

ROCLetter #1

September 2017

By Coach Lynsey Rivest

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Clarington Swim Club

Head Coach

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Karen Hillis - President

Mike Patrick - V President

Mark Luukkonen - Treasurer

Deb Hallowell - Secretary

Board member Susanne Robinson

Practice Cancellations:

October 1st – ROC Meet

vs. Whitby Dolphins

October 4th –

Fundamentals ONLY

Cancelled

October 7-9th –

Thanksgiving

October 28 – 29th – Team

away at meet

2017/2018 Season Start-Up

Last week was the start to our 2017/2018 season and what an AMAZING start it was. The pool was packed, there was lots of energy, excitement and athletes looking to start the season off right.

Newton's First Law (Law of Inertia) simply stated means an object in motion tends to stay in motion.

It is important to start the season with your goals already set. Always remember that output is a direct result of input. Work Hard and NNNGU!!

Pool Schedule:

Swim Fundamentals:

Monday, Wednesday, Friday – 5:45-6:15pm
or 6:15-6:45pm

Novice:

Monday – 6:00-6:45pm or 6:45-7:30pm
Wednesday & Friday – 6:00-6:45pm

Fitness:

Monday, Wednesday, Friday – 4:00-5:45pm
Saturday & Sunday – 4:00-6:00pm

Masters:

Monday – 6:00-7:00pm
Wednesday & Friday – 5:45-6:45pm
Saturday & Sunday – 5:00-6:00pm

Junior:

Monday, Wednesday, Friday 4:30-5:45pm
Saturday – 8:00-10:00am

Senior:

Monday, Wednesday, Friday 4:00-6:00pm
Saturday – 8:00-10:00am & 4:00-6:00pm
Sunday – 4:00-6:00pm

Waterpolo:

12 & U – Saturday 9:00-10:00am

13 & Over – Monday 7:00-8:30pm

ROC vs. Whitby Dolphins

ROC will be hosting our first home meet of the season on October 1st against the Whitby Dolphins. This will be the 5th year that this dual meet has taken place and ROC has some work ahead of them. The current standings are ROC = 1 win and Whitby = 4 wins. This is our year!!!!

Parents – we will need help with timing and officiating at this meet. Please let Scott Branton or one of the coaching staff know if you are available to help.

Waterpolo

Waterpolo coach's, Coach Nick & Coach Eddie are excited for the 2017/2018 season. We have made some changes to the program this year including offering the program to other sports organizations in the community as a cross training opportunity. Should you know any teams or athletes that would like to try this fun, fast paced sport, please pass along our contact information or ask a coach for a brochure.

Team Uniform

We will be placing a uniform order on October 10th. We are doing our best to work with the uniform provider to get sample sizes to have at the pool the week of October 2nd (including Clarington Cup October 4th) for fittings. We will have order forms at the pool and will accept the following types of payment:

Cheque, eTransfer, Debit, Credit Card (with 3.5% processing fee).

Clarington Cup #1

Each year ROC has a series of in house competitions where we split the Competitive and Novice groups into 6 teams and stand up to race. This is a great opportunity to learn to race in the comfort of our home pool, meet your teammates and be involved in the ENERGY that is the Clarington Swim Club.

**4:30-6:30pm with Pizza to follow.

Winning team gets free pizza and all other members can buy their pizza for \$2 per slice (\$20 for entire pizza) & \$1 for water.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 10	11 First Day of Season s1w1	12	13	14	15	16
17	18 s1w2	19	20	21	22	23
24	25 s1w3	26	27	28	29	30
October 1 ROC vs. Whitby NO PRACTICES	2 s1w4	3	4 Clarington Cup #1 NO SWIM FUNDAMENTALS OR MASTERS	5	6	7 Thanksgiving NO PRACTICES
8 Thanksgiving NO PRACTICES	9 Thanksgiving NO PRACTICES	10 s1w5	11	12	13	14 Applefest – ROC Participation
15	16 s1w6	16	18	19	20	21
22	23 s1w7	24	25	26	27	28 Walker Invitational NO PRACTICES
29 Walker Invitational NO PRACTICES	30 s1w8	31 Halloween	November 1	2	3	4
5	6 s2w1	7	8	9 AGI Invitational	10 AGI Invitational	11 AGI Invitational
12 AGI Invitational	13 s2w2	14	15	16	17	18 Senior Swim A Thon
19	20 s2w3	21	22	23	24	25 BYST Invitational NO PRACTICES
26	27	28	29 Clarington Cup #2 NO SWIM FUNDAMENTALS	30	December 1	2

	s2w4		OR MASTERS			
3 ROC Meet #2 NO PRACTICES	4 s2w5	5	6	7	8	9
10	11 s2w6	12	13	14	15 Team Showdown (Brantford)	16 Team Showdown (Brantford)
17 Team Showdown (Brantford)	18 s2w7	19	20 Christmas Party to be confirmed	21	22	23 Christmas Break
24 Christmas Break	25 Christmas Break	26 Christmas Break	27 Christmas Break	28 Christmas Break	29 Christmas Break	30 Christmas Break
31 Christmas Break	January 1 Christmas Break	2 Christmas Break	3 Christmas Break	4 Christmas Break	5 Christmas Break Competitive Training Camp?	6 Christmas Break Competitive Training Camp?
7 Christmas Break Competitive Training Camp?	8 s3w1	9	10	11	12	13
14	15 s3w2	16	17	18	19	20
21 ROC Meet #3 NO PRACTICES	22 s3w4	23	24	25	26	27 Evening in Brantford (LC) NO PRACTICES
28	29 s3w5	30	31			