

ROClatter #5

**OCT 18th
2023**

By Coach Logan Wojnicz

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Clarington Swim Club

Head Coach Lynsey Rivest
Phone 905 442 4636
www.claringtonswimclub.ca
info@claringtonswimclub.ca

Karen Hillis - President
Mike Patrick - V President
Jordan Thompson - Treasurer
Lynsey Rivest - Secretary
Board member Nichole Webster



Motivator Board – Annabel and Ella!

Annabel Turner and Ella Smialek were tied in a vote this week! Congratulations on being selected by your teammates for this important recognition.

Getting faster - Beating our Never-Ending Relay times! Let's see who got faster and had fun doing it!

FASTER!

Lucas Baron, Peyton Corner, Olivia Copeland, Leah Canuel, Alex Denelzen, Charlotte Freeburn, Lincoln Freeburn, Dylan Kellow, Cassidy Luukkonen, Kiersten Lowing, Blair Murawsky, Andrew McNeil, Keira Potter, Talal Saifan, Annabel Turner, Georgie Turner, Owyn Thompson, Carys Thompson, Caroline Woudwyk, Fiona Yu, Ryan Yu

AppleFest!

This past Saturday we had our annual Applefest! We had friendly competition with yard games, seeing who could win the most! The swimmers played down to the last minute and it ultimately ended in a tie between Leah Reynolds and Mya Luukkonen! So much fun! Thank you to all who came out to join in on the fun and Thank you to all who contributed the awesome games for the swimmers to play with!



What you need- At a swim meet, there are things you need and things you don't.

What you Need: Deck Clothes (ROC merch), Towel, Water bottle. It is important to stay warm and hydrated while on deck at a meet.

What you don't need: Food! A session is only 3 hours! You will not wither away, do not eat on deck, you will survive. Adapt, improve, overcome.

First meet of the season! Uxbridge –

This past Sunday we had our first meet of the season with Uxbridge Swim Club! When we got there we were surprised with the fact that it was a **Duel meet!** Which made the racing 10x more fun, knowing we were head to head with USC! We had great races from everyone, tons of heat winners, BT's and overall wins! **Cole A:** 1 Bt – 1st 100 Fly, 2nd 100 Br, 2nd 50 Fr. **Lucas B:** 2 Bt's – 1st 100 Bk, 1st 100 Br. **Annabel B:** 3 Bt's – 1st 200 Br, 2nd 50 Bk, 2nd 50 Fr. **Lily B:** 3 Bt's. **Avery Canuel:** 3 Bt's – 1st 100 Fly, 3rd 100 Bk. **Madden C:** 1st 200 Br. **Peyton C:** Bt's. **Kinzly C:** 1 Bt. **Charlotte F:** 4 Bt's – 1st 50 Bk, 2nd 50 Fly. **Lincoln F:** 3 Bt's – 1st 50 Fr, 2nd 50 Bk, 2nd 50 Br. **Dylan K:** 2 Bt's. **Kiersten L:** 2 Bt's – 3rd 200 Fr. **Cassidy L:** 1 Bt, 3rd 100 Br. **Jayden L:** 2nd 50 Fr. **Mya L:** 1st 50 Fr. **Rory M:** 3 Bt's. **Andrew M:** 3 Bt's – 2nd 50 Fly, 3rd 50 Bk. **Paityn M:** 3 Bt's – 1st 50 Br, 2nd 200 Fr, 3rd 50 Fly. **Blair M:** 3 Bt's – 1st 100 Br, 3rd 50 Fr. **Luca P:** 3 Bt's – 1st 50 Bk, 3rd 50 Fly. **Keira P:** 3 Bt's – 3rd 100 Br. **Ella R:** 2 Bt's. **Leah R:** 2 Bt's – 2nd 50 Br. **Talal S:** 1 Bt. **Ward S:** 2 Bt's – 3rd 50 Bk, 3rd 50 Fr. **Danica S:** 3 Bt's – 1st 200 Fr, 2nd 50 Fly, 3rd 50 Bk. **Carys T:** 3 Bt's. **Owyn T:** 3 Bt's – 1st 200 Fr, 1st 50 Fly, 1st 50 Br. **Annabel T:** 4 Bt's – 2nd 50 Fr, 3rd 100 Fly. **Georgina T:** 3 Bt's – 3rd 50 Br. **Gavin VM:** 3 Bt's – 3rd 200 Fr, 3rd 50 Br. **Caroline W:** 3 Bt's. **Fiona Y:** 1st 50 Fr, 1st 100 Fly, 2nd 100 Bk. **Ryan Y:** 4 Bt's – 2nd 100 Fly, 3rd 100 Br. **Simon Z:** 3 Bt's.



