



ROC at Carleton University swimming

“When a good attitude meets great coaching, success happens”

Message from the COACHES

Dear Swimmers and Families,

Happy New Year!

We hope that you've been able to enjoy a holiday with your family that was both fun and relaxing!

Our last club event preceding the end of the fall session was the Gatineau meet. Our swimmers competed throughout the weekend in two different categories - with great results! What a satisfying way for the athletes and coaches to begin the break! (Please see rocs.ca "Latest News" for meet news).

Refreshed from the holiday, the competitive groups were back in the pool on Dec. 27th - joining coaches Nico, Graham & Claudia for a Christmas Training Camp! We're just completing the camp now, and coaches are very pleased with the opportunity this format has afforded them in terms of sharing expertise, providing valuable time for videoing and analysis, along with the eventful "games", that created lots of laughs for the swimmers, coaches and parents who helped out! (See photo collage, pg. 6)

Another exciting feature of the camp was the inclusion of Coach John's son - Matt Hawes. Matt is training in Australia, but will be back with us in March, as he gets ready for Olympic Trials - he was the perfect demonstration resource - thanks Matt!

"Get togethers" were also part of the plan and many of us enjoyed a breakfast that first morning, and we are about to end the camp with a team dinner! Our most sincere thanks to Dan Phee for making these arrangements, and to all the parents for their participation!

The Triathletes, after their wee break, also hit the pool with plenty of enthusiasm, with thoughts of the upcoming spring meets spurring them on! (See note on Olympic Aspirations - pg 5).

Our full complement of swimmers and coaches will be back in action the week of January 9th, when the developmental program starts-up. We're all set for the new term (check out the coaching comments in news from the groups!), and we wish all of you a very positive and successful winter session!

Enjoy your swims!

Coaches Claudia and John

ROCS Coaching Staff

Swim School/Swim Academy Program Director

Claudia-Cronin Schlote

Learn to Swim and Swim School Coaches

Graham Ford

Lindsay Paquette

Nicolas Belisle

Lenore Cox

Ariel Root

Brigitte Babin

MacKenzie Kimm

Kaity Sennema

Emily Patrick

Alissa Schlote

Competitive Program Director

John Hawes

Competitive Coaches

Kassandra Barker

Nicolas Belisle

Claudia Cronin-Schlote

Jackie Soicher

Graham Ford

John Hawes

Programs

- Wavemakers/Advanced
- Swim School 1
- Swim School 2
- Swim School 3
- Swim School 4
- Academy Red
- Academy Black
- Silver
- Gold
- Tri-athlete
- University

Club Mission

Our mission is to provide a safe, fun, and friendly environment where children and adults can achieve their highest potential in swimming.

Welcoming the New Year – “Group News” from the Coaches

Wavemakers

a) Tuesday Night (Coach Emily, Assistant Margot)

What an awesome fall/winter session it's been! We have been working on back crawl, freestyle, dolphin swim and all the components that come with it like: rolling our body drills, front and side glide exercises, breathing drills and all of our rocket ship glides! We start off every lesson with an endurance swim/kicking drill. Some of us can swim or kick 25 meters while others can make it 10 meters! We've taking some trips to the deep end where we have worked on sitting, kneeling and even standing dives! We've also been developing our ability to tread water. Most of us can do it for over 20 seconds! We have been playing a lot of water related games that keep us safe and happy in the water and also help develop our endurance. We have started whip kick on our front but it still needs work. We are looking forward to continue developing our strokes, learn and do more kicking drills and continue having fun! Happy New Year everyone and keep up the great work!

b) Tuesday Night (Coach MacKenzie, Assistant Kylie)

The Wavemakers have been working very hard over the past session. Their breath control skills are improving greatly with a lot of practice. Now everyone can make it to the bottom to get the rings!! Flutter kicking is coming along for everyone as well, with endurance increasing and overall balance and awareness in the water starting to become second nature. As well, specific techniques like good hand position are improving with every horse race as well as body and head position with every rocket ship jump or push off in the water! I would like to encourage all the wavemakers to keep up the great work and keep practicing! Congratulations so far and good luck in the upcoming session!!

