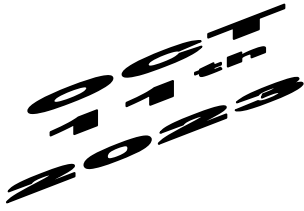


# ROCletter #4



By Coach Logan Wojnicz

1	Motivator Board <i>Thank you Annabel and Keira!</i>
2	Clarington Cup!
3	Getting Faster
4	Getting Fitter
5	Belt Race!
6	Upcoming Events

## Clarington Swim Club

### Head Coach Lynsey Rivest

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Karen Hillis - President

Mike Patrick – V President

Jordan Thompson – Treasurer

Lynsey Rivest – Secretary

Board member Nichole Webster



## Motivator Board – Annabel and Kiera!

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.

**Annabel Turner and Keira Potter** 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!

Mya Luukkonen, Cassidy Luukkonen, Keira Potter, Evelyn Thatcher, Olivia Copeland, Danica Stanway, Annabel Boyer, Madden Clay, Gavin Vela-Martinez, Andrew McNeil, Simon Zinkie, Carys Thompson, Talal Saifan, Ward Saifan, Luca Pedota, Leah Canuel, Lily Bryant, Leah Reynolds, Gerry Smialek.

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

Cole Anderson, Caroline Woudwyk, Blair Murawsky, Simon Zinkie, Talal Saifan, Annabel Turner

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

**Making children cry** – The ROC masters are sorry (read delighted) to inform the age group team that they thumped them at the first Clarington Cup scoring well over 200 PTs, The final tally will be available later this week after a couple more Club records are verified. Sorry age groupers -not!

**CLARINGTON CUP Results!** - Last week, we had our first Clarington cup on the season! Clarington cup is a fun event we do every session to bring our team together for some fun competitive racing, and it was TONS OF FUN!

**ALL BTs:** Lily Bedard, Lily Bryant, Annabel B, Dylan B, Madden C, Charlotte F, John K, Anton M, Andrew M, Evie R, Carla R, Ella S, Carys T, Owyn T. **3 BTs:** Cole A, Avery C, Lincoln F, Dylan K, Rory M, Matthew M, Elise P, Keira P, Jack R, Catalina S, Gerry S, Annabel T, Georgie T, Caroline, W, Ryan Y, Simon Z. **2 BTs:** Peyton C, Callen J, Krister L, Blair M, Luca P, Ella R, Talal S, Ward S, Danica S. **1 BT:** Lucas B, Kinzly C, Jessica H, Addison O, Leah R, Gavin VM. **FIRST CUP!:** Domenic A, Olivia B, Joseph B, Aria C, Lincoln C, Tori C, Olivia C, Ivey C, Violet D, Bentley D, Olivia D, Ellen H, Matteo I, Nicholas K, Sophia K, Stephen K, Pippa L, Carrick M, Anidin M, Dele O, Aria P, Emersyn S, Levi T, Leilani T, Lucas U, Emily W.

### Team Scores:

**Team 2 – 183**

**Team 1 – 175**

**Team 4 – 161**

**Team 3 – 156 LET'S GO ROC!**

**BELT RACE!** – We had our first Clarington cup of the season and it was great! Along with that is our **Belt race!** We have an Elimination derby with our top 6 Junior kickers and our top 6 Senior kickers to see who will be the fastest kicker! The winners of these races receives a champion belt (Not shown) to be worn with pride. Great work to these swimmers on being the fastest Dolphin kickers in the pool!

Congrats to **Avery Canuel and Ella Smialek**



## **BIRTHDAY TOSSES!**

Happy birthday to Dylan K and Avery C!



## **Kick Over Bob!**

Andrew McNeil, Simon Zinkie, Gavin Vela-Martinez



(Peyton Corner (Little P) putting in the effort! Get em' peyton!)

## **Hula hoop Contest**

Paityn Mooers (Big P) using her core strength to win in a hula hoop contest! Go Paityn!



## **Upcoming Events**

Oct 14 – Applefest -10am-2pm in Downtown Bowmanville

Oct 15 – Uxbridge meet – Full competitive team

Oct 21 – CMA Yuk Yuks in Tyrone. Tickets \$30

Oct 28-29 – Walker Invitational – Full competitive team

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

**Getting Stronger-** Working hard is important and can be so easy! Take a few minutes every day to get stronger! The 11-12 Group all did their chin ups prior to their dryland practice! Good job!



## **TOSSED!**

