

ROClletter #16

Jan 23, 2012

By Coach Karen Stinson

1	Getting Fitter Getting Faster
2	KOS – Kids of Steel Triathlon will be Sunday Aug 19 th
3	Waterpolo invitation
4	3 great meets!
5	Upcoming Events

Clarington Swim Club

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Practice Cancellations:

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

New Juniors

Welcome to **Cheyenne Vachon** and **Katie Chebott** who made the jump to the Junior program. Life is full of choices ladies, keep making good ones!

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. This week much improved fitness was demonstrated by: (none this week)

Getting Faster

NER – Never Ending Relay

Congratulations to the following for bettering their target times on their sprints this past Friday during the Never Ending Relay:

Friday 13th

Audrey Barry
Maddy Bateman
Pili Garcia
Abby Gowland
Julia Soutter
Maddy Weir

Deborah Pankhurst

Friday 20th

Julia Soutter
Linda St Germain

Mark your Calendar!

Courtice Kids of Steel Triathlon

Date: Sunday August 19th, 2012

(7:45 to 1:00pm)

Registration opens March 2012

Ages 3-15 Individual Age Group and Team Division (6 members to a team (ages 6-15))

Please contact Cathy Barry

@ cathy.barry@gm.com prior to March to advise if you will be joining ROC in the team division. www.courticetriathlon.ca

Waterpolo

Sorry for the confusion, the last ROClletter had a line missing from the information regarding the changes to the waterpolo schedule.

Waterpolo practices will be available on Monday 7:00-8:15pm and Saturday 9:00-10:30am (moved from its original 10:30-noon time slot).

Waterpolo is a great sport, and a fantastic cross training activity for competitive swimmers and Masters. It has always been part of the program here at ROC, and now, with its own coach (Michael Holbrook) and great new nets (thanks to the Municipality for that support), this part of the program is ready to take off.

All competitive swimmers, 12 and over, must attend one waterpolo practice per week as part of their regular training schedule.

Masters are welcome to attend at no additional charge, it is part of your program, please take advantage of it.

Get yourself out to these practices, give it a try, your swimming and fitness will greatly benefit from it.

3 Great Meets this weekend:

#1 Pickering Winter Invitational

23 swimmers, lots of best times and some really good racing. Below is a list of participants, their best times and place (to 8th or highest place)

Audrey Barry **all best time 8th 50 br

Maddy Bateman 6th 50 br, 8th 50 bk

Tara Black **all best times! 6th 200 br,

Liam Branton – broken!!

Izabella Flood 1 bt 3rd 50 br, 5th 50 bk

Pili Garcia 2 bts 23 50 bk

Curtis Gibson **all best times! - 3rd 50 bk, 5th 100 fly

Abby Gowland **all best times! – 1st 100 fr, 1st 50 bk, 2nd 200im, 2nd 100 fly

John Holbrook 1st 100 fr

Pete Holbrook 3 bts – 1st 100 fr, 1st 200im, 2nd 100 fly 3rd 200 bk

Cassidy Johnson 2 bts – 3rd 200 br, 5th 100 fr, 7th 200im

Aleena Luetchford **all best times! – 2nd 50 bk, 3rd 100 fly, 4th 100 fr, 5th 200im

Eddie Luetchford 2 bts – 3rd 50 bk, 7th 200 br, 8th 100 fr

Josh McMeekin 3 bts – 2nd 200 br, 3rd 50 br, 4th 100 fly

Sam McMeekin – 1st 50 bk, 2nd 100 fly, 3rd 100 fr, 4th 200im

Alex Miller – Burchell – **all best times!

Erica Robinson 2 bts – 8th 100 fly

Lindsay Robinson 1st Meet Welcome!

Chelsea Schuh **all best times! 5th 50 br

Olivia Skrepnek 1st Meet Welcome! 7th 25 fly

Kaitlin Stephenson **all best times! 16th 50 br

Nichole Webster 1 bt 6th 200 br

Alex Youssef **all best times! – 2nd 200 bk, 7th 200im, 7th 100 fly

Andrew Youssef 3 bts – 4th 50 bk, 5th 200im, 6th 100 fr, 8th 100 fly

I was really happy to see how well our new juniors swam at this meet. You handled your nerves very well and looked great when racing. Good work Lindsay and Olivia!

#2 Teddy Bares Masters Meet

Still waiting for the results for this meet but from swimmer reports there were some great times, some **meet records** (Mike Patrick in 500m free and 50m free, the women’s relay) and a lot of fun. A complete report will come when the full results are available.

#3 Ontario Cup

John swam a 100m sc free at Pickering then travelled to UofT to do the same event lc 4 hours later. The meet was packed with ex-olympians and Canadian champions who were there to qualify for Olympic Trials in March. John swam well at both, placing 1st in Pickering and then 34th overall in Toronto (4th place for 16 year olds). The next day he was back for his 50m lc free and ended up 12th overall (2nd for 16 year olds). Some great and motivating swims at this meet. John will have one more chance to qualify for Olympic Trials at Junior Nationals in 4 weeks time. Both of John’s swims were **New Club Records** (bettering existing records set by Toby Limebeer in 1994)

Upcoming Events: