



# JANUARY NEWSLETTER

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

**Happy 2020! I hope everyone was able to Celebrate a Wonderful Holiday Season with Friends & Family. Here is the January edition of our Club News!**

## ***Monthly Swim Tip - BILATERAL BREATHING***

One of the most common questions from swimmers is whether they should use alternate-side, bilateral breathing. The quick answer is yes! A swimmer should breathe to both sides. The main reason is that bilateral breathing will create balance & symmetry within the freestyle stroke. The benefit is that it helps to ensure that whatever happens on one side of the body, will happen in more or less the same way on the other side. Bilateral breathing will help to avoid lopsided freestyle strokes, rolling more to one side than the other, overuse injuries and swinging wider on recovery on the same side.

The easiest bilateral pattern to master is breathing every three strokes. This may be challenging at first, but does eventually become simpler with practice. Sometimes it can help to become more imaginative with the bilateral breathing patterns! Here are just a few options to consider until the swimmer catches on:

- Breathe to the right side for one length and to the left side on the next one. That way there is plenty of air, but balanced stroke will develop.
- Breathe to the right side during practice sessions in warm-ups, cool-downs, and slower swimming sets, and to your left on the main sets.

The goal, over the course of a week of swimming, is to breathe about as often to one side as to the other. When the swimmer adapts to this style, they can take it a step or 2 further by trying to breath every 3 strokes, 5 strokes, 7 strokes or even 9 if they are able to do so somewhat comfortably.



Left Picture: Robyn, Julianna, Ava and Chloe  
Right Picture: Charlotte & Olivia

Picture Above: Green & White Swimmers at Practice

Thank you to our 2019  
GOLD Sponsor

**BRC Restoration** 

**White & Green Update**

Christmas Training camp for the Green/White groups was a huge success. The swimmers rose to the challenge and really pushed their limits. Over the 7-8 day camp, there were 7-8 swim sessions (ranging from 1.5 to 3 hours each), a 30 minutes skipping drills session, a 30 minute yoga session, a 60 minute circuit training session and a 45 minute nutrition talk. Several swimmers had perfect or near perfect attendance. For Green, the total mileage for the swims was 51, 200 m and for White it was 22,250 m. A well-deserved, celebration lunch took place at Scramble's after the last swim session on Saturday.

And then back to racing for these groups, but with a real slant towards race training. So, getting up and focusing on the race tactics and pushing their competition. Some great developments were made at the MAC & SCAR long course meets and a few best times came out of them as well. This long course race training requires a big adaptation from short course. Now the swimmers are back working hard in their training to be ready for the upcoming meets in the early February to early March time frame.

**Medals from MAC Invitational:** Maryn W. Silver 50 Fr, Bronze 200 Bk; Rachel W. Silver 50 Bk, Bronze 100 Bk; Robin V. Gold 400 Fr, Bronze 200 Bk; Mackenzie P. Bronze 400 Fr & 200 IM; Kate T. Bronze 200 IM; Ellie H. Bronze 400 Fr; Molly P. Bronze 50 Bk.

**Medals at SCAR Winter Classic:** Robin V. Gold 400 Fr, 800 Fr, 400 IM, Bronze 200 Fr; Ellie Silver 800 Fr, Bronze 400 Fr; Maryn Bronze 50 Fr

**New Ontario Festivals Qualifying times:** Mackenzie P. (50 & 400 Fr 12 year old); Maryn W. (50 Fr & 200 Bk 11 year old)

**New Ontario Youth/Junior Qualifying times:**  
Ellie H. 400 Fr

**New Eastern CDN Champs Qualifying times:**  
Robin V. 400 Fr



**Orange & Orange Plus Update**

January arrived and brought a couple TEENAGE birthdays to our group! Check out the lobby TV monitor for some smiling birthday cap pictures! This month brought some treacherous driving conditions - but some really fantastic racing from our group...another THANK YOU to families for getting your swimmer safely to both meets this month...Let's take a look

**MAC Winter Invitational** - Long course - 50 m racing - some nerves and questioning whether they'd 'survive' their races - but what a heck of a meet for them.

Shout outs will start with the boys:  
Jackson earned a Bronze in 50 Br; Simon earned a Bronze in 50 Fly  
\*\*Out of all the events the boys raced, only two were just short of their best times - LOTS of gummy awards needed for this meet\*\*

Michaela earned Bronze in 50 Fly; Lily earned Bronze in 50 and 200 Br; Chloe earned Bronze in 200 Fr and 200 IM

\*\*Of all the girls events raced over the weekend, only two were just short of their best times - well done girls, you all earned your award treat\*\*

**Scarborough Winter Classic** - Back to back weekends of racing and a return to Short Course - 25 m pool - for our 12 and unders. This meet had qualifying standards in order to compete, so congratulations to those who earned their spot in the pool. Definitely some tougher competition at this meet, but plenty of gummy awards to be distributed for sure. Congratulations to Ethan for earning two qualifying times for Central Regions, and Cole earned an extra race as well... way to go boys!

**Looking Ahead for Orange/Plus** For those swimmers who qualified, Central Regions is the Feb 6-9 weekend. Entries have been done so you can have a look on the site, they will be posted at the pool as well. Durham Cup is the next meet for your swimmers on the roster - at this time - but stay tuned, new meets can pop up in the interim so it's wise to check in at USC's TeamUnify to see what your swimmer is eligible to swim!

