

# ROCletter #7

**NOV 1st  
2023**

By Coach Logan Wojnicz

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## Motivator Board – Lucas and Keira!

Lucas Baron and Keira Potter were 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!**

Kinzly Crichton, Cassidy Luukkonen

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,

**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 tied 4-4!



ROC Swimmers waiting for the pool to open!

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

**FASTER!**

Lucas Baron, Avery Canuel, Dylan Kellow, Blair Murawsky, Rory Marchant, Keira Potter, Ella Smialek, Talal Saifan, Ward Saifan, Carla Rotoi, Brian Yu

## ROC Banner – Huge shout out to the kids of

Clarington who helped colour in our beautiful new banner and a huge shout out to Nicole Webster from the board for creating and donating the banner!

**Thank you!!!**



## Upcoming Events

- 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 6 – 50x50 Starts
- 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 15-17 – Team Showdown – Full Comp team

## 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**



**Walker Invitational** – This past weekend we went up to St. Catherines for Walker Invitational! It was a weekend full of AMAZING races, Great cheering and all around fun! Tons of Heat winners and BT's! Cole A: 6 BT's – 2<sup>nd</sup> 200 Br, 2<sup>nd</sup> 100 Br, 3<sup>rd</sup> 100 Fly, 3<sup>rd</sup> 200 Medley relay. Lucas B: 8 BT's. Annabel B: 9 BT's – 1<sup>st</sup> 100 Fr relay, 3<sup>rd</sup> 100 Bk, 3<sup>rd</sup> 100 IM, 3<sup>rd</sup> 50 Br, 3<sup>rd</sup> 50 Bk. Lily B: 2 BT's – 1<sup>st</sup> 100 Medley relay, 2<sup>nd</sup> 100 Fr relay. Avery C: 6 BT's – 2<sup>nd</sup> 200 Fly, 3<sup>rd</sup> 100 Fly, 3<sup>rd</sup> 200 Medley relay. Leah C: 6 BT's – 2<sup>nd</sup> 100 Fr relay. Peyton C: 4 BT's. Kinzly C: 5 BT's. Lincoln F: 4 BT's – 1<sup>st</sup> 200 Fr relay, 2<sup>nd</sup> 50 Br. Charlotte F: 10 BT's – 3<sup>rd</sup> 200 Medley relay. Kiersten L: 5 BT's – 2<sup>nd</sup> 100 Fr relay, 3<sup>rd</sup> 50 Fly, 3<sup>rd</sup> 100 Fly. Cassidy L: 4 BT's – 3<sup>rd</sup> 100 Br. Mya L: 3 BT's – 3<sup>rd</sup> 200 Fly. Jayden L: 1 BT. Andrew M: 6 BT's – 1<sup>st</sup> 200 Fly, 1<sup>st</sup> 200 Fr relay, 2<sup>nd</sup> 200 Br, 2<sup>nd</sup> 100 Bk, 2<sup>nd</sup> 100 Fly, 3<sup>rd</sup> 200 Bk, 3<sup>rd</sup> 200 Fr, 3<sup>rd</sup> 100 Fr, 3<sup>rd</sup> 200 Medley relay. Paityn M: 4 BT's – 1<sup>st</sup> 100 Medley relay, 1<sup>st</sup> 100 Fr relay, 2<sup>nd</sup> 100 Bk. Blair M: 8 BT's – 1<sup>st</sup> 200 Fly, 2<sup>nd</sup> 200 Br, 3<sup>rd</sup> 200 Medley relay. Luca P: 2 BT's – 3<sup>rd</sup> 200 Medley relay. Keira P: 8 BT's. Ella R: 5 BT's – 2<sup>nd</sup> 100 Fr relay. Leah R: 4 BT's. Ella S: 5 BT's. Danica S: 5 BT's – 1<sup>st</sup> 100 Medley relay, 1<sup>st</sup> 100 Fr relay, 2<sup>nd</sup> 50 Br. Annabel T: 8 BT's – 3<sup>rd</sup> 200 Fly, 3<sup>rd</sup> 200 Medley relay. Georgina T: 2 BT's – 1<sup>st</sup> 100 Fr relay. Gavin VM: 7 BT's – 1<sup>st</sup> 100 Fly, 1<sup>st</sup> 200 Br, 1<sup>st</sup> 200 Fr relay, 200 IM, 2<sup>nd</sup> 100 Br. Caroline W: 7 BT's. Ryan Y: 7 BT's – 3<sup>rd</sup> 200 Bk, 3<sup>rd</sup> 100 Br, 3<sup>rd</sup> 200 Br, 3<sup>rd</sup> 200 Medley relay. Simon Z: 6 BT's – 1<sup>st</sup> 200 Fr relay, 3<sup>rd</sup> 100 Fly, 3<sup>rd</sup> 200 Br. Cole A received the team support bead this meet and Ella R received the team spirit bead! Good job ROC!!!



**ROC Cell bag** – At Walker invitational, we had a cell phone bag. We gave the swimmers the option to put their technology away if they wanted to. We are proud to say that the bag was very full all weekend! Nice!



### Birthday "Toss"

Happy Birthday Luca and Lincoln!



### First in the Water!

(And the only ones in the water. Totally bragging)



**Getting Stronger** – ROC juniors working their leg muscles in a fantastic wall sit!!!! And smiling while doing it!