c) Wednesday Night (Coach Lindsay/Claudia, Assistant Heather)

This group is lots of fun and full of energy. We are always surprised when the class goes by so quickly! We have been working on improving breath control especially for the front crawl, good flutter and dolphin kicking, good body positions in front crawl and backstroke and good streamlining on the sitting dives. Lots of repetition and keeping it fun while learning is key.

d) Thursday Night (Coach Alissa, Assistant Heather)

This group of 3 boys is very lively and lots of fun! Improving breath control (especially for front crawl) has been a major focus, along with developing a good flutter and dolphin kick. We have also been working on streamlining body positions in front crawl, backstroke

and in the sitting dives. We're looking forward to our return in January!

Advanced Wavemakers

a) Tuesday Night (Coach Brigitte, Assistant Margot)

Throughout the fall session the advanced Wavemakers have been working hard to develop their basic skills in the water. Their front crawl and back crawl are getting stronger, and they have been learning how to do whip kick to be able to learn breaststroke in the new year. They have also been working on their somersaults, streamlines and dives.

b) Tuesday/Thursday Night (Coach Ariel)

The advanced wavemakers have shown tremendous improvement in stroke technique, especially relating to front crawl and whipkick. Starting from a daunting 50m warm-up, the swimmers are now racing through 75 m swims. We are looking forward to continuing on building endurance as well as improving flip turns in the new year.

c) Tuesday Night (Coaches Kaitly and Lenny) Wednesday Coach Kaitly, Assistant Eric)

Both my Tuesday and Wednesday groups have continued to work on their front crawl and back crawl and they are coming along way from where they began! They have also been working hard on their endurance and are now capable of swimming up to 400 metres

within each practice. All the children have began working on whip kick and that is coming along nicely. We look forward to working more on whip kick, perfecting it and beginning to learn breaststroke in the new year. I am very proud of the improvements of all of the advanced wavemakers! They have all come such a long way and I look forward to continuing to watch them develop into strong swimmers!

Swim School 1

a) Tuesday – (Coach Brigitte, Asst. Margot)

The swim school 1 class has been working hard over the past 4 months to develop all of their strokes. Freestyle, back crawl and breaststroke have been getting stronger, and everyone's endurance has improved greatly. Fly has been introduced, and despite the difficulty of the stroke, all swimmers are working hard to overcome this challenge. We have also been working on our starts, relay take-overs and flip-turns.

b) Tuesday (Coach Ariel)/ Thursday – Assistant Alissa)

The SS1s are all becoming stronger swimmers, especially when considering their phenomenal increase in endurance. Having worked hard to improve both their front crawl and back crawl techniques, SS1s can look forward to further improving their breaststroke and dolphin kick, as well as incorporating flip turns into their practice in the New year.

c) Wednesday (Coach Claudia, Assistant Heather)

This group has improved a lot this fall. They have increased their endurance so that they are swimming 6-8 lengths continuously for a total of about 400 hundred meters in the 45-minute class. Their front crawl and backstrokes have improved while they have been learning the breaststroke and butterfly. They have also learned to do flip turns from front to back. These swimmers are keen to learn and try new things. Lots of repetition and keeping it fun while learning is key.

Swim School 2

a) Coach Lenny

Lenny's Swim School 2 group has been working very hard on stroke technique during the first few months and it really shows! The swimmers have made remarkable improvements in all areas. We will continue to work on technique but will be focusing on speed and endurance in the next few months. Congratulations to all the swimmers for their dedication and hard work at each practice. I

have really enjoyed spending every Tuesday and Thursday evening with all of you!

b) Coach Nico

The ROC Swim School 2 had a great fall session. All of the swimmers improved all of their techniques and many of them can now swim the 4 competitive strokes almost legally! We had two fun meets: our annual Halloween and Candy Cane meets, both hosted by ROCS at Carleton, which were a success. I saw a clear progression in the development of my swimmers from one competition to the next. Coaching the Swim School 2 group has been a very enjoyable experience and I wish all of the swimmers and the families a great 2012!

