

# ROCletter #14

**JAN 10th  
2024**

By Coach Logan Wojnicz

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**Motivator Board – New year, new motivators! The motivator board is a great way to recognize your teammates and the motivation they bring you. How can you help motivate your team?**



**Getting faster** – Every Friday we have a look at our racing speed in our Never-Ending Relay, challenging the swimmers to meet their target time that gets faster and faster each week!

**Getting Fitter** – Swimmers also need to get fit. So weekly they have the chance to challenge the next fastest pace. Here are the pace times below:

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

**Fly day** – Jackson scored the fitness and master swimmers 60 x 25 fly on Flyday, SWEET!



**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 9 – 5 Masters!

**Team Showdown!** – Happy new year and welcome back! Before we finished off 2023, we went to team showdown (The bus meet) in Brantford and WOW!!!!!! Such an amazing, spectacular, fantastic way to finish the year. Such great racing from everyone and high crazy, crazy, crazy energy all weekend!! Crazy!! Here are the results from that weekend. Great job ROC!

**Core A:** 6 BT's, 3 Finals, 2 PT's. **Lucas B:** 3 BT's, 9 PT's. **Lily B:** 2<sup>nd</sup> 200 Medley Relay, 3<sup>rd</sup> 200 Fr Relay, 2 BT's, 5.5 PT's. **Avery C:** 3 BT's. **Leah C:** 2<sup>nd</sup> 200 Medley Relay, 3 BT's. **Peyton C:** 5 BT's. **Dylan K:** 5 BT's. **Kiersten L:** 3 BT's. **Jayden L:** 6 BT's. **Mya L:** 4 BT's. **Rory M:** 2 BT's. **Andrew M:** 6 BT's, 3 PT's. **Paityn M:** 2<sup>nd</sup> 200 Medley Relay, 3<sup>rd</sup> 200 Fr Relay, 1 BT, 23 PT's. **Blair M:** 5 BT's, 4 PT's. **Keira P:** 5 BT's. **Ella R:** 4 BT's. **Leah R:** 5 BT's. **Ella S:** 6 BT's. **Danica S:** 2<sup>nd</sup> 200 Medley Relay, 3<sup>rd</sup> 200 Fr Relay, 5 BT's, 48 PT's. **Carys T:** 3 BT's. **Owyn T:** 6 BT's. **Annabel T:** 7 BT's, 15 PT's. **Georgina T:** 3<sup>rd</sup> 200 Fr Relay, 5 BT's, 5 PT's. **Gavin VM:** 4 BT's. **Caroline W:** 6 BT's. **Fiona Y:** 6 BT's. **Ryan Y:** 5 BT's. **Simon Z:** 5 BT's.



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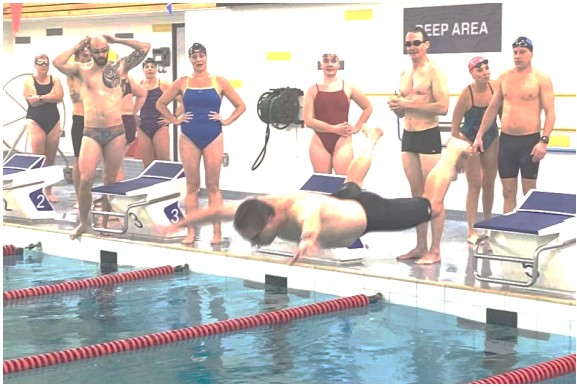


**Upcoming Events**

Jan 19-21 – SCAR Winter Classic – Toronto PAN AM – full comp  
Jan 31 – Clarington Cup #3  
Feb 2-4 – Central Region B Champs – Etobicoke Olympium  
Feb 3 – ROC Masters Meet – Bowmanville – All Masters  
Feb 6 – ROC Board of Directors Meeting  
Feb 15-18 – OYJ/Festivals – Markham PAN AM/Etobicoke Olympium  
Feb 23-25 – Central Region C Champs – Etobicoke Olympium  
Feb 24 NORAC Invitational – Port Hope – All Swimmers not going to C Champs  
Feb 29 – Mar 3 – Ontario Swimming Championships – Toronto PAN AM  
Mar 2 – ROC Dual Meet – Bowmanville – Full Team



**12 sets of Christmas: Masters edition** – A fun way to finish off the year, our annual 12 sets of Christmas! The 12<sup>th</sup> day of course being 12 bellyflops!! Mark Luukkonen definitely wins best bellyflop! Bet that one left a *Mark!* haha



**Kick over Santa Bob – Anton Mangones**

Anton kicked over Bob!! Nice job!!



**12 sets of christmas dryland** – Over at CMA, we also did the Dryland version of 12 sets! Ending with our oh so fun 12 minute wall sit!! There were some “tears” as seen below:

