

ROCletter #7

Nov 12, 2014

By Coach Karen Hillis

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ROC sponsor!

Clarington Swim Club

Head Coach Karen Hillis

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Katrina Cox - President

Christina Campbell - V President

Heidi Stephenson - Treasurer

Kim Chebott - Secretary

Kirsten Soutter - Board member

Team Manager Marnie Luetchford

Meet Manager - Cathy Barry

Practice Cancellations:

Major holidays we cancel our practices -

Thanksgiving

Christmas

Family Day

Easter

Victoria Day

Canada Day

Check the calendar for a

complete and updated list of all

cancellations.

Upcoming Events:

Nov 20th Clarington Cup In-house Time Trial

Our in-house time trial for the entire team Novice, Fitness, Competitive, Masters. Courtice pool 4:30-6:30. A great chance for the team to have some fun and some races together, low pressure.

Nov 20th AGM and Chili Contest following Clarington Cup 6:45-7:30. \$5 for all you can eat chili (bragging rights for the best chili).

Nov 23 - Belleville Invitational - 13+ swim in the morning, 12- swim in the afternoon. Info sheets have gone out.

Dec 5,6,7 - **Pickering Christmas - Cancelled!** we will **not** be going to this meet!

Dec 7 ROC "No Excuses" Masters Meet - Courtice Pool 8:00am-3:00pm. All ROC masters should come out and race at this meet. No experience necessary! Senior swimmers are expected to be on hand to help run this meet.

Dec 12,13,14 - Div 2 Championship Sudbury.

Div 2 Team List. A challenge for our small team as we fight to stay in Div 2s. Team list is posted.

Dec 20 - 12 sets of Christmas practice! Last day before Christmas Break. Last day of Sess #2

Dec 21 through Jan 1 inclusive - Christmas Break - enjoy your time off with your family.

Jan 2,3,4 "Lake Erie" training camp. Swim the distance across the Lake in 3 days.

Jan 10 Trent Winter Splash meet 12 & unders

Jan 16, 17 Pickering Winterfest meet 13&overs

Feb 5-8 Central Region SC Champs - Etobicoke. You need to meet the qualifying standard (Ontario B) to be eligible for this meet. If you are not qualified you will go to the CR Team Meet following.

Feb 12 Clarington Cup #2. Our In-house time trial for the entire team, competitive, novice, fitness, masters.

Feb 14-15 Family Day Weekend, no practices.

Feb 14-15 Central Region Team Meet - Etobicoke. Those swimmers not qualified for the CRSC Champs above will go to this meet.

Feb 19-22 Speedo Eastern Champs. You must qualify for this meet, labelling you as one of the best young swimmers in the country. Quebec City.

Feb 21-22 Ontario Winter Festival - Provincials Champs for 11 and unders

Feb 28 - last day of session #3

March 16-20th - March Break - Lake Ontario. No session swimmer practices. Full year swimmers are swimming Lake Ontario (distance).

March 22 - ROC "No Regrets" Masters swim meet.

April 1 - 4 Can Senior Nationals, Toronto Pan Am Pool. You must qualify for this meet.

April 2-5, Masters Provincial Champs, Etobicoke

April 4-5, Easter Weekend, no practices.

Apr 9 Clarington Cup In-house time trial.

April 10 or 11 or 12 - Etobicoke Long Course Pentathlon (one session of this 3-day meet, when I know our session I will let you know).

April 18 - Yuk Yuks Fundraiser - Tickets sold out last year on this popular fundraiser. Reserve yours soon.

April 25-26 Brock LC Invitational. The only meet where I let the swimmers pick their own events! Make me proud!

May 2 - last day of session #4

May 15-18 Canadian Masters Champs, Montreal

May 16-17. Victoria Day Weekend, no practices.

May 30th - Pickering Last Gasp

June 11th Clarington Cup In-house time trial.

June 11 ROC Special Election Meeting

June 13-14 Collingwood Invitational. Our end of season camping and junk food blow out!

June 20th - our last regular practice. Summer practice schedule is tbd. Last day Session #5

July 2-5 East Coast LC Champs, Fredericton, New Brunswick. Qualifiers will be going to this great meet. The team travels and houses together. You must qualify to attend.

July 10-14 Pan Am Games, Toronto. At the fantastic Pan Am pool on Morningside. Swimmers should try to see some of this competition

July 29-Aug 3 Can AG Champs, Quebec City. The fastest Age Group swimmers in the country

ROC Event Calendar November/December 2014

Sun CCC	Mon	Tues CCC	Wed NDRC	Thurs CCC	Fri CCC	Sat CCC
9	10	11	12	13	14	15
16	17	18	19 Uniform order forms and payment due back in to Marnie.	20 Clarington Cup #1 4:45-6:45pm Chili \$5 all you can eat and AGM 6:45-7:30pm	21	22
23 Belleville Swim Meet	24	25	26	27	28	29 MOC Sports Day
30	1	2	3	4	5	6
7 ROC hosted Masters meet Courtice pool 8:30am – 3:30pm	8	9	10	11	12 Div 2 Champs Sudbury	13 Div 2 Champs Sudbury

Uniform Order Forms are available from coaches or from Marnie. Forms and payment are due back November 19th (just in time for Christmas).

Upcoming ROC Fundraiser LCBO raffle

Just in time for Christmas cheer
 1st prize – 26 LCBO gift cards (\$20 value each)
 2nd prize – 13 LCBO gift cards (\$20 value each)
 3rd prize – 6 LCBO gift cards (\$20 value each)
 Tickets \$4 each or 3 for \$10.
 Get your tickets from any Coach, Board member or from Marnie Luetchford at CMA. More information to come.



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**Reader's
Choice
2009
2010, 2011,
2012, 2013,
2014**

Clarington Swim Club Annual General Meeting and Chili Chili Contest

Following the Clarington Cup Nov. 20th
 6:45-7:30pm in the Courtice Complex Mult-purpose room
 \$5 for all the chili (veggies, buns) you can eat.
 Bragging rights for the winner! Please let me know if you can enter a crock of chili for the contest.