meets!

### **Orange Swimmer of the Month - Chloe Walker**

This swimmer arrives for practice - rarely missing since September - with the BIGGEST smile, and an excited wave with a HI AAAAAANNNNNNN!! This swimmer accepts every challenge presented; each faster pace time, and ever increasing distances across all 4 strokes. Skipping rope in hand every Tuesday, this swimmer has mastered the 4 X 3 minutes routine upstairs, while playfully complaining that I'm torturing the group. This swimmer qualified for Central Regions with the most events - 7 - and had 100% Personal Best Times. Fantastic job Miss Chloe Walker and congratulations on being February Swimmer of the Month!

### **White/Green Swimmer of the Month – Maryn Wray**

The February S-O-M for White/Green is a swimmer that is mature beyond her years! She always catches on to everything the coaches deliver in a given practice session, even though she is the youngest one there. This swimmer is very well organized and always prepared for practice sessions, arriving early to set her equipment up and get going on her activation protocol. She has a very serious attitude when on the pool deck at both practices and the meets. She is definitely all business! The most significant improvement for this swimmer so far this year is her kicking ability. At Central Regions, she swam very well securing 2 additional Festivals times and 3 medals. And then while at Festivals in Windsor she swam to 4 of 4 best times and absolutely gave 100% effort. Her family immediately went to work when they found out that there would be four swimmers at the meet and they set up a very enjoyable team dinner on the Saturday night. Way to go Maryn Wray on being the White/Green swimmer of the month!



### Upcoming Meets

1. OYJ March 5-8 2020 at Markham Pan Am
2. OSC March 5-8 2020 now at TPASC
3. Olympic Trials at TPASC March 30-April 5 2020 (USC Club Day Friday April 3, 2020!!)
4. Mallards Meet – Following the USC Club Day at Olympic Trials, we will be attending the Mallards meet in Markham, April 4-5th. The initial entries have been submitted. Please let your coach know if you require any changes to your attendance.

### Swim-A-thon

Swim-A-Thon - March 28, 2020  
Green, White & Orange Plus 5:45-7:45 am;  
Orange & Novice 7:45-9:45 am

**Register online:** <http://ontarioswimathon.ca/usc>  
Please register and start fundraising today. Last date to submit sponsors will be March 31, 2020. Please see Team Unify under Events for more information.  
**\*Parents will be required to count their swimmers lengths\***