

# ROCletter #10

**NOV 22nd  
2023**

By Coach Logan Wojnicz

<b>1</b>	Motivator Board <i>Thank you Blair and Charlotte!</i>
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<b>3</b>	Getting Faster
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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 – Blair Murawsky and Charlotte Freeburn!

Have tied in a vote this week!

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!**

**Peyton Corner, Lincoln Freeburn, Dylan Kellow, Anton Mangones, Addison Oortwyn, Leah Reynolds, 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

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

**FASTER!**

Lucas Baron, Annabel Boyer, Jared Button, Jordan Bell, Madden Clay, Avery Canuel, Leah Canuel, Olivia Copeland, Alex Denelzen, Charlotte Freeburn, Lincoln Freeburn, Hazel Freeburn, Jessica Heffernan, Emily Jones, Jaida Kurz, Kiersten Lowing, Paityn Mooers, Andrew McNeil, Anidin Munyanziza, Anton Mangones, Blair Murawsky, Keira Potter, Luca Pedota, Kashvi Ravi, Leah Reynolds, Ella Rainville Danica Stanway, Ella Smialek, Alex Suess, Georgina Turner, Annabel Turner, Owyn Thompson, Caroline Woudwyk, Ryan 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 7-4 Masters!

(Age Groupers... you made Coach Lynsey cry...way to go.)

## OSHAC Distance Meet –

This past Saturday Nov 18<sup>th</sup>, the Senior competitive group had great distance swims, and as always, tons of FUN! (And tons of swimming woo!)

**Cole A:** 1 BT, 1<sup>st</sup> 800 Fr. **Lucas B:** 1 BT, 3<sup>rd</sup> 1500 Fr.

**Kinzly Crichton:** 1 BT. **Avery Canuel:** 1 BT, 2<sup>nd</sup> 800 Fr.

**Mya Luukkonen:** 1 BT, 3<sup>rd</sup> 800 FR. **Jayden**

**Luukkonen:** 1 BT. **Cassidy Luukkonen:** 1 BT. **Blair**

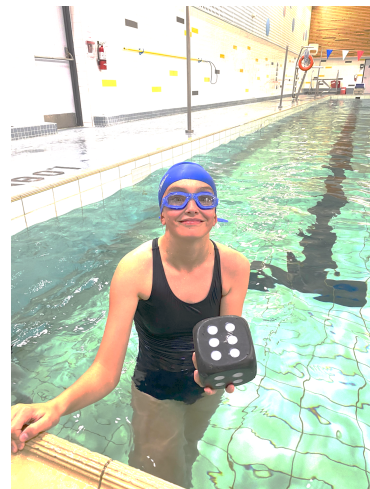
**Murawsky:** 1 BT, 1<sup>st</sup> 800 Fr. **Keira Potter:** 1 BT. **Luca**

**Pedota:** 1 BT, 1<sup>st</sup> 400 Fr. **Ella Smialek:** 1 BT, 3<sup>rd</sup> 800

Fr. **Annabel Turner:** 1 BT, 3<sup>rd</sup> 800 Fr. **Caroline**

**Woudwyk:** 1 BT. **Ryan Yu:** 1 BT.

**Fly day** – Olivia Copeland scored the fitness and master swimmers 60 x 25 fly on Flyday, Nov 17th. Good roll Olivia!!



## Upcoming Events

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

**Things your body should be able to do – Stand comfortably on the outside edges of your feet.**

You should be able to stand comfortably on the outside edge of your feet. Start with one foot, leaning your weight onto the outside edge. When it gets comfortable, move to both feet at the same time.



**Birthday tosses!**

Happy birthday to Ella S and Annabel B!!!!!!



**Fitness-** A huge woot woot to Olivia Copeland, Alex Denelzen, Alex Suess and Evelyn Thatcher who an swam amazing timed 400 Fr. Best times from Evelyn and Olivia! Nice job!



**Tossed!**

