

ROCletter #6

**OCT 25th
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

ROC
CLARINGTON
SWIM CLUB

Motivator Board – Carla Rotoi
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!

Cole Anderson, Lucas Baron, Lily Bryant, Avery Canuel, Leah Canuel, Charlotte Freeburn, Lincoln Freeburn, Autumn Fallis, Dylan Kellow, Kiersten Lowing, Mya Luukkonen, Cassidy Luukkonen, Andrew McNeil, Blair Murawsky, Luca Pedota, Keira Potter, Ella Rainville, Talal Saifan, Ward Saifan, Ella Smialek, Gerry Smialek, Annabel Turner, Georgie Turner, Gavin Vela-Martinez, Caroline Wouldwyk, Brian Yu

Masters Fly day – This past Friday (FlyDay), the masters took a turn rolling the dice. This is a fun set where you roll a pair of dice and what ever number you land on is how many 25's(x10) or 50's(x5) or 100's(x2) or 200's!(x1), of fly that you get to do!



Tuesday Morning Practice: Masters vs. Age-Group – The competition to see who has better Tuesday morning practice attendance. The masters? Or the Senior age-group swimmers? Current score is 5-3, Senior age-groupers!

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

Tossed!

Jayden Luukkonen, 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

CMA Hallowe'en Haunt – This Coming Friday CMA is doing their annual Hallowe'en Haunt! This hallowe'en season they will be transforming their Club into a spooky arena of athletic trials and feats of strength! Put on your favourite scary costume, and come fight your way through the biggest, baddest,, fastest monsters slinking along the mats at their Club! This year's Hallowe'en Haunt will be a drop in event which is open to the public, and doors will be open from **5 - 7:00pm**. People can arrive anytime after 5, and we will get challengers suited up in our special anti-monster protective gear (protects against poison bites). Brave challengers will then be sent into our **Haunted Gauntlet** where they will be met with a series of physical challenges and difficult battles! Once (if) they emerge successfully from the arena of battle, survivors will be invited to test their wits in our **Games Hall**, before heading back out into the night! Participants must be at least 4 years old, but are not required to be registered with the Club. There is no cost to attend this event, although we will be accepting donations of gently used fall & winter clothing to support Bethesda House here in Bowmanville, as well as cash donations. Participants are encouraged to arrive in costume, and can expect to take about 30 minutes to get through the events.

ROC practices still on schedule.

Upcoming Events

- Oct 27 – Haunted House at CMA 5-7pm
- Oct 28-29 – Walker Invitational – Full competitive team (Comp practice cancelled. Masters swim 9:30-11am, Fitness and Novice Usual time)
- Oct 31 – Halloween – All Afternoon/Evening 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,, Fitness all invited)
- Nov 11 – ROC Movie Night with CMA 2-5pm
- Nov 22 – Clarington Cup #2 full team, novice, fitness, comp in-house
- Nov 25 – OSHAC Distance Meet – Senior Comp group.
- Nov 26 – Belleville Invitational – Full Comp team.
- Nov 26 – 50x50 Starts
- Dec 1 – 25x25 Starts
- Dec 2 – ROC vs Uxbridge Duel meet – Full Comp team (Masters swim 9:30-11am, Fitness and Novice Usual Time)
- Dec 5 – ROC Board of directors meeting 8:30pm Zoom.
- Dec 15-17 – Team Showdown – Full Comp team