

# ROCletter #29

**MAY 1st  
2024**

By Coach Logan Wojnicz

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## Clarington Swim Club

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Karen Hillis - President

Mike Patrick – V President

Jordan Thompson – Treasurer

Lynsey Rivest – Secretary

Board member - Nichole Webster



**Motivator Board – Cole Anderson, Madden Clay, Ella Smialek, Danica Stanway, Gavin Vela-Martinez and Caroline Woudwyk!** Congratulations on being selected by your teammates for this important recognition. A 6-way tie!!!! It is so fantastic to see so many motivators. Good job!

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

**Lily Bedard, Leah Canuel, Madden Clay, Hazel Freeburn, Jessica Heffernan, Dylan Kellow, Cassidy Luukkonen, Andrew McNeil, Rory Marchant, Aria Persaud, Leah Reynolds, Ella Rainville, Talal Saifan, Ward Saifan, Annabel Turner, Charlie Thomas, Carys Thompson, Gavin Vela-Martinez, Simon Zinkie**

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

**TOSSED!**

**Hazel Freeburn, Addison Oortwyn.**



**Kick over Bob!** – Gerry Smialek successfully kicked Bob over! Yeah Gerry! Woo!!!



**Novice Challenges -** Who can hold the plank the longest, who can hold the wall sit the longest and who can hold a squat the longest! Here are the winners of the week: **Wall sit Challenge:** Elizabeth Thomas, Krister Launghiran, Sophia Kukharchuk, Stephan Kukharchuk, Joseph Brock, Olivia Denby, Holly Clark, Lucas Underhill, Everett Mueller, Carrick Martin, Marceline Wood. **Plank Challenge:** Callen Jennings, Stephan Kukharchuk, Sophia Kukharchuk, Carrick Martin, Joseph Brock, Aria Clay, Grace Kranenburg, Emily Wilson, Marceline Wood, Emily Bell, Charley Rivest, Nicholas King, Gus Smith and David Rodd.

**Great work!!**



## Upcoming Events

May 4 – MapleFest 'RUBBER DUCK EDITION'

May 15 – Special Election Nominations Due

May 14 – 19 Olympic & Paralympic Swimming Trials – Qualifiers

May 22 – Clarington Cup #5 – LAST CLARINGTON CUP OF THE SEASON/Team Pictures

May 22 – 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 1 – Age Groups International Long Course – Etobicoke – Swimmers listed on separate listing

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

June 8 – PICK Last Gasp – Swimmers listed on separate listing

June 21-23 – Collingwood Invitational

July 11 – Last Practice of 2023/2024 Season

### Meet Report: 2024 April LC Invitational

Amazing. AMAZING!!!! Such a fantastic meet! Great race after great race and boat loads of best times!! Wonderful job this weekend! Awesome job ROC!!!!!!

### Medalists

*Cole A: Silver 50 Br, Bronze 50 Fly.*

### Best Times

*Madelyn A: 2 Bt's. Cole A: 4 Bt's. Lily Bedard: All Bt's. Lily Bryant: 2 Bt's. Roslyn B: 2 Bt's. Avery C: 6 Bt's. Leah C: All Bt's. Madden C: All Bt's. Tori C: All Bt's. Peyton C: 2 Bt's. Kinzly C: 3 Bt's. Charlotte F: All Bt's. Hazel F: 2 Bt's. Lincoln F: All Bt's. Jessica H: All Bt's. Dylan K: All Bt's. Kiersten L: All Bt's. Cassidy L: All Bt's. Jayden L: 2 Bt's. Mya L: 1 Bt. Rory M: All Bt's. Andrew M: All Bt's. Paityn M: All Bt's. Blair M: 4 Bt's. Luca P: 2 Bt's. Keira P: 5 Bt's. Ella R: 2 Bt's. Kashvi R: 2 Bt's. Leah R: 2 Bt's. Ella S: 5 Bt's. Gerry S: 2 Bt's. Danica S: All Bt's. Charlie T: 2 Bt's. Carys T: 2 Bt's. Owyn T: All Bt's. Annabel T: 5 Bt's. Georgina T: 2 Bt's. Caroline W: 2 Bt's. Brian Y: All Bt's. Ryan Yu: 5 Bt's. Simon Z: All Bt's.*

