

ROCletter #26

**APR 10th
2024**

By Coach Logan Wojnicz

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Motivator Board – Madden Clay!
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!

Cola Anderson, Roslyn Burns, Lily Bedard, Tori Coombs, Madden Clay, Leah Canuel, Jessica Heffernan, Ella Kerr, Kiersten Lowing, Anton Mangones, Andrew McNeil, Aria Persaud, Kashvi Ravi, Gerry Smialek, Georgina Turner, Annabel Turner, Gavin Vela-Martinez.

Fly Day – Jenny Turner scored the masters and fitness 60 x 25 Fly on Flyday
Apr 5th



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!

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

Aria Persaud!



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 who can vault over a bench back and forth for 30 seconds or MORE. Good work!

30's: Keira P, Geoff V, Zade O, Carla R, Kinzly C, Olivia C, Sydney M, Fiona Y, Arron P, Maddie R, Mason W, Josh, Owyn t, Andrew M, Avery C, Charlotte F, Annabel T, Caroline W, Charlie T, Madden C, Gerry S, Danica S.
60's: Blair M, Weston B, Logan W, Anidin M, Talal S, Gavin VM, Simon Z.
90's: Tristan G.
2 min's: Ryan Y, Ella S.
3 min's: Cole A.



Upcoming Events

- 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 18 – Yuk Yuks Comedy Night ROC/CMA *Buy your tickets now!*
- 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

Clarington Swim Club

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Karen Hillis - President

Mike Patrick – V President

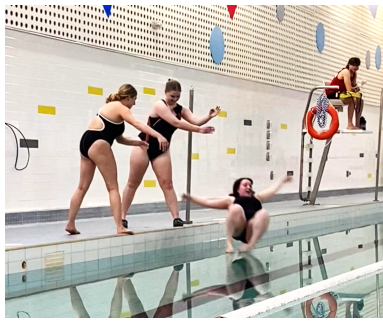
Jordan Thompson – Treasurer

Lynsey Rivest – Secretary

Board member - Nichole Webster

ROC
CLARINGTON SWIM CLUB

Birthday Toss!!! – Happy Birthday Coach Evelyn Thatcher!!!



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: Matteo lemma, Ayden Munyaziza x2, Matthew McNeil, Charley Rivest and Elizabeth Thomas!!!!

Great work!!



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ROC Dual Meet: Racing Into Spring 2024 Results

Race race race! That is what we asked you to do this weekend and you Delivered!!! Spectacular races from everybody!!!!!!! GREAT JOB ROC!!

Medalists (Tibbons)

Cole A: 3 Gold, 100 IM, 50 Fr, 400 Fr. Lucas B: 3 Gold, 200 Fr, 50 Fr, 400 Fr. Lily Bedard: 3 Gold, 50 Bk, 50 Br, 50 Fr. Lily Bryant: 2 Gold, 400 Fr, 50 Fr, 1 silver, 50 Bk. Roslyn B: 2 silver, 50 Fly, 100 Bk. Avery C: 2 Gold, 50 Fly, 200 Bk, 1 silver, 100 IM. Leah C: 1 Gold, 50 Br, 1 silver, 200 Bk, 1 bronze, 50 Bk. Madden C: 2 Gold, 100 Bk, 200 Br, 1 bronze, 200 Fr. Tori C: 2 bronze, 50 Bk, 50 Br. Peyton C: 2 Gold, 100 Bk, 100 IM, 1 silver, 50 Fr. Kinzly C: 1 Gold, 50 Fr, 2 silver, 200 Fr, 100 Br. Autumn F: 1 Silver, 100 Bk, 2 bronze, 200 Fr, 100 Br. Charlotte F: 2 Gold, 100 IM, 50 Fr, 1 silver, 100 Fly. Hazel F: 2 Gold, 100 Br, 50 Fr. Lincoln F: 3 Gold, 200 Fr, 50 Bk, 100 Br. Jessica H: 1 Silver 100 Fr. Kiersten L: 1 Gold, 50 Fly, 1 silver, 200 Fr. Anton M: 1 Silver 50 Fly, 1 bronze, 200 IM. Rory M: 3 Gold, 50 Bk, 50 Br, 100 Fr. Andrew M: 1 Gold, 50 Bk, 2 silver, 200 IM, 200 Br. Paityn M: 3 Gold, 50 Bk, 200 IM, 200 Br. Blair M: 3 Gold, 50 Br, 200 Bk, 400 Fr. Luca P: 1 Gold, 100 Bk, 1 silver, 50 Br. Aria P: 2 Silver, 100 Fly, 50 Bk, 1 bronze, 100 Fr. Keira P: 3 Gold, 200 Fr, 100 Br, 200 Br. Ella R: 1 Silver, 100 Bk, 1 bronze, 50 Br. Leah R: 1 Gold, 200 Bk, 1 silver, 50 Fly. Ella S: 3 Gold, 100 Fly, 100 Bk, 100 IM. Gerry S: 2 Gold, 50 Bk, 200 Br, 1 silver, 100 Fr. Danica S: 3 Gold, 100 Fly, 50 Bk, 400 Fr. Charlie T: 1 Gold, 50 Fly, 1 bronze, 100 Bk. Owyn T: 3 Gold, 100 Fly, 100 Bk, 200 Br. Annabel T: 1 Gold, 100 Bk, 1 silver, 200 IM, 1 bronze, 50 Fly. Georgina T: 3 Gold, 100 Fly, 100 Bk, 100 IM. Gavin VM: 2 Gold, 50 Br, 400 Fr. Caroline W: 1 Gold, 400 Fr, 2 silver, 50 Fly, 50 Fr. Brian Y: 2 Gold, 100 Bk, 50 Br, 1 silver, 200 Fr. Fiona Y: 1 Gold, 50 Br, 2 silver, 50 Fly, 200 Bk. Ryan Y: 2 Gold, 50 Br, 200 Bk, 1 silver, 400 Fr. Simon Z: 2 Gold, 50 Fly, 200 Bk, 1 silver, 50 Fr.

Best Times

Cole A: 2 BT's. Lily Bedard: All BT's. Lily Bryant: 2 BT's. Roslyn B: All BT's. Avery C: 2 BT's. Leah C: All BT's. Madden C: All BT's. Tori C: All BT's. Peyton C: 1 BT. Kinzly C: 2 BT's. Charlotte F: 2 BT's. Hazel F: 2 BT's. Lincoln F: All BT's. Jessica H: All BT's. Kiersten L: All BT's. Anton M: 2 BT's. Rory M: 2 BT's. Andrew M: All BT's. Paityn M: All BT's. Blair M: All BT's. Luca P: All BT's. Aria P: All BT's. Keira P: All BT's. Ella R: 2 BT's. Leah R: 2 BT's. Ella S: All BT's. Gerry S: All BT's. Danica S: All BT's. Charlie T: All BT's. Owyn T: All BT's. Annabel T: All BT's. Georgina T: 2 BT's. Gavin VM: All BT's. Caroline W: 2 BT's. Brian Y: All BT's. Fiona Y: 2 BT's. Ryan Y: 2 BT's. Simon Z: All BT's.

Heat Winners

Cole A x2, Roslyn B, Leah C, Kinzly C, Charlotte F, Lincoln F, Kiersten L, Blair M x2, Aria P x2, Keira P x2, Gerry S, Danica S, Annabel T, Caroline W, Simon Z.

Team Spirit and Support

Spirit: Leah Canuel

Support: Aria Persaud

First Time Competitors – Welcome to Lily Bedard and Tori Coombs who represented ROC for the first time!!

