

ROCletter #17

**JAN 31st
2024**

By Coach Logan Wojnicz

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| 1 | Motivator Board – Thank you Madden and Danica! |
| 2 | Tossed! |
| 3 | Getting Faster |
| 4 | Getting Fitter |
| 5 | Morning Practice |
| 6 | Upcoming Events |

Clarington Swim Club

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ROC

CLARINGTON SWIM CLUB

Motivator Board – Madden Clay and Danica Stanway Congratulations on being selected by your teammates for this important recognition.



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

Cole Anderson, Lucas Baron, Madden Clay, Dylan Kellow, Blair Murawsky, Andrew McNeil, Paityn Mooers, Keira Potter, Aria Persaud, Luca Pedota, Danica Stanway, Ella Smialek, Owyn Thompson, Caroline Woudwyk, Fiona Yu, Brian Yu, Simon Zinkie.

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

Cole Anderson, Andrew McNeil, Danica Stanway, Gavin Vela-Martinez, Simon Zinkie.

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

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 11 – 8 Masters!
(Note to Masters: The Age-groupers have not lost to you in the new year...Just something to think about)

TOSSED!



B Champs Qualifiers – Shout out to the B Champ qualifiers, good job! What an accomplishment! Congrats to: **Cole Anderson, Lily Bryant, Avery Canuel, Andrew McNeil, Paityn Mooers, Danica Stanway, Gavin Vela-Martinez and Simon Zinkie.** Good luck this weekend!!
Race hard!! GO ROC!

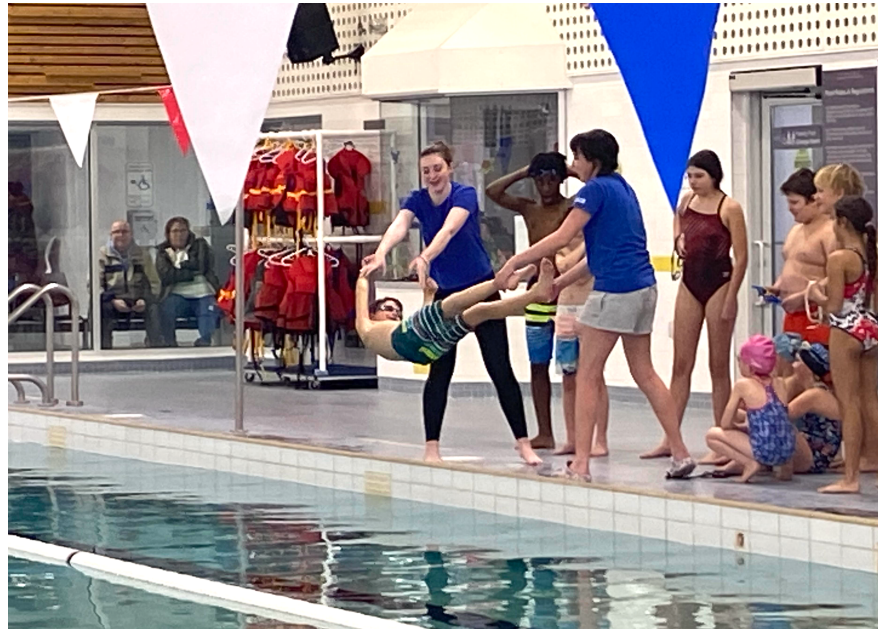
Masters meet – Reminder that this weekend on Saturday Feb 4th, ROC is hosting a Masters swim meet! Good luck to all the masters this weekend and thank you to everyone who are coming out to help run the meet! LET’S GO ROC!

Warm up time: **12:00pm**

Upcoming Events

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 Swmning Championships – Toronto PAN AM
Mar 2 – ROC Dual Meet – Bowmanville – Full Team
Mar 21-24 – Eastern Canadian Championships – Location TBD – Qualifiers
Apr 6 – ROC Duel Meet – Bowmanville – Full Team
April 26-28 – Newmarket Stingrays 2024 April Long Course Invitational – Markham PAN AM – Full Team

BIRTHDAY TOSS!! Happy Birthday Liam Bedard!!



Novice challenges – We’ve started workout challenges! Who can hold Plank the longest and Who can hold Wall sit the longest! Here are the winners of the week! Plank Challenge: Myah Abraham, Sophia Kukharchuk, Lucas Underhill! Wall Sit Challenge: Addison Edwards, Tommy Gourley, Pippa Luciano, Elizabeth Thomas, Leilani Toumayan! Great job!

