ROCletter #7



By Coach Logan Wojnicz

Motivator Board

Thank you Lucas and Keira

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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



Motivator Board – Lucas and Keira!

Lucas Baron and Keira Potter were tied in a vote this week!i Congratulations on being selected by your teammates for this important recognition.





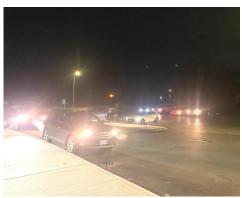
Getting Fitter – These swimmers Made their next fastest pace! Good job on getting TOSSED!

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

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 - 2nd 200 Br, 2nd 100 Br, 3rd 100 Fly, 3rd 200 Medley relay. Lucas B: 8 BT's. Annabel B: 9 BT's - 1st 100 Fr relay, 3rd 100 Bk, 3rd 100 IM, 3rd 50 Br, 3rd 50 Bk. Lily B: 2 BT's - 1st 100 Medley relay, 2nd 100 Fr relay. Avery C: 6 BT's - 2nd 200 Fly, 3rd 100 Fly, 3rd 200 Medley relay. Leah C: 6 Bt's - 2nd 100 Fr relay. Peyton C: 4 BT's. Kinzly C: 5 BT's. Lincoln F: 4 BT's - 1st 200 Fr relay, 2nd 50 Br. Charlotte F: 10 BT's - 3rd 200 Medley relay. Kiersten L: 5 BT's - 2nd 100 Fr relay, 3rd 50 Fly, 3rd 100 Fly. Cassidy L: 4 BT's - 3rd 100 Br. Mya L: 3 BT's - 3rd 200 Fly. Jayden L: 1 BT. Andrew M: 6 BT's - 1st 200 Fly, 1st 200 Fr relay, 2nd 200 Br, 2nd 100 Bk, 2nd 100 Fly, 3rd 200 Bk, 3rd 200 Fr, 3rd 100 Fr, 3rd 200 Medley relay. Paityn M: 4 BT's - 1st 100 Medley relay, 1st 100 Fr relay, 2nd 100 Bk. Blair M: 8 BT's - 1st 200 Fly, 2nd 200 Br, 3rd 200 Medley relay. Luca P: 2 BT's - 3rd 200 Medley relay. Keira P: 8 BT's. Ella R: 5 BT's - 2nd 100 Fr relay. Leah R: 4 BT's. Ella S: 5 BT's. Danica S: 5 BT's - 1st 100 Medley relay, 1st 100 Fr relay, 2nd 50 Br. Annabel T:8 BT's - 3rd 200 Fly, 3rd 200 Medley relay. Georgina T: 2 BT's - 1st 100 Fr relay. Gavin VM: 7 BT's - 1st 100 Fly, 1st 200 Br, 1st 200 Fr relay, 200 IM, 2nd 100 Br. Caroline W: 7 BT's. Ryan Y: 7 BT's - 3rd 200 Bk, 3rd 100 Br, 3rd 200 Br, 3rd 200 Medley relay. Simon Z: 6 BT's - 1st 200 Fr relay, 3rd 100 Fly, 3rd 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!