Thank you to our 2019  
Green Sponsors



## Novice Update

Novice welcomed two new swimmers to the group at the beginning of January - Kaisa and Riya! It's great to have you in the group girls! Novice got straight into some hard training sessions on their return from the holidays and continue to work on stroke technique, as well as skills such as turns, streamlines and starts and finishes.

The 12 and under Novice swimmers attended the Scarborough Winter Classic meet at TPASC on 18th January. It was a bit of a tricky drive, but most made it through to the pool! Thank you to those parents who either emailed me, or sent a message with another swimmer if their swimmer was going to be absent, even if I do not reply immediately, I appreciate the email, and more importantly can let the meet management know that there are absences so they can make adjustments if needed. Our swimmers enjoyed socializing with the Orange group between races, and cheering each other on - it was a great team atmosphere on the deck. For some swimmers it was the first time at TPASC, and it was hard for swimmers and parents to separate from each other at the turnstile gate, we also had some nervous swimmers and a few tears but it all worked out just fine! To the parents, thank you for your ongoing support of your athlete and USC as you wear many hats; from cheerleader, to shoulder to cry on, to everything in between, we know your athlete leans on you for support between races on meet days, and encourage you to remind them that they must stay on deck with the team and not go to the bleachers until they have checked in with their coach after their last swim of the session.

Top Picture: USC Swimmers 13 & older at a Swim Meet  
Bottom Picture: USC Swimmers 13 & under at a Swim Meet

## Pre competitive Update

The second session of our pre competitive program is underway. Keep up the great work pre-comp coaches, Louise & Graeme!



### 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.

### SWIMATHON March 28

Information will be handed out at February 1st practice.

Questions?  
Contact Tally Tuck @  
teatuck@gmail.com

### Pool Closure

No USC workouts on Monday, February 17!

UXPOOL is closed to recognize Family Day!

Thank you to our 2019  
White Sponsors



**Swimmer of the Month**

**Novice Swimmer of the Month - Olivia Rourke**

Olivia swam great races at the Lisa Flood meet in Pickering, in December 2019! She arrived each day with a hug and a smile, and had a great attitude on deck. Olivia achieved best times in every event, and overall was having fun and seeing her hard work from practice pay off. All this came to a crashing end at the end of her backstroke race. She still earned a best time, finished on her back so was not disqualified, but because she was swimming that bit faster, her stroke count from the backstroke flags to the wall was slightly off and she finished with her head as opposed to her hand - hard. Olivia suffered a mild concussion as a result, and received medical attention and multiple treatments. She ended up missing swimming for much of the remainder of 2019, HOWEVER, Olivia has been to every practice since the holidays and is still giving it her all in all 4 strokes, no exception.

Olivia attended the recent Scarborough meet at TPASC, which included backstroke as part of her IM event, she didn't slow down or reduce her stroke rate into the wall; it was a very well timed touch and turn and she once again achieved a best time. Olivia is this month's Swimmer of the Month in Novice because she has shown great strength in her ability to bounce back after a traumatic experience, and has done so with determination and a super attitude. Well done Olivia!

**Orange Swimmer of the Month - Alex McCabe**

Some of the swimmers have gone out of their way this month to 'compete' for this title, and letting me know when they have done something extra/properly/promptly. However, it isn't always those who do the right thing when they're being watched, it is those who do it when they're not. I notice this swimmer working hard on all tasks - dryland and in the pool - quietly going about the workouts, asking for clarification if needed, but then moving ahead with great effort and drawing very little attention to themselves. This swimmer has excelled at our new skipping routine upstairs on Tuesdays, which has served to be a challenge for some (and entertaining for me to watch). Respectful, and hardworking are two words I would use to describe Alex McCabe...our Swimmer of the Month for January! Congratulations Alex.

**White/Green Swimmer of the Month – Graeme McDougall**

Graeme is a great team player. When he is not cranking out fast training or racing in the pool, he can be found encouraging all the other swimmers, or making the coaches laugh. Any set that is thrown his way in practice is taken on with 100% effort, and that includes tough Butterfly sets. Being a Grade 12 student, a member of the USS band, and one of our pre-competitive coaches, Graeme's schedule is packed full, to say the least. His attendance record and punctuality are outstanding. He even graciously took on opening the pool on Thursday mornings when the guard scheduled for this was unavailable. During the January meets, Graeme has really stepped up with some early training cycle personal bests and some great race tactics. He continues to hone in on all the little details that make for a great swimmer. He is even contemplating shaving down in his first ever taper experience. What an absolute pleasure to coach! Way to go Graeme.

**Upcoming Meets**

2020 Central Region B Champs (Feb 6-9)  
designated qualifiers

MMST Skins Meet 2020 (Feb 15-16)  
select individuals

2020 Winter Ontario Festivals (Feb 22-23)  
qualifiers

Durham Cup 2020 (Feb 29-Mar 1)

**CONCUSSIONS**

Concussions and suspected concussions are taken very seriously in all sports, and although we do not see as many concussions in swimming as in some other sports, it is important for all parents, as well as coaches, to know and recognize the signs and symptoms. For more information, please read about Rowan's Law at <http://www.coachesontario.ca/concussion/>