

ROCletter #7

Nov 1, 2011

By Coach Karen Stinson

1	Fundraising Summary – Bottle Drive Hallowe'en Dance
2	Clarington Cup #1 next week
3	Lane Changes
4	CMA Biggest Loser
5	Upcoming Events
6	New Club Records

Clarington Swim Club

Head Coach

Karen Stinson

Phone 905 697 3124

www.claringtonswimclub.ca

info@claringtonswimclub.ca

Facebook –
Clarington Aquatic Club

Practice Cancellations:

None in November.

Check the calendar for a complete list of events and cancellations.

Bottle Drive Summary

Team Holbrook, Team Luetchford, Team McMeekin/Branton, Team Robinson, Team Schuh, Team Soutter - Together these groups raised \$746 for the Club. Thanks to all who participated and who donated.

Clarington Swim Club's

Hallowe'en Dance

This was such a lot of fun! The food, the music, the costumes and the company were all great! Lots of fun and a good fundraiser for the Club. Thanks to Marnie for all her hard work and stress in setting this up, and for all the committee members who made this happen – Sandy McMeekin, Cathy Barry, Jayne Webster, Linda St Germain, Heidi Stephenson, Scott Branton, Emma Gibson (and emcee Rob Gibson), Susanne Robinson, Pauline Youssef.

Please send all pictures from the night to me so we can add them to our website and Facebook pages.

Clarington Cup #1

Next Wednesday November 9th

All ROC swimmers to attend (competitive, novice, fitness, masters (either practice or participate)). The Cup starts at 4:45pm but if you can't make it to the start get there when you can. All participants are placed on a team and get points for just swimming, for posting a best time, for setting a club record, or for setting a world record (hasn't happened yet). Pizza party upstairs afterwards; \$3.00 for a slice and a drink. Winning team eats for free! Parents needed to help time this event (no experience necessary!), just come on deck at the start.

Lane Changes

Congratulations to Josh McMeekin and Curtis Gibson who both made the criteria swims to graduate to the next fastest training lane. Josh graduated from lane 2 to lane 1 by swimming 20x50m on :40 and Curtis graduated all the way across the pool from lane 4 to lane 3 by swimming 12x50m on :55

CMA Biggest Loser Contest

Buy In - \$10
Weigh in at CMA anytime from Nov 1–5
Weigh out at CMA anytime from Dec 19-22
The person who loses the largest percentage body weight wins the pot.
Remember – eat well and eat often in order to lose weight. No fad diets, long-lasting lifestyle choices are the key to weight control.

Upcoming Events:

Oshac Fall Invitational Swim Meet

Nov 4 – 5

Clarington Cup #1

Wednesday, Nov 9

CFC 4:45-6:45pm

All ROC swimmers to participate in this in-house time trial. A great chance for new novices to try out their swimming skills. Masters will have their own team!

Masters Meet

Etobicoke Semi Serious

Nov 13 – interested Master swimmers, self-register Team (so far): Heidi Stephenson, Deb Pankhurst, Deb Hallowell, Kim Chebott, Neil Murray, ??

YORK INVITATIONAL

Nov 19 - cancelled – we will not be going to this meet

ROC Invitational Swim Meet

Dec 3 – full team – IRONMAN

PENTATHLON

Pickering Christmas Classic

Dec 9-11 D+ swimmers

ROC Invitational Swim Meet

Jan 7 – full team

New Club Records Set

Congratulations to brothers John and Pete Holbrook who broke Toby Limebeer's 1995 and 1993 50m butterfly records in the last couple of meets. These records have stood for a long time, a testament to Toby's speed, and now to John and Pete's. Thanks boys for raising the bar for all of us.

New SF lesson dates – the weeks of

Dec 12 and 19th were not on the original schedule but have been added in order to bridge the long gap over Christmas. Please talk to me or Susanne Robinson if you would like to add more lessons for your young swimmer during these weeks.

Equipment Order

If you need equipment (all swimmers should have a minimum of paddles, pull buoys, fins) go to the TAS (Team Aquatic Supplies) website and enter our group name – **claringtonswimclub** and password **nnngu** (stands for "never, never, never give up"). Place your order and pay for it and it will be shipped directly to your home.