

ROClletter #12

Dec 12, 2011

By Coach Karen Stinson

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Clarington Swim Club

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Practice Cancellations:

Dec 23rd -Jan 2nd inclusive

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

Biggest Loser Challenge
Only 1.5 weeks left. Final Weigh in between Dec 21 and 23. Don't give up, keep that good nutrition eating pattern going.

Twelve Sets of Christmas

All swimmers welcome to join the Club on Thursday, Dec 22 for our 12 sets of Christmas Practice. There are 6 different levels (you swim in your regular lane) and you swim hard to finish the set in the time allotted. Practice starts at 4:30 for all swimmers, and ends at 6:45pm. This is a great way to finish off the year, hard work and a lot of fun (the two often go together). Coach's Christmas presents will be handed out on this day to any who need one.

Swim Fundamentals

New Time Slots

The next two weeks there will be swim fundamentals lessons available in the following times:

Dec 12	5:15	5:45
Dec 14	5:15	5:45
Dec 15		5:45
Dec 16		5:45
Dec 19	5:15	5:45
Dec 21	5:15	5:45

Dec 22 not available due to 12 sets of Christmas practice.

If you would like to book a lesson for your 3-6 year old please call 905 697 3124 or email info@claringtonswimclub.ca.

Christmas Break Reminder that we will be taking a well-deserved break from swimming from Dec 23rd through Jan 2nd inclusive.

Chili contest Winner

For the second year in a row the Gowland's "2 Chick Chili" has won the annual chili contest. Congratulations to Leigh and Cathy on their win. The ROC Christmas party was a lot of fun. Thanks to all who participated, and helped with this event. The talents demonstrated by the swimmers were noticeably superior to previous years, and it was great to see what else (other than swimming) you do well.

P _____

P _____

Practice

P _____

P _____

P _____

(fill in the blanks, then live it!)

Lane Changes – The only way to move to a faster training lane is by swimming the pace set (aka suck set) of that lane.

Congratulations to: None this week, but glad to see Julia Chebott give it a try!

NER – Never Ending Relay

For bettering their target times on their sprints this past week congratulations to: Scott Branton, Neil Murray, Josh McMeekin, Shelby McMeekin, Abby Gowland, Julia Soutter, Andrew Youssef.

Upcoming Events:

Brock SC Meet ?? Tentative

Sunday, Jan 8 (replaces our cancelled meet Jan 7)
Interested competitive swimmers.

Masters Meet –

Alderwood Teddy Bares

Jan 22 – interested Masters swimmers, self-register – WHO IS GOING TO THIS MEET?

Ontario Cup

Jan 20-22, University of Toronto
Above Ontario Senior Provincial Standard

Etobicoke A/B Meet

Jan 21, Etobicoke Olympium – competitive registered swimmers

OR

Pickering Winterfest Meet

Jan 21, Pickering - competitive registered swimmers

Central Region SC Champs

Feb 9-12, Etobicoke – above "C" standard swimmers

Clarington Cup #2

Wednesday, Feb 15, CFC 4:45-6:45pm

Eastern Canadian Championships

Feb 16-19, Gatineau, Que
above Junior National time standards

Central Region Team Meet

Feb 25-26, Etobicoke – below "C" standard swimmers

Ontario Junior Provincial Champs

Mar 1-4, Etobicoke – above Ontario Provincial standard

Novice/Fitness Swimathon

Wednesday, Mar 7th CFC 5:45-6:45pm

ROC Swimathon for Competitive and Masters
Saturday, March 24