

ROCletter #9

**NOV 15th
2023**

By Coach Logan Wojnicz

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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

ROC
**CLARINGTON
SWIM CLUB**

Motivator Board – Blair Murawsky, Keira Potter and Ella Smialek

Have tied in a vote this week!

Congratulations on being selected by your teammates for this important recognition.

Lifetime Fitness Indoor Triathlon –

Masters Jared Button and Jen Harper competed in the Lifetime fitness indoor triathlon Nov 12. Jared came in 1st place overall and Jen came 2nd in women's! Great job!!!!



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

FASTER!

Cole Anderson, Lily Bryant, Annabel Boyer, Jared Button, Liam Branton, Scott Branton, Peyton Corner, Madden Clay, Avery Canuel, Kinzly Crichton, Autumn Fallis, Charlotte Freeburn, Lincoln Freeburn, Julie Gay, Dylan Kellow, Mark Luukkonen, Mya Luukkonen, Cassidy Luukkonen, Andrew McNeil, Anton Mangones, Blair Murawsky, Derek Odell, Keira Potter, Kashvi Ravi, Leah Reynolds, Dean Rosnak, Carla Rotoi, Danica Stanway, Gerry Smialek, Talal Saifan, Georgina Turner, Owyn Thompson, Carys Thompson, Gavin Vela-Martinez, Ryan Yu, Fiona Yu, Brian Yu, Simon Zinkie

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 6-4 Masters!



Time Trial – ROC ran an in-house time trial on Nov 11 with lots of great performances and best times! This was an opportunity for our swimmers to race and see what SPEED they have at this point in the season. We were excited to have some of our Fitness and Masters swimmers participate and get swept away in the FUN of racing (Anidin M, Alex D, Scott B, Derek O)

Nice job ROC!



Upcoming Events

Nov 18 – OSHAC Distance Meet – Senior Comp group.

Nov 22 – Clarington Cup #2 full team, novice, fitness, comp in-house

Nov 26 – Belleville Invitational – Full Comp team.

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 6 – ROC Christmas party 6 – 8pm at Alan strike aquatic centre.

Dec 15-17 – Team Showdown – Full Comp team

Dec 23- Jan 7 – ALL PRACTICES CANCELLED

Dec 29 LC training for Senior comp at Markham PanAM 7-9pm

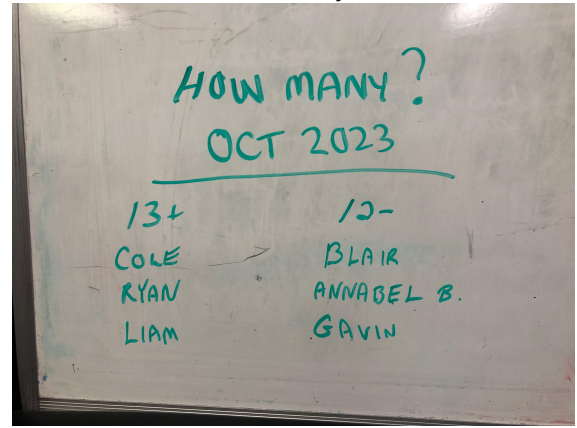
Dec 30 LC training for Senior comp at Markham PanAM 11-1pm

Dec 31 LC training for Senior comp at Markham PanAM 9-11am

Fly day – Alex Denelzen scored the fitness and master swimmers 50 x 25 fly on Flyday, Nov 10. When given the option of doing half Friday and half Saturday the group unanimously voted to complete the 25's all in one go on the Friday! Great choice team!!!



How many?



Getting Fitter – These are pace time swimmers swim to make their next fastest pace!

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

Things your body should be able to do – You should be able to move your big toes by themselves and your little toes by themselves. Take 10 minutes a day to practice this mobility, you should be able to do this!



Movie night

On Saturday Nov 11, Coach Geoff Kirkland from CMA hosted a movie night with the ROC swimmers and CMA martial artists! They ate about a million cups of popcorn and *talked throughout the entire movie* (Kung fu panda) and had SO MUCH FUN!!! After the movie, the gyms were opened up to play and test your skills in, with a ROCK climbing wall, monkey bars and races. Thank you so much to Coach Geoff and the coaches at CMA for hosting the best movie night ever!!!!

