

ROCletter #1

Sept 19, 2016

By Coach Karen Hillis

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Clarington Swim Club

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Karen Hillis - President

Mike Patrick – V President

Mark Luukkonen – Treasurer

Deb Hollowell – Secretary

Board member Marnie Luetchford

Board member Susanne Robinson

Practice Cancellations:

No pool practices Sunday Oct 2, we are hosting a meet.

No pool practices on Saturday/Sunday/Monday of Thanksgiving weekend, Oct 11, 12, 13.

Check the calendar for a complete list

Welcome

Here we go! This is going to be a great season. Our membership is growing, the coaching staff is growing, the energy is fantastic. First practice back the juniors forced a cheering contest with the seniors, back and forth “on 3s”. It cut a serious chunk out of the practice time, but what was lost in metres was more than compensated for by enthusiasm. How you start a new venture is so important to both short and long term success. That was a great start.

Welcome to the Coaching Staff 2015-2016 **Competitive group coaches**

Karen Hillis, Lynsey Rivest, Bob Boadway, Bernie Grose, Edd Luetchford

Dryland coaches

Karen Hillis, Lynsey Rivest, Lesley Kirkland

Triathlon group coach

Mike Patrick

Novice group coaches

Bernie Grose, Eddie Luetchford, Aleena Luetchford, Julia Soutter, Julia Chebott, Erica Robinson, Claire Schaffeler

Swim Fundamentals coach

Susanne Robinson

Plus all senior, fitness, and older junior swimmers who want to participate, please see Susanne on deck if you can help out!

Waterpolo coaches Nick Topolie, Bernie Grose

Bubble Soccer Tournament

this Saturday Sept 24th. South Courtice Arena field, 1-4 pm. \$100 per team, \$20 per individual. The senior team is comprised of Curt, Julia, Julia, Aleena, Ethan B and Pili. We can take a couple more as alternates but it's first come, first served.

The ROC Masters team so far only has Adam Cole on it, so please let's get 4 more bodies willing to put themselves into a big plastic inflatable bubble and chase a soccer ball around.

Volunteers are needed to help with this tournament, so please consider coming out and lending a hand and watching the fun. Please let Coach Lynsey Rivest know if you are willing to help out or want to play.

Changes to training schedule

Please note the following changes to the training schedule effective immediately.
Seniors – extend Saturday afternoon 4-6:00pm
Juniors – add Saturday morning 8-10am
Masters – move Saturday afternoon to 4-5pm

Attendance

How you start something is important, what sort of energy do you bring? How much do you contribute to establishing momentum? How much do you drag down that momentum through a cautious approach? These are important questions, and swimmers need to honestly think about which side of that fence they are on. There's no right answer, just realize your role and your impact, be it positive or negative to the team's early season.

First week back only one senior competitive swimmer attended all their pool and dryland practices. A big thank you to **Aleena Luetchford** for her positive contribution to the momentum of the team. Remember your goals dictate your behavior. If you set a lofty goal that pretty much tells you what you are going to be doing regarding nutrition, sleep, practice attendance and intensity, strength training etc for the foreseeable future. If you wont walk that line then modify your goals to reflect what you are willing to do to get them.

Upcoming Events:

Saturday Sept 24 – Bubble Soccer tournament.

ROC will have two teams, one senior swimmer and one Masters, at this tournament. We are hosting it but it is not for specifically our Club, it is for the Clarington community and is sponsored by the Municipality of Clarington

Monday Sept 26 – ROC parents meeting with coaches.

7:30-8:30pm. Any and all parents are welcome to come out and meet Coaches Karen Hillis and Lynsey Rivest and ask any questions they might have about the sport and the program.

Sunday Oct 2 – ROC parent officials clinic. 12-

1:00pm, easy and free! All parents should try to come out to this and get started on, or develop your credentials as a meet official. Please contact Scott Branton or one of the coaches if you can participate.

Sunday Oct 2 ROC vs Whitby Dual Meet

At our home pool (Alan Strike)

Warm ups 1:00pm Meet will be over by 5:00pm.

Whitby won this meet last year, payback time.

Saturday, Oct 8 Central Region Officials clinic at

Pan Am pool in Markham.

Saturday, Oct 8 to Monday Oct 10 – no practices

due to Thanksgiving Holiday!

Wednesday, Oct 12 – Clarington Cup #1. 4:45-

6:45pm (it's okay to be late). All Novices, Fitness, Competitive and Masters swimmers to participate.

No SF lessons this day.

ROC's AGM will follow. Financials from last year will be presented, Board of Directors will be introduced, Q&A for parents. All ROC members welcome.