

# ROCletter #20

**FEB 21st  
2024**

By Coach Logan Wojnicz

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**Motivator Board – Cole Anderson 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!**

**Avery Canuel, Madden Clay, Jayden Luukkonen, Cassidy Luukkonen, Blair Murawsky, Keira Potter, Carla Rotoi, Danica Stanway, Ella Smialek, Talal Saifan, Ward Saifan, Owyn Thompson, Gavin Vela-Martinez, Simon Zinkie**

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

**TOSSED!**

**Jayden Luukkonen, Blair Murawsky**



**OYJ's – Cole Anderson** raced wonderfully this weekend at OYJ's. we are so proud of you Cole!! Congratulations on qualifying and good job this weekend!

**Festivals – Andrew McNeil and Danica Stanway** Swam amazingly as well! Danica got a Best time in her 200IM. Congratulations on qualifying for festivals and good job!



**C Champs Qualifiers** – Good luck this weekend Roc swimmers and congratulations to: Cole Anderson, Lucas Baron, Lily Bryant, Avery Canuel, Leah Canuel, Lincoln Freeburn, Kiersten Lowing, Cassidy Luukkonen, Andrew McNeil, Paityn Mooers, Blair Murawsky, Ella Smialek, Danica Stanway, Owyn Thompson, Carys Thompson, Annabel Turner, Georgina Turner, Gavin Vela-Martinez, Caroline Woudwyk, Brian Yu, Ryan Yu for qualifying!

## Upcoming Events

- 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 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

## Clarington Swim Club

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

**Fly day – Sam McKay** scored the fitness and masters swimmers 30 x 25 Fly on Flyday Feb 16<sup>th</sup>



**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!

**ROC**  
**CLARINGTON SWIM CLUB**

**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:**

**Sophia Kukharchuk and Carrick Martin!!**



**Reminder:** it's important to stay hydrated! Just because you are in the water does not mean you are hydrated!! Bring a water bottle to practice! *Stay hydrated!*



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