

ROCLetter #4

Nov 7, 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 Hallowell – Secretary
Board member Marnie Luetchford
Board member Susanne Robinson

Practice Cancellations:

No Novice, Masters practice this coming Sunday Nov 13, we are hosting a meet that day

Walker Meet Report

Such a great meet! ROC has been going to this meet for 22 years, and has never won it, until now, and we won by over 1000 points. The team was tired, intentionally; the coaches had been pushing them hard all the previous week and most swimmers were doing every event, and on pool deck for two long, hard days. But the team spirit remained high, and the races, especially on the second day when fatigue really set in, were amazing, not because they were tired and sore, but in spite of it. Learning what the body can do when it has to is a very valuable lesson. The last event, the 100 free races were fantastic. Well done team.

Lots of Best times, about 70% from the team as a whole.

All Best Times – Ethan Begel, Trevor Campbell, Marley Stone, Mason Wojnicz

Minute Club members-

- 1 Minute Club – Emma Aitchison-Madill, Liam Cole, Pili Garcia, Adam Groth, Alex Tamblyn, Aaron Xu
- 2 Minute Club – Daniel Xu
- 3 Minute Club – Mason Wojnicz
- 4 Minute Club – Trent Robinson

3 **Club Records** were set during the meet – thanks to the following for raising the bar for everyone.

Julia Soutter 17 & over 100 free (breaking a record set in 1997 by ROC swimmer Jenny Ellis who went on to school in the US on a full swimming scholarship)

Trevor Campbell 9-10 50m breast (breaking a 1996 record) and 100m breast (his own record)

Free goggles (when your race time ends in .00) – Courtney, McColm, Abbegael Pallet, Marley Stone

Number of push ups coaches had to do on Sunday = 890 (ouch).

This is a great meet in the early season as the swimmers race all together. But at the beginning there were **only 4** swimmers who knew the names of everyone else. A sad statement, I am so proud of these 4:

Claire Schaffeler
Julia Soutter
Nolan Laird
Stella Barry

Not to worry though, by the beginning of the second day everyone knew everyone, and no matter what else happened that would make the meet was a huge success.

NER The following made all three sprints in recent never ending relays, this sounds easy... it's not and gets more difficult as the season goes on the and the times get faster.

Neil (2x), Ethan B, Scott, Aleena, Anthony, Nora, Chris, Anran (2x), Curt, Alex, Claire, Erica, Liam, Abby, Olivia

Suck Set – Congratulations on making the pace time on the next fastest lane and getting tossed!

Alex T Lane 3 to 2
Erica R Lane 4 to 3
Liam Cole Lane 4 to 3

Attendance and Intensity

We've been talking a lot with the swimmers about goal setting, but for most the easiest and most powerful and effective goal would be an attendance one. Just show up to more practices. Here's the stats on the senior team – percentage attendance for the top 10 (of 25 swimmers)

Curt Gibson 95%

Liam Cole, Erica Robinson, Julia Soutter 73%

Aleena Luetchford, Ethan Begel, Olivia A. 66%

Claire Schaffeler 64%

Numbers above have lots of room for improvement. Not on this list? - give yourself and shake and just get to more practices!

Halloween Maze at CMA

Thanks to all the swimmers who came out to haunt the maze last Monday. The many kids who came through had a great time! It was scary and fun for everyone. It wouldn't happen without your support and help - Curt G, Alex T, Liam C, Erica R.

Upcoming Events:

ROC vs Lindsay Lightningbolts this coming Sunday, November 13th. All parents needed to come out and help run this event. Now the Lindsay team is very small (historically quite big and fast but have fallen on tough times these last few years and are just rebuilding with a new head coach, former ROC swimmer Johnny Longmuir). So we will be dividing ROC up into their 6 Clarington Cup teams, and each "team" will be operating independently. That way LLSC will have a chance to win and you'll race better if the competition is tight, so the coaches will manufacture that for you. (You're welcome). Nov 13, 1:00-5:00pm, our home pool.