

ROCletter #3

**OCT 4th
2023**

By Coach Logan Wojnicz

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Clarington Swim Club

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ROC

CLARINGTON SWIM CLUB

Motivator Board – Ella!

Who makes you work harder in practice? Who makes it fun? Who sets the example for you? Who is the glue in your training group? This person is fundamentally important to the team. They needn't be the fastest, they just make everything more fun.

Ella Smialek has been selected for the second week in a row! Congratulations on being selected by your teammates for this important recognition.

Getting faster

Every Friday we have a look at racing speed in our Never-Ending Relay, challenging the swimmers to meet a target time that gets faster and faster each week. Let's see who got faster and had fun doing it!

FASTER!

Lucas, Cole, Ryan, Ella S, Annabel T, Keira, Blair, Cassidy, Owyn, Andrew, Simon, Georgina, Paityn M, Annabel B, Madden, Carys, Kiersten, Leah C, Talal, Ward, Lincoln, Luca, Payton C, Dylan, Rory, Ella R

Getting Fitter – Swimmers also need to get fit. So weekly they have a chance to challenge the next fastest pace lane. This week, in completing their suck set on P6 (60S pace) those Juniors were able to train on Friday with the senior group!

Good job:

Owyn Thompson, Annabel Boyer, Madden Clay, Paityn Mooers, Gavin Vela-Martinez, Andrew McNeil, Charlotte Freeman, Danica Stanway

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

Getting Stronger – is how you get faster! This week, the masters put their strength to the test with a fun challenge of holding a 3 Minute plank!

STRONGER!

Masters who held the whole 3 minute plank

Liam, Scott, Santiago, Jared, Jenn H, Dean

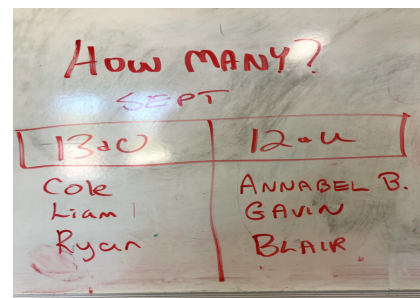
Good job ROC!



Shoulder Flexibility- This week we're testing our mobility and flexibility. Mobility and flexibility is a great way to stay connected with your whole body and prevent injury. Here are the Seniors and Masters working on increasing their shoulder flexibility! **Try this stretch out!**



How many? Our top 3's for the month of September for "How many?" **Good job, and keep it up!**



Kick over bob!

At CMA, we have a challenge of kicking over a “Dummy” named Bob.

Good Job: Caroline W



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 1	2	3 Functional Mobility assessment at CMA 7:30-8:30 for 13&O Board of Directors Meeting 8:30 zoom	4	5 Functional Mobility assessment at CMA 7:30-8:30 for 13&O	6 LC Training for Sr comp at Markham Pan Am 7-9pm	7 ASAC practices cancelled (Thanksgiving) LC training Markham for Sr 11-1pm
8	9 ASAC practices cancelled (Thanksgiving)	10	11	12	13	14 Applefest 10- 2pm Downtown Bowmanville
15 Uxbridge meet Full Comp Team	16	17	18	19	20	21 CMA Yuk Yuks in Tyrone Tickets \$30
22	23	24	25	26	27	28 Walker Invitational Full Comp Team
29 Walker Invitational Full Comp Team	30	31 Halloween (All practices cancelled)	November 1	2	3 LC training for Senior comp at Markham Pan Am 7-9pm	4 LC training for Junior comp at Markham Pan Am 9-11am
5 LC training for Senior comp at Markham Pan Am 8-10am	6	7	8	9	10	11