Swim School 3

Swim school 3 has been doing a great job these last few months, working on different swimming principles. We started out as a small group, but over the past few weeks we've increased our numbers. For the first half an hour, we swim in the dive tank, working on things like dives, turns and finishes for each of the four strokes, as well as I.M. When we move to the shallow end, we work on stroke technique as well as building endurance and speed through different swimming sets. At the end of practice we return to the deep end and work on relays, specialized swimming skills, and we always finish the night with a fun activity. The swimmers have each been working hard on their own personal goals. Everyone has done well and had lots of fun at both the Halloween as well as the Candy Cane meets.

Over the next few months, the swimmers will continue to work on different stroke techniques as well as different aspects of the race. The swimmers will continue to work hard in preparation for their mini meet in February in hopes of getting best times and continuing to work towards their personal goals. Great work everyone!

Academy Red (Coach Graham)

"The Academy Red group has had a spectacular season – with many PBs at the various meets we have attended. Within our group we have a variety of skill levels but everyone is progressing well, and has achieved their own shining star – as seen by the following; **Sara's** awesome breaststroke, **Katie's** wonderful backstroke, **Tristan's** devotion to mastering IM, **Justin's** love of suicide turns, **Aiden's** great breaststroke, **Conner's** greatly improved turns, **Camryn's** excellent endurance, **Charlotte's** amazing fly, and **Julian's** terrific backstroke. It's been a great session and we wish Camryn well as she begins training with the Black group. We look forward to a continued progression and more exciting advances from the Academy Red swimmers in the coming months. Well-done group!"

Academy Black (Coach Claudia, Assistant Jackie)

This group has really been working hard at practices and has been improving times at practices and at meets on a consistent basis. We have been working on proper turning technique and staying underwater for at least 5 meters after the push off. In addition we have been working on improving race pacing and endurance. Most of the swimmers now have their own ROCS log books and they should keep these log books in their swim bags in a plastic zip lock bag with a pencil or pen. They are to write in it their times and splits from the meets and comments from the coaches as to what they should be working on. The swim camp has been a valuable experience for both swimmers and coaches alike, and the ROCS 400 (300 for some swimmers) "Car Race" was loads of fun. The winners in the different categories were Matt Fyfe (10 X 400), Lauren Mouser (9 X 400) and Justin Wang (10 X 300).

Coach Claudia

I have been really impressed with all the kids this season so far. They have really improved their swimming and racing skills but also their attitude towards training and teamwork. They are so much fun to work with and make it a pleasure to spend all my time at the pool. *Coach Jackie*

Varsity (Coach Nico)

The first half of the 2011-2012 season was a successful one for the Carleton Ravens swim team. The team started the varsity season with a Quad meet at the University of Ottawa where we raced against the home team as well as Queen's and Guelph. While our

small team numbers make it difficult to be competitive in the scoring against the other three much larger teams, there were several solid performances. Undoubtedly the highlight of the first half of the season was our two-day trip to Brock University in St. Catharines for the Stratten Divisional championship. The Ravens raced well and the men's team outscored both the host Brock Badgers and the York Lions, while the women's team also defeated the York Lions. With one swimmer missing (due to a faulty alarm clock he missed the van) I was very pleased with the overall team performance. With the students arriving back at Carleton after the winter break, I am looking forward to even stronger performances at the OUA championships in February

Thumbs-up for the Training Camp!