Getting Fitter – These swimmers Made their next fastest pace! Good job on getting TOSSED!

Leah Reynolds, Lincoln Freeburn, Gerry Smialek

P0 50s@:35, P1 50s@:37.5, P2 50s@:40,
P3 50s@:45, P4 50s@:50, P5 50s@:55,
P6 50s@:60, P7 50s@:65, P8 50s@:75,
P9 50s@:90, P10 50s@:2:00

Masters Club Records – As mentioned last week, at the masters Clarington cup, we had club records broken! Go ROC masters! **Jared Button: 25 Bk.** **Liam Branton: 25 Fr, 25 Bk, 25 Br, 25 Fly.** **Bobbi Gjaltema: 25 Fr.** **Logan Wojnicz: 25 Fr.** Close to Breaking Honorable mentions: **Scott B, Dawn H, Laurie R, Laura T.**

Fitness – Fitness swimmers showing off their muscle after finishing a timed 400m swim! Nice!



Meet Bracelets – This season we're bringing back meet bracelets! At our first meet, the competitive swimmers were given a bracelet along with a **Meet Bead**. Swimmers will get a different Bead each meet they attend. As meets go on and swimmers race, they have chances to get additional beads. They can get beads for being a heat winner, getting a best time, racing a swim for the first time, and winning a medal. Then there are some "Extra special" (All the beads are Special) beads. These beads only get given to two swimmers. One is a clothes pin, given to a teammate who is giving support to their teammates. The other is a smiley face, given to a teammate who is showing great team spirit, cheering for their team. At the Uxbridge meet, those beads were given to **Keira Potter and Leah Reynolds**. Great job at being great teammates!

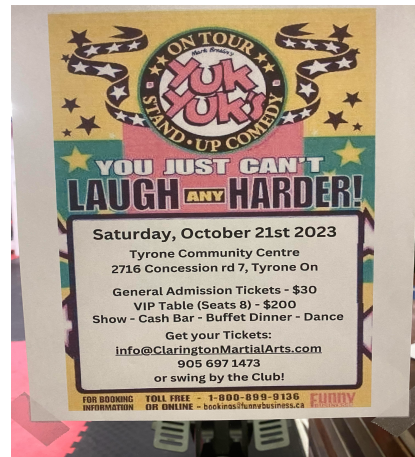


(The meet bracelets inspired Danica to make matching bracelets for the team!)

Upcoming Events

- Oct 21 – CMA Yuk Yuks in Tyrone. Tickets \$30
- Oct 27 – Haunted House at CMA 5-7pm
- Oct 28-29 – Walker Invitational – Full competitive team (Comp practice cancelled. Masters swim 9:30-11am)
- Oct 31 – Halloween – All practices cancelled
- Nov 3 – LC training for Senior comp at Markham PanAm 7-9pm
- Nov 4 – LC training for Junior comp at Markham PanAm 9-11am
- Nov 5 – LC training for Senior comp at Markham PanAm 8-10am
- Nov 11 – 8-10am In-house time trial (Comp, Masters, Fitness all invited) ROC team building with CMA (Details to come)
- Nov 22 – Clarington Cup #2 full team, novice, fitness, comp in-house
- Nov 25 – OSHAC Distance Meet – 13&over Comp team.
- Nov 26 – Belleville Invitational – Full Comp team.
- Dec 2 – ROC vs Uxbridge Duel meet – Full Comp team (Masters swim 9:30-11am)
- Dec 6 – ROC Board of directors meeting
- Dec 15-17 – Team Showdown – Full Comp team

Don't panic! There's still time to get tickets for CMA Yuk yuks! This coming Saturday! Come to Tyrone and have a laugh!



Getting Stronger- Dryland Our junior group working hard at dryland! Go ROC!



Awesome Burpees!



So Buff!