

ROCletter #8

Nov 7, 2011

By Coach Karen Stinson

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Clarington Swim Club

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Facebook –
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Practice Cancellations:

None in November.

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

Clarington Cup #1 This 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.

ROC Official's Clinic – Wed, Nov 16th – upstairs at CFC

During practice time.
We will be holding a Timer's Clinic for all new parents. This clinic will count towards earning a ROC Credit (see below).

Credits are available to help offset your swimming costs. Every time you help out the Club by going that extra bit, we will try to help you out as well.

- Officials credentials (\$25 credit for each new level) – **ROC Clinic November 16**
- Working a third, fourth fundraiser (\$50 credit each)
- Working a third meet (\$50 credit)
- Bring a Buddy (who signs up) (\$25 credit)
- Secure a sponsor (get 10% of value of sponsorship credited to your account).
- ??? Your idea. Something else you'd like to Board of Directors to consider worthy of a credit

Eligible for A Credit?

Please write down what you've done and return to me.

ROC Waterpolo Practices

Mon 7:00-8:15pm, Sat 10:30-noon
Free for competitive swimmers always.
Free for Fitness swimmers through Dec 31.
Free for Masters swimmers through Dec 31
\$5.00 drop-in fee for any friends you want to bring out.

Lane Changes

None this past week

NER – Congratulations to the following swimmers who each made all of their never ending relay swims this week:
Andrew Youssef, Rob Trimbee, Mike Patrick

Oshac Invitational – First Report

This meet was a good for our Club. Lots of best times and some great racing. I will have a full report on this meet when the results are made available on the SNC website.

Upcoming Events:

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

Dryland Champion

Sept/Oct - Liam Branton

Strength has a huge influence on your ability to go fast in the water, and the best place to get strong is on dryland. ROC's dryland practices take place at CMA on Tuesday 6:45pm, Thursday 6:45pm and Saturday 9:15am. Congrats to Liam for making more of these practices (by far) than any other ROC swimmer. That means he will swim faster and be posting best times through this short course season.
Swimming fast is not rocket science, it is just hard work and a good attitude.

**Masters Meeting?
November 18th? rsvp
Village Inn, 7:00pm
Important things to “discuss”**