

ROClatter #6

Jan 27, 2014

By Coach Karen Hillis

1

Sorry Andrew!

2

Getting Fitter – lots of movement between lanes in the pool

3

Ethan Campbell joins Alia Waters to qualify to Provincial Festival

4

Lake Erie Training Camp

Andrew Ward completed the Lake Erie swim in 6 hours 1 minute but I missed him from last weeks rocletter. Great training, and it will pay off in future performances!

5

www.vrbo.com

Need a place to stay at a swim meet? Get a group and rent a house!

Clarington Swim Club

Head Coach

Karen Hillis

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Susanne Robinson – Vice President

Mike Patrick – Treasurer

Marnie Luetchford – Secretary

Board Member – Heidi Brown

Parent Liaison – Christina Campbell

Yuk Yuks April 5th

Rickard Centre.

\$10 tickets

Doors open 7:00pm

Silent Auction items needed!

Please contact Marnie or Karen with your donation for the silent auction table. Thanks!

Getting Fitter

WOW! Never in the history of the Club have we had so many swimmers change lanes in a single practice. But on Wednesday Jan 15th a record 11 swimmers completed the suck set on the next fastest lanes standard. Congrats to: Nathaniel Landry lane 4 to 3
Claire Schaffeler lane 4 to 3
Andrew Youssef lane 3 to 2

And the long toss... lane 5 to lane 4 by:

Nevin Begel
Alex Tamblyn
Audrey Barry
Ethan Campbell
Cheyanne Vachon
Kaitlyn Stephenson
Nora Chaplow
Anthony Marchant

The following week another 4 made the long toss and followed their teammates across the pool: Kiera Branton, Erika Frost, Kyla Stephenson and Alex Marchant! Great swimming.

Welcome to New Junior! Becky Holland has made the jump from the novice to the competitive program! Fantastic!

Muskoka Meet Results

This meet was a lot of fun, and gave participants to not only race well, but to enjoy beautiful Huntsville in January. Following is a list of best times and place to 8th (or highest) from the meet:

Audrey Barry 3bts – 2nd 400im, 3rd 50 fly, 4th 50 fr

Stella Barry 3 bts – 12th 50 fly

Kiera Branton 4 bts – 4th 50 fly

Liam Branton 1 bt – 1st in all events! **gold high point winner 15 yrs +**

Ethan Campbell ****all best times!** – 1st 100 fr, 1st 50 fr, 2nd 200 fr, 2nd 100 bk, 3rd 100 br, 6th 50 bk – 10 & under – **silver high point winner 10 & under**

Nora Chaplow ****all best times!** – 2nd 50 br, 8th 200im

Julia Chebott 2 bts – 2nd 50 fr, 2nd 100 fr, 2nd 400 fr, 2nd 100 fly, 4th 50 fly, 5th 200 bk, 6th 100 bk

Katie Chebott 5 bts – 16th 100 fly

Natalie Chebott 4 bts – 18th 50 fly

Liam Cole ****all best times!** – 4th 50 br, 7th 50 fly

Curtis Gibson 2 bts – 1st 200 bk, 1st 200 fr, 2nd 50 fr, 100 fr, 200im, 100 bk, 3rd 50 fly – **bronze high point winner 14 yrs**

Shelby Knott 1 bt – 6th 200 fr

Nolan Laird 3 bts – 13th 50 fly

Alex Marchant ****all best times! 1 Min Club** – 2nd 200 im, 7th 100 bk, 8th 50 fly, 100 br, 100 bk, 200 fr

Anthony Marchant 3 bts – 1st 200im, 5th 100 bk, 6th 200 fr, 6th 100 br, 7th 50 fly, 8th 50 fr

Sam McMeekin – 1st 200 bk, 100 fr, 400 fr, 3rd 50 fly

Shelby McMeekin 1 bt – 2nd 50 fly, 3rd 100 br, 4th 100 fr

Payton Nitchie 1 bt – 11th 50 br

Erica Robinson 2 bts – 11th 50 fr

Trent Robinson ****all best times!** – 5th 50 br

Claire Schaffeler 3 bts – 4th 100 br, 200im, 50 fr, 8th 200 fr

Connor Stermans – 6 bts – 2nd 200 im, 3rd 200 fr, 5th 50 fr, 6th 100 bk, 100 br, 100 fr

Kaitlin Stephenson ****all best times!** – 6th 50 fr, 8th 200im

Kyla Stephenson 2 bts – 2nd 50 fr, 3rd 50 br, 8th 50 fly, 200fr

Alex Tamblyn 1 bt – 1st 50 br, 2nd 200 fly, 2nd 200im, 8th 100 br, 50 fr, 200 fr

Jordan Therrien 4 bts – 10th 50 br

Cheyanne Vachon 7 bts – 2nd 50 fly, 4th 200im, 7th 50 fr

Upcoming Events

Jan 31 Waterpolo practice for Juniors/Seniors. All else have their regular practice.

Feb 7-9 Central Region SC Champs 12&Under – Milton. qualifiers – **Audrey, Ethan, Claire, Kyla, Alex, Alia, Andrew**

Feb 5 – Board of Directors meeting – CFC 7:00pm

Feb 8 – Durham Cup meet in Oshawa. 1:00pm warm up for the full team (less the swimmers busy at the CRSC 12- meet above).

Feb 12 Clarington Cup #2 Our in-house time trial for the full team including competitive, novice and masters. 4:45-6:45pm, pizza party to follow.

Feb 13-16 Central Region SC Champs 13&overs – Markham, qualifiers – **Julia C, Izabella, Curtis, Eddie, Andrew W** – we are attending the Sunday only of this meet

Feb 13-16 Eastern Canada Champs, Windor – **Sam, Julia, Aleena, Liam (and Shelby for relay)**

Feb 15-15 Ontario Provincial Festival. The Ontario Championship for the fastest swimmers in the province ages 13 and under. **Alia Waters and Ethan Campbell** will represent ROC.

Feb 27- Mar 2 – Prov Champs London – !3 yrs and over qualifiers. We will go to 1-2 days only of this competition

March 10-15- March Break Lake Ont Training camp.

March 29-30 Whitby Novice Challenge Cup – below C level swimmers – plus special

Apr 5 – Yuk Yuks fundraiser

Apr 9 – Clarington Cup #3

Apr 12 LC Pentathlon (at Brock U in St Catherines) 2:00pm warmup

Apr 26 No Regrets Masters Meet – our hosted meet

May 4 – Uxbridge Invitational - we're in!

Jun 7-8 Pickering Last Gasp

Jun 14-15 Collingwood Indoor/Outdoor Invitational

June 20 – last day of our regular schedule. Summer schedule is TBD, I am waiting for MOC to tell me what they can give us in July.

Jul 3-6 East Coast Champs Nova Scotia - qualifiers

Jul 18 – The WOW – Weslemkoon Open Water Race. 1,3 or 5km distances available. Perfect water for

Andrew Ward 1 bt – 3rd 200im, 4th 100 fr, 5th 100 br, 7th 50 fly

Alia Waters 4 bts – 1st 200 im, 2nd 50 fr, 2nd 100 bk, 3rd 100 fr, 4th 100 fly, 5th 100 br, 5th 200 bk – **bronze high point winner 11 years**

Andrew Youssef ****all best times!** – 1st 50 fly 1st 50 fr, 1st 100 fr, 3rd 200im, 3rd 200 fr

Fantastic Meet, lots of fun, lots of best times!