

ROClletter #14

Jan 9, 2012

By Coach Karen Stinson

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Clarington Swim Club

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Facebook –
Clarington Aquatic Club

Practice Cancellations:

Saturday, Jan 21

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

Biggest Loser Challenge

Weigh in between Jan 9-14.
Weigh-out between Feb 27-
March 3rd.

Getting Fitter

“Suck Set” Lane Changes –

The only way to move to a faster training lane is by swimming the pace set (aka suck set) of that lane. Make it your goal to move one to two lanes per season. **None this week**

Getting Faster

NER – Never Ending Relay

For bettering their target times on their sprints this past Friday during the Never Ending Relay:

Mike Patrick
Abby Gowland
Heidi Stephenson
Andrew Youssef
Olivia Skrepnek
Tara Black
Pili Garcia
Maddy Michaud
Alex Tamblyn

Pickering Meet Info

Date: Saturday Jan 21

Location: Pickering Recreation Complex,
1867 Valley Farm Rd, Pickering

Schedule:

11 and under warm-ups *7:30am, will be finished by 1:00pm

12 and over warm-ups *1:00pm, will be finished by 6:30pm

*be there 15 minutes early to be “on time”

Team List: info sheets have been handed out in the communications boxes. Please note that some brand new Juniors are not entered into this meet as the Swim Ontario office was closed over Christmas and their upgrade from novice to competitive was not processed in time.

New Juniors

ROC has several Novice swimmers who have made the move to the competitive group and will be representing ROC at upcoming meets.

Welcome to:

Alex Tamblyn

**Work hard,
Have fun,
Swim fast**

Hi Friends Clarington Swim Club,

As a friend of the Clarington Swim Club we are asking you to please consider your getting your magazine subscriptions, or magazine renewals, through the Clarington Swim Club. This is so easy for you to do, and can have a large positive financial impact on the Club.

Just go on-line to QSP.ca and place your magazine renewals (and new subscriptions) through that site. **MAGAZINE SUBSCRIPTIONS**

MAKE GREAT GIFTS. The cost is the same or better than you can get anywhere else, and the Club gets a kick back. A real win-win situation. Our Club's identification number is 17305. You need to enter this number to make sure we get the benefit.

Club number is 17305

Upcoming Events:

Ontario Cup

Jan 20-22, University of Toronto
Above Ontario Senior Provincial Standard –
John Holbrook – good luck John!

Pickering Winterfest Meet

Jan 21, Pickering - competitive registered swimmers (but not some of our newest Juniors) – info sheets are in the communication boxes, please pay for this meet prior to the 21st.

Masters Meet –

Alderwood Teddy Bares

Jan 22 – interested Masters swimmers, self-register – Heidi, Linda, Deb, Reka ...? Who else?

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 and pre-requisite times

Novice/Fitness Swimathon

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

ROC Fundraiser - tba

Saturday, March 24th

ROC Swimathon

Saturday, March 31st – all competitive swimmers and Masters to participate

Rainbow Classic

Apr 13, Pickering some competitive swimmers

Division 3 Championship

April 20-22

Top 20 selected competitive swimmers

Novice/Fitness Swimathon

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

ROC hosted meet

Saturday, May 5th

All ROC competitive swimmers