

ROCletter #19

**FEB 14th
2024**

By Coach Logan Wojnicz

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Motivator Board – Avery Canuel!
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, Lincoln Freeburn, Dylan Kellow, Cassidy Luukkonen, Blair Murawsky, Paityn Mooers, Keira Potter, Luca Pedota, Aria Persaud, Kashvi Ravi, Leah Reynolds, Owyn Thompson, Talal Saifan, Ward Saifan, Gavin Vela-Martinez, Ryan Yu

OYJ's – This week ROC qualifier **Cole Anderson** will be racing at Ontario Youth Juniors Winter Championships! We are so excited and proud. Good luck Cole! We'll be cheering for you! **LET'S GO ROC!**

Festivals – This weekend we also have Ontario Festivals Winter Championships! ROC qualifiers **Andrew McNeil** and **Danica Stanway** will be racing and were so proud and ready to see them crush the competition! Good Luck Andrew! Good luck Danica!
GO ROC!!!!

Getting Fitter – These swimmers made their next fastest pace! Good job on getting tossed!
TOSSED!
Jessica Heffernan, Charlie Thomas



Working together - Blair and Avery showing the trust and strength needed to get work done. Working together in a fun and interesting core and balance workout! Cool!



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Karen Hillis - President
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Jordan Thompson – Treasurer
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Board member - Nichole Webster

Fly day – Caitlyn Lantz scored the fitness and masters swimmers 20 x 25 Fly on Flyday Feb 9th



Upcoming Events
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
Mar 21-24 – Eastern Canadian Championships – Location TBD – Qualifiers
Apr 6 – ROC Dual 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

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 – 10 Masters!



Being a good teammate - Being a good teammate is being a good listener, being positive, being a hard worker, being a leader, being an athlete your teammates can look up to, to inspire and motivate. Be that type of athlete. One of the first steps to becoming that type of athlete is knowing your teammates names.

Addison Edwards knows all her teammates names! Great job on being a good teammate!



Random act of kindness month – This month is “Random act of kindness month” Go out into the community and see how you could help someone and/or brighten their day! Could be holding a door for someone, or giving them a compliment. Do something that will help make the world a brighter place. Be kind.

Novice challenges – Who can hold Plank the longest and Who can hold Wall sit the longest! Here are the winners of the week!:
Plank Challenge: **Ayden Munyanziza x2! Dele Oyinsan, Marceline Wood, Pippa Luciano, Nicholas King!!** Wall Sit Challenge: **Stephen Kukharchuk, Elise Pedota!!**



Cupheads – The Seniors working on their backstroke head position by balancing a cup on their forehead. Goal: **Don't drop the cup.**

