

# ROCletter #2

# Sept 29, 2023

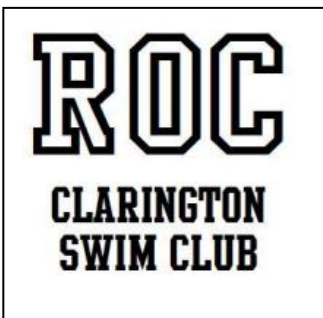
By Coach Karen Hillis

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**Clarington Swim Club**

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



## Motivator Board – Ella and Avery tied!

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** and **Avery Canuela** were tied in the vote this week! 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. This past Friday the swimmers set their starting targets for this season. Now let's get to work and get faster.

**FASTER!**

- Avery Canuel
- Annabelle Turner
- Kiera Potter
- Danica Stanway

*Train fast to race fast!*

**Getting Fitter –** Swimmers also need to get fit. So weekly they have the chance to challenge the next fastest pace lane.

It's early season still but swimmers are already moving forward, training harder.

Congrats to the following on getting **TOSSED!**

- Annabel Turner
- Mya Luukkonen
- Fiona Yu
- Avery Canuel
- Kiera Potter



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

## Know your lanemates!

Being part of a team means knowing your teammates. That's where team spirit starts. The ROC Novice swimmers were tasked with learning the names of the other swimmers in their lane, the first step in becoming friends with them, of motivating them and, in turn, getting motivated by them. Congratulations to **Evie Rainville** and **Madelyn Allin** on being the first to know the names of your lane mates!

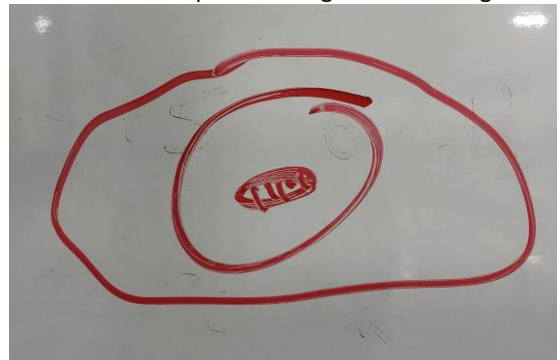


## You are what you do!

It doesn't matter how you explain it, how you justify your actions, you are what you do. One of the coaches is guilty of hoarding white board markers and erasers. We really hope they get control of their compulsive behaviour.



This is so important for good swimming!



**Functional Mobility Evaluation Oct 3 & 5**

**@CMA 7:30pm.** A reminder that the first full week of each month ROC 13&O and Masters can take the Functional Mobility Evaluation offered at Clarington Martial Arts on either the Tuesday or Thursday night 7:30-8:30pm. This is a run through of things your body should be able to do, and a chance for you to reflect on your relative strengths and limitations. This knowledge gives you a chance to address issues before they become problems. Just show up in your gym clothes and bare feet with a smile on your face.

**Getting stronger** is how you get faster in both swimming and fighting. In September ROC bested CMA soundly in the “how many?” at dryland training (thanks mostly to Liam)

**Losers - CMA vs ROC – Winners!**

*Oh, it's on.*



*Ward and Addison getting TOSSED!*



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 24	25	26	27 Comp team parent meeting 6:15 ASAC	28	29	30 All practices cancelled. Facility closure.
October 1 <b>Fitness Week</b> Novice “Fit Freak” week	2	3 Functional Mobility assessment at CMA 7:30pm for 13&O Bd of Directors Meeting 8:30 zoom	4 Clarington Cup #1 in-house	5 Functional Mobility assessment at CMA 7:30pm 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 All practices cancelled at ASAC (Thanksgiving)	10	11	12	13	14 Applefest 10-1pm 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 team
29 Walker Invitational Full team	30	31 Halloween	Nov 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