

ROCLetter #2

October 2017

By Coach Lynsey Rivest

1	World Rankings
2	Moving & Shaking
3	Team Uniform
4	Swim Meet Etiquette
5	Weekend Practice Schedule
6	1 st Double Day Attendance

Clarington Swim Club

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Karen Hillis - President

Mike Patrick – V President

Mark Luukkonen – Treasurer

Deb Hallowell – Secretary

Board member Susanne Robinson

Practice Cancellations:

October 1st – ROC Meet vs. Whitby Dolphins

October 4th –
Fundamentals ONLY
Cancelled

October 7-9th –
Thanksgiving

October 28 – 29th – Team
away at meet

FINA World Rankings

Rankings start at the beginning, they start with the desire to be first in your lane, then first in your heat, then first in your race all the way up to first in the world.

Our very own Michael Patrick (the same man who was the first Canadian 60 year old to go under 60 seconds in the 100m Fr) has done the climb and is now world ranked in ALL of the Freestyle events!

10th in the 50 Fr, 6th – 200 Fr, 5th 400 & 800 Fr, 4th in the 1500 & 100 Fr along with 10th ALL TIME in the 100 Fr!!

Set your goals and then work each day to make them happen. CONGRATULATIONS MIKE!!
Thank you for making this team FASTER.

Moving & Shaking

Each week the competitive team swims a set on Wednesday nights that was long ago named the “Suck Set”. This set is how we determine which lane you train in on a daily basis.

Challenging the next lanes Suck Set and succeeding is the only way to get ‘tossed’ into the next training lane.

After 2 weeks in the water we have a large number of swimmers being tossed.

Congratulations to:

Marley Stone, Sidney Coombs, Dylan Murray, Emma Davidson, Mason Wojnicz, Courtnev McCole.

Swim Meet Etiquette

All competitive members are entered into every swim meet on the calendar unless it is a Qualifying meet or we have been told otherwise.

Swimmers need to let coaches know at least 2 weeks in advance when they cannot attend a meet.

Meet specific information and Event Lists are sent home in paper form with the swimmers.

Swimmers need to be on time for swim meet sessions (This means 15 minutes before the start of warm-up).

Wherever you are on the pool deck, no matter what you are doing, when you hear “On 3” respond with “Let’s go ROC”

This team is like no other. We are there for each other until our last swimmer finishes their race. **All** ROC swimmers stay on the pool deck until the completion of our team’s races.

Team Uniform

Order forms went home last week and extras can be picked up at the pool. Uniform order will be placed on October 10th. We will have order forms at the pool and will accept the following types of payment: Cheque, eTransfer, Debit, Credit Card (with 3.5% processing fee). Please see Ximena Davidson if you have any questions.

Weekend Practice Schedule

Senior – Saturday 8-10am & 4-6pm

Sunday 4-6pm

**To be eligible for Saturday afternoon practice you have to swim Saturday morning practice unless discussed with a coach.

Junior – Saturday 8-10am (Waterpolo is included in your practice, if you are at 8:00am practice you stay through Waterpolo).

**Juniors are invited to swim the afternoon practice on Saturdays ONLY if they swam the morning practice.

1st Double Day Attendance

Our first double day (am & pm practice) was Saturday September 16th. Below is a list of swimmers that were in attendance at both practices that day.

Scott Branton
Liam Cole
Pili Garcia
Luke Richard
Claire Schaffeler
Alex Tamblyn
Owen Tamblyn
Logan Wojnicz
Mason Wojnicz