### Heat Winners

*Avery C, Kinzly C, Andrew M, Gerry S, Georgina T, Ryan Y, Simon Z.*

### Minute Club improving more than 60s cumulative over all your races –

*Charlotte Freeburn, Ella Smialek, Gerry Smialek, Simon Zinkie.*

### Team Spirit and Team Support

#### 13 & O

**Spirit:** Luca Pedota

**Support:** Keira Potter

#### 11-12

**Spirit:** Caroline Woudwyk

**Support:** Owyn Thompson

#### 10 & U

**Spirit:** Hazel Freeburn

**Support:** Georgina Turner



### Masters Meet Report

A great meet! Great job ROCM!

### Ontario Provincial Masters Championship

On Apr 19-21, 2024 ROCM sent 8 representatives to the Ontario Provincial Masters Championship at the Etobicoke pool (it used to look so big), hosted by Swim Ontario. The tight competition resulted in some great races (and that is where performance comes from)! With only 8 swimmers ROCM came in 14<sup>th</sup> overall of the 40 teams competing with **every ROCM swimmer scoring points for their team!** (For reference the 1<sup>st</sup> place team had 66 swimmers, 2<sup>nd</sup> place team had 57 swimmers in attendance). An interesting perspective is to rank ROCM against the teams that had less than 10 swimmers. That places us 5<sup>th</sup> behind Cobra, Cambridge, Peterborough (wt\*!), and Owen Sound. Peterborough just became our target, let's go get them.

Following is a list of the 8 ROC Masters swimmers who competed and their best times (bts) since Jan 1, 2023 and their place to 8th (scoring point)

*Jordan B 4bts – 4<sup>th</sup> 100 fly, 100im, 6<sup>th</sup> 100 fr, 7<sup>th</sup> 50 fly, 8<sup>th</sup> 50 fr, 5<sup>th</sup> 200FR*

*Scott B – Bronze 100im, 100 br, 400 fr, 4<sup>th</sup> 100 fr, 6<sup>th</sup> 50 fly, 5<sup>th</sup> 200FR*

*Bobbi G 2 bts – Gold 50 bk, 400 fr, 50 fly, 200bk, 50 fr, 100 bk, Silver 100 fr, bronze 100IM (breaststroke?). **ROCM high point scorer.***

*Derek L 2bts, 2 fts – 4<sup>th</sup> 200 br, 6<sup>th</sup> 400 fr*

*Mark L 2bts – 4<sup>th</sup> 100 br, 6<sup>th</sup> 200 br, 5<sup>th</sup> 200FR*

*Derek O 1 bt – silver 200 br, bronze 100 fr, 5<sup>th</sup> 200FR*

*Santiago R – 7<sup>th</sup> 400 fr*

*Laurie R \*\*all bts! – 6<sup>th</sup> 50 fr, 8<sup>th</sup> 50 br*

### First time competitors – none this time

**All BTs** – improvement is never in a straight line, and getting all bts is a huge achievement. Congrats to *Laurie R* on getting all bts in all events!

**Minute Club** – improving more than 60s cumulative over all your races – none this time

**Google (.00) swim** – Mark L in his 50m free split in the 200FR!

**Heat Winners** – Win, win, win your race! Pull out a performance in the moment! Making that your goal is how you get faster.  
Congrats *Jordan Bx2*

**Team Spirit** – thanks to *Bobbi G* for being there for everyone all weekend long.

**Club Records** – thanks for swimming faster than any ROCM has done in your age group and your event. You've raised the bar.

*Scott B 100m bk*

*Derek O 200 br (sorry Scott)*

*Jordan B 50 fly*

*Bobbi G 100im (sorry Linda), 50 fly (sorry Linda), 100 fr, 400 fr, 50 bk, 200 bk*

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