The Christmas Training camp is about to wrap-up and from all accounts (coaches, parents & swimmers!), it's been a success! Coach Claudia has captured some of the memorable highlights, so be sure to check out the collage at the end of this Newsletter, and watch for a more in-depth report next week!

Isabel's "Home" Team!

As we highlighted in the December newsletter, we have a guest swimmer in the Silver group, Isabel Bermudez-Pizano. We asked Isabel to tell us a bit about herself, and why she came to Canada. Here's what she had to say. " I am from Puebla, Puebla in Mexico. I used to swim in Acuatica Nelson

Vargas (our team didn't have a name but we usually call it ANV). I came to Canada to study for a year as an international student to learn a new culture and live in a new environment. I chose Canada because I think it is a beautiful country and people here are very nice. So far my experience has been very good and I am glad that I am part of a team like ROCS, thank you for making me feel welcomed". *The pleasure is ours Isabel!*



Matt Hawes continues his training in Sydney Australia, as he works towards the Olympic trials and securing a berth on the Canadian Swim team in his speciality events, the 100 and 200 backstroke (Matt is currently the Canadian record holder in the 200 event), while **Melanie McCann**, having secured an Olympic team berth in Pentathlon at the Pan Am Games in Mexico in October, is training with our Triathletes and Coach John as she aims to put in her best-ever performance in London this August!

For **Coach John**, a two-time Olympian (Swimming and Modern Pentathlon), this will mark his 4th trip to the Olympics as either an athlete or coach for Canada.

A new year's best from ROCS to all in your pursuit of these exciting goals!

Equipment!



Keep Warm with your ROCS Toque this winter!

Information on ROCS "Equipment" can be found on the website (www.rocs.ca) under "Home", and listed at the bottom of the drop-down menu.

Club Contact Information

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E-Mail: rocswimming@gmail.com

Website: www.rocs.ca

Upcoming Meets

For detailed information on meets please visit www.rocs.ca - Schedules - Meets

- **Perth, Mike Brown** – Sat. Jan. 7th, 2012 (Academy Red, Academy Black, Silver, and Varsity)
- **OYO Mini-Meet** – Fri. Jan 20th, 2012 (more info to follow)
- **Montreal, Derniere Chance** – Jan. 28th-29th, 2012 (Silver & Academy Black, Academy Red optional)
- **Nepean, EOSA Championships** - Feb. 10th-12th (Qualifiers)
- **Ottawa (Brewer), February Freeze** – Feb 18th (SS2 & 3, non EOSA qualifiers)

Important Reminders!

- **January 1st** - Post-dated cheques will be processed. ***(If you haven't sent this in, please mail – thanks!)***
- **January 9th – 2012** program begins!

Olympic Aspirations – An Exciting time for Coach John and ROCS Athletes Matt Hawes and Melanie McCann!

In ringing in the New Year, Coach John and two of our athletes are working hard in pursuit of Olympic goals!

Training Camp 2011-2012 in Photos:

As part of this year's holiday training camp, ROCS Academy Red and Black as well as the Silver group swimmers recently competed in a "ROCS 400" hour-long race. Each swimmer swam either 10 x 400 or 300 meters, and after each "lap" rolled dice to determine their fate for the next "lap". Rolls resulted in anything from wearing fins or paddles to having a bucket of ice water dumped on them to put out "engine fires". Here are a few of the highlights...



Justin W. gets the cold water treatment from Coach Graham



Gregory P. and Tristan P. rolling the dice for their next lap



National record holder Matt Hawes, taking a break from a training session during his holiday visit in Ottawa, looks on in amusement.



Katharina A. putting on her "new paint job" with one of Coach Claudia's vintage suits.



Sara A. & Hannah P. and Camryn K. (above) & Tristan P. (below) with their new paint jobs!



Connor H. with Coach Nico putting out his "engine fire".

Camryn K. headed for the cold bucket of water while Sophie B. rolls the dice for her next lap.



Sara A. (above) and Katharina A. (below) show off their new paint jobs.

