

# ROClatter #8

**NOV 8th  
2023**

By Coach Logan Wojnicz

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## 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

**ROC**  
**CLARINGTON**  
**SWIM CLUB**

## Motivator Board – Cole Anderson!

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



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

### Tossed!

Lily Bryant, Leah Canuel, Lincoln Freeburn, Leah Reynolds, Talal Saifan, Ward Saifan, Carys Thompson, Georgina Turner, Logan Wojnicz

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

**Shoulder Exercises** – It's important to stay in shape and stay mobile. These are some swimmer shoulder exercises for injury prevention and rehabilitation.

- Thoracic expansion, doorway stretches
- Shoulder rotations on hands and knees (Lock your elbows) and hanging
- Banded dislocates
- Dumb bell halos

Do these exercises as a part of your warm up for weight lifting, or as part of your morning routine.

**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 5-4 Masters!

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

### FASTER!

Lily Bryant, Peyton Corner, Kinzly Crichton, Autumn Fallis, Charlotte Freeburn, Lincoln Freeburn, Hazel Freeburn, Jessica Heffernan, Dylan Kellow, Jayden Luukkonen, Andrew McNeil, Blair Murawsky, Rory Marchant, Keira Potter, Kashvi Ravi, Ward Saifan, Georgina Turner, Caroline Woudwyk, Ryan Yu, Simon Zinkie

**Fly day** – This past fly day, Anidin Munyanziza scored the fitness and master swimmers 60 x 25 Fly in his first fly day! Go Anidin!



## Upcoming Events

Nov 9 – AGM Zoom 9:00-10:00pm

Nov 11 – 8-10am In-house time trial (Comp,, Fitness all invited)

Nov 11 – ROC Movie Night with CMA 2-5pm

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

**Partner Plank** – Paityn M (Big p) and Danica S warming up for their long course practice with some partner plank!



**Getting Stronger** – Carys T, Peyton C (Lil P), Rory M and Leah C doing amazing handstands!



**Mobility and Flexibility** – Blair M, Gavin VM, and Annabel B showing off their amazing flexibility! Good Job!



**Tossed!**

