

ROCletter #27

**APR 17th
2024**

By Coach Logan Wojnicz

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Motivator Board – Cole Anderson and Madden Clay! Congratulations on being selected by your teammates for this important recognition.



Destroying Equipment – Scott Branton broke a latex rope! Get him!!!!



Plank World Records – The longest plank held by a woman is 4 hours 30 minutes 11 seconds, (Donna Jean Wilde, from Alberta) and the longest plank held by a man is 9 hours 38 minutes 47 seconds (Josef Šálek, from Czech Republic) Amazing! Think about these people and how strong and how long they were able to hold for when you feel like dropping a knee in a 3 minute plank. Don't do it!! You're strong too!!!

Getting Faster – Beating our Never-Ending relay times! Let's see who got faster and had fun doing it!
FASTER!

Cole Anderson, Madden Clay, Charlotte Freeburn, Hazel Freeburn, Jessica Heffernan, Dylan Kellow, Kiersten Lowing, Anton Mangones, Andrew McNeil, Gerry Smialek, Ella Smialek, Danica Stanway, Charlie Thomas, Annabel Turner, Owyn Thompson, Brian Yu, Simon Zinkie

The price of Integrity - \$10

Clarington Swim Club

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Karen Hillis - President

Mike Patrick – V President

Jordan Thompson – Treasurer

Lynsey Rivest – Secretary

Board member - Nichole Webster

Fly Day – Maya Kent scored the masters and fitness 50 x 25 Fly on Flyday Apr 12th



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 8 – Special Election Nominations Due

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

May 30 – June 2 – (1 or 2 days TBD) Age Groups International Long Course – Etobicoke – Full Comp Team

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

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

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 17-12 Age-groupers!

ROC
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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: **Wall sit Challenge:** Charley Rivest x2 Marceline Wood x2 **Plank Challenge:** Emily Bell, Nicholas King, Lucas Underhill, Catalina Smialek, Sophia Kukharchuk, Krister Laughiran, Callen Jennings, Vikram Gill, Gus Smith, Carrick Martin!

Great work!!



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