

ROCletter #25

**APR 3rd
2024**

By Coach Logan Wojnicz

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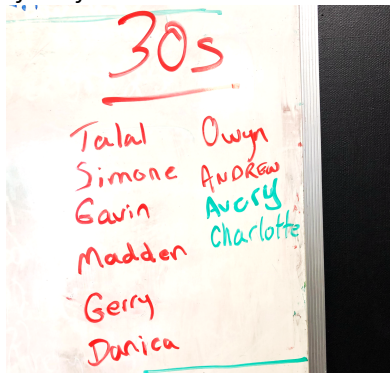
Motivator Board – An important recognition to be given to you by your teammates. How can you motivate your team ?



Kick over bob – Talal Saifan KICKED THAT BOB RIGHT OVER!!!! GET EM' TALAL!!!!!!



30 seconds – 30 seconds isn't a very long time. You can do 30 seconds of work right? OF COURSE YOU CAN!! You just need to try. Down below is a list of 13&U who can vault over a bench back and forth for 30 seconds. Good work!



Kick Challenge Winners- Congratulations to Ella Smialek and Georgina Turner for kicking butt at Clarington Cup #4 in the elimination kick race! GO ROC!!!!!!



Clarington Swim Club

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Karen Hillis - President

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Board member - Nichole Webster

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

**No tosses this week.
Keep working hard!**

LANE PACES:

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 16-12 Age-groupers!

Upcoming Events

Apr 6 – ROC Dual Meet – Bowmanville – Full Team

Apr 19-21 – Masters Provincial Championships

Apr 26-28 – Newmarket Stingrays 2024 April Long

Course Invitational – Markham PAN AM – Full Team

May 4 – MapleFest 'RUBBER DUCK EDITION'

May 11-12 – SCAR LC Meet – Toronto PAN AM – Full Team

May 14 – 19 Olympic & Paralympic Swimming Trials – Qualifiers

May 15 – Clarington Cup #5 – LAST CLARINGTON CUP OF THE SEASON

May 15 – ROC Special Election Meeting

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
CLARINGTON SWIM CLUB

Swimsuit sale – It's that time of year where Mega Clothing Outlet puts on a massive swimsuit sale!!
Go get your affordable suits!!!
March 30 - April 4
Where: MEGA CLOTHING OUTLET – 1540 Dundas St E, Whitby.

Novice Challenges - Who can hold the plank the longest and who can hold the wall sit the longest! Here are the winners of the week: Plank Challenge: **Krister Luanghiran, Ayden Munyaziza and Catalina Smialek!**

Great work!!



Clarington Cup Results – This Clarington cup was SO MUCH FUN!!! The cap drops were crazy awesome, the cheers were SO LOUD and the racing was SPECTACULAR!!!! Great job ROC!

Results:

Cole A: 2 BT's. **Jordyn B:** 2 BT's. **Lucas B:** 2 BT's. **Liam B:** 2 BT's. **Olivia B:** 1 BT. **Joseph B:** 2 BT's. **Lily Bryant:** All BT's. **Roslyn B:** All BT's. **Avery C:** 2 BT's. **Leah C:** 3 BT's. **Aria C:** 2 BT's. **Madden C:** All BT's. **Tori C:** All BT's. **Olivia D:** 1 BT. **Addison E:** All BT's. **Autumn F:** 2 BT's. **Charlotte F:** All BT's. **Hazel F:** 2 BT's. **Thomas G:** 3 BT's. **Ashton H:** 2 BT's. **Tori H:** All BT's. **Jessica H:** 2 BT's. **Matteo I:** 1 BT. **Dylan K:** 3 BT's. **John K:** All BT's. **Ella K:** All BT's. **Nicholas K:** All BT's. **Grace K:** All BT's. **Sophia K:** All BT's. **Stephen K:** All BT's. **Kiersten L:** All BT's. **Erin L:** All BT's. **Krister L:** All BT's. **Cassidy L:** 2 BT's. **Jayden L:** 1 BT. **Anton M:** All BT's. **Rory M:** 3 BT's. **Carrick M:** 3 BT's. **Andrew M:** 3 BT's. **Paityn M:** 3 BT's. **Levi M:** All BT's. **Blair M:** 2 BT's. **Addison O:** 1 BT. **Keira P:** All BT's. **Kashvi R:** 3 BT's. **Leah R:** 1 BT. **Charley R:** 2 BT's. **Talal S:** 3 BT's. **Ward S:** 2 BT's. **Emmaline S:** 1 BT. **Ella S:** 3 BT's. **Gerry S:** 3 BT's. **Danica S:** All BT's. **Charlie T:** 3 BT's. **Elizabeth T:** 2 BT's. **Carys T:** All BT's. **Owyn T:** All BT's. **Levi T:** All BT's. **Annabel T:** 1 BT. **Georgina T:** All BT's. **Lucas U:** 2 BT's. **Gavin VM:** 2 BT's. **Emily W:** 1 BT. **Caroline W:** 3 BT's. **Brian Y:** 3 BT's. **Ryan Y:** 3 BT's. **Simon Z:** All BT's.

Team Scores:

Team #4: 171
Team #3: 153
Team #5: 151
Team #1: 145
Team #2: 140



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