

ROClletter #15

Jan 16, 2012

By Coach Karen Stinson

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Clarington Swim Club

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Practice Cancellations:

Saturday, Jan 21

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

Biggest Loser Challenge

Weigh-out between Feb 27-
March 3rd.

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

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.

*Abe Mello - lane 4 to lane 3
Chelsea Schuh – lane 4 to lane 3*

Getting Faster

NER – Never Ending Relay

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

**Chelsea Schuh (missed from previous wk)
TBA**

Adult (Masters) Swimmers ages 20+

It was pointed out to me that there is some confusion regarding the practice schedule for the Masters swimmer. Please review below to make sure you are taking advantage of the full schedule.

Unlimited practices per week from available schedule.

Practices Available

Pool CFC Monday 5:45-6:45pm
Pool CFC Tuesday 5:30-6:45am
Dryland CMA Tues 6:45-7:30pm
Pool CFC Wednesday 5:45-6:45pm
Pool CFC Thursday 5:45-6:45pm
Dryland CMAThurs 6:45-7:30pm
Pool CFC Friday 5:45-6:45pm
Pool CFC Saturday 9:00-10:30am
Dryland CMA Sat 9:15-10:00am

As well faster Masters (those that can pace 50s on :65 or better, may attend the competitive practices that start at 4:30pm. Please see me first if you would like to attend these practices.

Division 3 Team Selection – We have a stated goal to WIN this meet. So will putting in that team that stands the best chance of scoring points. We can only take 20 swimmers (out of 36 competitive members). Relays are huge, and representation in each age group is important.
First Round selections:

**10 & under – Andrew Youssef
11&12 – Abby Gowland, Aleena
Luetchford, Julia Soutter, Curtis Gibson
13&14 – Sam McMeekin, Alex Youssef
15&O – Cassidy Johnson, John Holbrook,
Pete Holbrook**

I will be making the rest of the team selection following the Central Regions Champs meet and the Central Region Team meet in February. Practice attendance and intensity will be considered in the selection process.
Good luck.

Attendance and Intensity – the two most important items in swimmer success. Coach Bob had a great idea to get the intensity up in practice. We suffer a little from swimmers dragging themselves in, being slow to start, slow to warm up and slow to start contributing to the practice energy. There has always been the token “10 pushups” for being late, but swimmers are used to it, and don’t much care. Coach Bob suggests 10 pushups for every 1 minute late. I like it, how about you? I want team commitment to this idea from now through the end of our Division Champs in April. More on this next week...

Practice changes:

The Board of Directors is sorry to announce that due to poor attendance numbers (and a too tight pool budget) we are forced to implement the following changes in the pool schedule, starting Jan 20th, and effective for the rest of the season.

Thursday morning -

Thursday morning practices from 5:30-6:45am starting next week (the last Thursday morning will be Jan 19th).

Waterpolo Saturday -

The Waterpolo practice will be moved from 10:30-noon starting Jan 28th (there is no practice this Saturday due to the swim meet at Pickering.

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