

ROCletter #33

**JUNE 5th
2024**

By Coach Logan Wojnicz

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Clarington Swim Club

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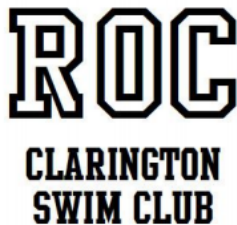
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Board member - Nichole Webster



Motivator Board – Cole Anderson and 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!

Cole Anderson, Roslyn Burns, Tori Coombs, Charlotte Freeburn, Jessica Heffernan, Dylan Kellow, Ella Kerr, Rory Marchant, Anton Mangones, Andrew McNeil, Paityn Mooers, Blair Murawsky, Talal Saifan, Ward Saifan, Gerry Smialek, Gavin Vela-Martinez, Ryan Yu, Brian Yu.

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

TOSSED!

Madelyn Allin, Avery Canuel, Madden Clay, Jessica Heffernan.



Upcoming Events

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

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

June 13-16 – Ontario Youth-Junior Championships - Qualifiers

June 14-16 – Ontario Festival Championships - Qualifiers

June 10 – Start of Summer Session

June 21-23 – Collingwood Invitational

June 25 – End of year banquet

July 11 – Last Practice of 2023/2024 Season

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:** Matthew McNeil, Addison Edwards, Evelyn Edwards, Sophia Wali, Emily Bell, Elizabeth Thomas, Olivia Denby, Leilani Toumayan. **Plank Challenge:** Stephen Kukharchuk, Sophia Kukharchuk, Erin Launghiran, Krister Launghiran, Carrick Martin, Lucas Underhill, Everett Mueller, Levi Mueller, Nicholas King.

Great work!! So strong!!!



Clarington Cup Results

The last Clarington cup of the season and it was a blast!! Tons of fun races and my goodness were the team points close the entire time! What a nail biter!! Excited to see everyone at the next cup in the fall! Good Job ROC!!!

Results:

Cole A: 2 BT's. Liam B: 3 BT's. Emily B: 1 BT. Joseph B: 1 BT. Roslyn B: 3 BT's. Holly C: All BT's. Madden C: All BT's. Carter C: All BT's. Tori C: All BT's. Olivia C: 3 BT's. Peyton C: 3 BT's. Addison E: 3 BT's. Evelyn E: 3 BT's. Autumn F: 1 BT. Ashton H: 2 BT's. Jessica H: 3 BT's. Ellen H: All BT's. Callen J: All BT's. John K: 2 BT's. Grace K: 3 BT's. Erin L: All BT's. Krister L: 1 BT. Jayden L: 1 BT. Mya L: 1 BT. Anton M: 2 BT's. Rory M: 2 BT's. Carrick M: 1 BT. Andrew M: 3 BT's. Paityn M: 3 BT's. Anidin M: All BT's. Ayden M: All BT's. Blair M: 2 BT's. Aria P: All BT's. Keira P: 2 BT's. Issa Q: All BT's. Kashvi R: 1 BT. Leah R: 3 BT's. Talal S: All BT's. Ward S: All BT's. Emmaline S: All BT's. Catalina S: 1 BT. Ella S: 3 BT's. Gerry S: 2 BT's. Evelyn T: 1 BT. Carys T: 2 BT's. Owyn T: 3 BT's. Leilani T: All BT's. Annabel T: All BT's. Georgina T: 1 BT. Lucas U: 1 BT. Gavin VM: 1 BT. Brian Y: 1 BT.

Team Scores

Team 2: 135

Team 1: 133

Team 5: 127

Team 3: 103

Team 4: 93



AGI's 2024 Results

11 swimmers, 5 Heat winners and 26 Best times!!

This was a busy and DEEP meet. The competition was fierce and ROC did a great job getting on hands to the wall first and in best times.

Meet #2 of 7 through this championship season proved to be a great one for ROC. With almost the full team racing next weekend at either C Champs or PCK Last Gasp, we hope ROC swimmers are excited and ready to have some more amazing performances.

On Three...

Best Times

Kinzly Crichton: 2 BT's. Charlotte Freeburn: 2 BT's. Cassidy Luukkonen: 2 Bt's. Jayden Luukkonen: 1 BT. Mya Luukkonen: 1 BT. Blair Murawsky: 1 BT. Keira Potter: 2 BT's. Ella Smialek: All BT's. Gerry Smialek: 2 BT's. Gavin Vela-Martinez: All BT's. Ryan Yu: 2 BT's.

Heat Winners

Kinzly Crichton, Charlotte Freeburn, Cassidy Luukkonen, Gavin Vela-Martinez, Ryan Yu.

Masters Corner – Welcome to the Masters corner where we'll tell you all about the masters right from this corner!

BIRTHDAY TOSS! Happy birthday to Jenny Turner!!



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