

# ROCletter #16

**JAN 24th  
2024**

By Coach Logan Wojnicz

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**Motivator Board – 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 –** Beating our Never-Ending Relay times! Let’s see who got faster and had fun doing it!  
**FASTER!**  
Madelyn Allin, Lily Bryant, Madden Clay, Avery Canuel, Leah Canuel, Charlotte Freeburn, Hazel Freeburn, Jessica Heffernan, Dylan Kellow, Andrew McNeil, Paityn Mooers, Rory Marchant, Aria Persaud, Danica Stanway, Owyn Thompson, Simon Zinkie

**Knowing your teammates –** Evie Rainville has shown that she is a great teammate! She knows all her teammates names! Be like Evie!!!



**SCAR Pan Am Winter Classic –** Scarborough swim club hosted a long course meet this past, our first meet of the year, and WOW, did we crush it!! Amazing swims from everyone this weekend. Good job ROC!!!

**Madelyn A:** 3 BT’s. **Cole A:** 3 BT’s, 1 Final. **Lily B:** 2 BT’s. **Leah C:** 2 BT’s. **Madden C:** 2 BT’s. **Peyton C:** 2 BT’s. **Charlotte F:** 3 BT’s. **Hazel F:** 2 BT’s. **Lincoln F:** 2 BT’s. **Jessica H:** 3 BT’s. **Kiersten L:** 2 BT’s. **Cassidy L:** 2 BT’s. **Jayden L:** 1BT. **Mya L:** 3 BT’s. **Anton M:** 2 BT’s. **Rory M:** 2 BT’s. **Andrew M:** 3<sup>rd</sup> 50 Fly, 2 BT’s. **Paityn M:** 1 BT’s. **Blair M:** 3 BT’s. **Luca P:** 2 BT’s. **Aria P:** 3 BT’s. **Keira P:** 4 BT’s. **Kashvi R:** 3 BT’s. **Leah R:** 3 BT’s. **Talal S:** 4 BT’s. **Ward S:** 2 BT’s. **Ella S:** 3 BT’s. **Danica S:** 1<sup>st</sup> 50 Back, 3 BT’s. **Charlie T:** 2 BT’s. **Carys T:** 1 BT. **Owyn T:** 3 BT’s. **Caroline W:** 3 BT’s. **Brian Y:** 2 BT’s. **Fiona Y:** 2 BT’s. **Simon Z:** 2<sup>nd</sup> 50 Back, 3 BT’s.



**Fitness –** The fitness group did an amazing timed 400 free. Everyone either got a personal best or swam it for the first time. Best times for Alex D, Olivia C, Evelyn T, and Alex S, and first times for Anidin M, Tristan G, Jackson G, Jaida K and Tory H! Great job team!!

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Mike Patrick – V President  
Jordan Thompson – Treasurer  
Lynsey Rivest – Secretary  
Board member - Nichole Webster

**Getting Fitter –** These swimmers made their next fastest pace! Good job on getting tossed!  
**TOSSED!**  
**Lily Bryant, Hazel Freeburn, Dylan Kellow, Rory Marchant, Luca Pedota, Aria Persaud, Kashvi Ravi, Ward Saifan, Gerry Smialek, Charlie Thomas.**  
  
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

**Upcoming Events**  
  
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



**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 – 6 Masters!

**Novice challenges** – We've started workout challenges with the novices! Here are winners on the week! Plank Challenge: Elizabeth Thomas (Held 5 Mins) Tommy Gourley (Held 8 Mins) Krister Luanghiran and Pippa Luciano (Held 4 Minutes) Wall sit Challenge: Emily Wilson and Ayden Munyanziza (Tied 4 Mins) Nice Job Novices!!!



**TOSSED!**

