

ROCletter #21

**FEB 28st
2024**

By Coach Logan Wojnicz

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ROC
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Motivator Board – Charlotte Free Burn, Danica Stanway and Gavin Vela-Martinez! 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!

Madelyn Allin, Lily Bryant, Peyton Corner, Dylan Kellow, Kiersten Lowing, Anton Mangones, Luca Pedota, Leah Reynolds, Charlie Thomas.

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

None this week! Keep working hard!

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 – Scott Branton scored the fitness and masters swimmers 40 x 25 Fly on Flyday Feb 23rd



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 12 – 11 Age-groupers...
(Step it up masters!!!)

Getting Stronger – Fitness swimmers: **Olivia Copeland, Alex Denelzen, Tristan Gourley, Tori Hawkins, Alex Sues, Evelyn Thatcher** all bested their timed 400m swim!! Nice!!

Novice challenges – Who can hold Plank the longest and Who can hold Wall sit the longest! Here are the winners of the week: Wall sit Challenge: **Tommy Gourley and Myah Abraham!**



Upcoming Events

Mar 2 – ROC Dual Meet – Bowmanville – Full Team

Mar 3 – Masters meet – Markham PAN AM

Mar 9-17 – MARCH BREAK *NO PRACTICES*

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

May 11-12 – SCAR LC Meet – Toronto PAN AM – Full Team
May 14 – 19 Olympic & Paralympic Swimming Trials – Qualifiers

May 23-26 – Central Region B Championships LC – Location TBD – Qualifiers

May 24-26 – Canadian Masters Swimming Championship – Location TBD - Qualifiers

June 7-9 – Central Region C Championships LC – Qualifiers

June 8-9 – PICK Last Gasp – All Swimmers not going to B or C Champs

ROC Meet Report: C Champs

Holy smokes! This past weekend was incredible! Congratulations again to those who qualified!! ROC went out and gave it all they got and the results are amazing!! Fantastic races from everyone this weekend. Good job ROC!

Medalists

Cole A: 1 bronze, 200 IM. Andrew M: 1 gold, 100 Fly, 1 silver 100 Fr, 1 bronze 50 Fr. Danica S: 1 gold 50 Br, 1 silver 100 Bk. Annabel T: 1 bronze 400 Fr.

Best times

Cole A: 1 Bt. Lucas B: 5 Bt's. Lily B: 1 Bt. Avery C: 4 Bt's. Leah C: 2 Bt's. Lincoln F: 2 Bt's. Kiersten L: 2 Bt's. Cassidy L: 4 Bt's. Andrew M: 8 Bt's. Paityn M: 5 Bt's. Blair M: 3 Bt's. Ella S: 2 Bt's. Danica S: 3 Bt's. Carys T: 1 Bt. Owyn T: 2 Bt's. Annabel T: 4 Bt's. Georgina T: 6 Bt's. Gavin VM: 3 Bt's. Caroline W: 7 Bt's. Brian Y: 2 Bt's. Ryan Y: 4 Bt's.

Heat Winners

Cole A, Lucas B x2, Avery C, Andrew M x2, Danica S x2, Gavin VM, Caroline W, 11-12 Boys 200 Fr Relay: Owyn T Gavin VM, Brian Yu, Andrew McNeil.

Honorable mentions

Lincoln F getting a 3 second best time in his 50 Fr with a 41.7, then anchoring in the boys 11-12 medley relay and going a 38.8! What!!!

Cassidy L Going into her 100 fly with a 1:42.00 and coming in with a 1:41.00. The accuracy!!



ROC Meet Report: NORAC

An Amazing meet with some really fun and gutsy swims! First and last team on deck and BY FAR the loudest!!! Nice job ROC!!!

Medalists (Tibbons)

Madelyn A: 1 bronze, 100 Fr. Peyton C: 1 bronze, 50 Br. Kinzly C: 1 gold, 50 Fly, 1 bronze, 100 Br. Autumn F: 1 gold 200 IM, 1 bronze 100 Br. Charlotte F: 1 gold, 100 Fly, 1 silver, 100 Br, 1 bronze, 400 Fr. Dylan K: 1 gold, 100 Fr, 1 bronze, 200 IM. Jayden L: 1 gold 100 Fly, 1 silver, 50 Fr, 1 bronze 400 Fr. Mya L: 2 silver, 50 breast and 400 Fr. Anton M: 1 bronze, 50 Fr. Luca P: 2 silver, 50 Fly and 200 Fr. Keira P: 2 gold, 100 Br and 400 Fr. Ella R: 1 silver, 100 fly. Talal S: 1 gold, 200 Fr, 1 silver, 100 Br, 1 bronze, 50 Fr. Ward S: 3 gold, 100 Bk, 50 Fr and 100 Fly. Gerry S: 2 bronze, 100 Br and 100 Fly. Simon Z: 1 gold, 100 Fly, 2 silver, 100 Fr and 400 Fr.

Best times

Madelyn A: 1 Bt. Roselyn B: 1 Bt. Peyton C: 1 Bt. Kinzly C: 2 Bt's. Autumn F: 1 Bt. Charlotte F: 3 Bt's. Hazel F: 2 Bt's. Jessica H: 2 Bt's. Dylan K: 2 Bt's. Jayden L: 2 Bt's. Mya L: 3 Bt's. Anton M: 2 Bt's. Rory M: 1 Bt. Luca P: 2 Bt's. Keira P: 3 Bt's. Ella R: 2 Bt's. Kashvi R: 3 Bt's. Leah R: 3 Bt's. Talal S: 3 Bt's. Ward S: 3 Bt's. Gerry S: 3 Bt's. Simon Z: 3 Bt's.

Heat Winners

Madelyn A, Charlotte F, Hazel F, Jayden L, Keira P, Ward S, Simon Z.

Team Spirit and Support

Spirit: Luca Pedota and Dylan Kellow

Support: Keira Potter

First time competitor – Welcome to Roslyn Burns who represented ROC for the first time!



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