

MM April News

Happy April!

Here are some events to be made aware of for this upcoming month

Sprint Distance invitational

Marlins have our 2nd hosted meet of the year coming up on April 12th. We are hoping to have a great turnout of volunteers for this event, we would love to fill the seats with marlin parents if possible. Please keep an eye out for more information to come!

KSS Invitational

We will be travelling out to Kenora April 25-26 for the KSS invitational. This is open to all groups, spots are limited to 60 swimmers so please RSVP to the event on the website to secure your swimmers entries.

Selkirk Racing League

For our AGE, AGD, and Super Squad Swimmers we have a competition available on April 27th in Selkirk. Swimmers not attending Kenora please consider this opportunity!

Easter Weekend

There will be no classes April 18th for Good Friday, or April 21 on Easter Monday (pool is closed)



April Mini Meet

April 24 - April Showers Mini Meet

6:00-8:00 Training Tank, No Cost

On April 24th we will be hosting our 6th Mini Meet of the season. Please RSVP if you are able to make it by **April 22nd to be entered**

NEW Manitoba Marlins Gear Store

We are excited to announce our new Team Store portal on the Marlins website. Items will be updated monthly, and orders will be made to meet demand. A handful of new items have been added, please go check them out!

Please note certain items will have a minimum order amount to purchase

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Volunteering Update- Cam Harbeck



The Manitoba Marlins are seeking parents interested in getting involved in helping us create the best possible environment for our swimmers to continue to thrive in. In order to have swim meets run we need countless parent volunteers to assist with filling the chairs to make sure our swimmers get sanctioned results from meets. For any parent who is seeking further education on volunteering, or is taking the initiative to go and get further training we will be able to provide credit for filling positions at the meets we run.

A **15\$ credit** to your account for every session parents volunteer at throughout our club-hosted meets we will track and add to your accounts after each competition. This is an easy way for us as a club to thank families for their support while lowering competition costs for our membership during the meets we run.

Please consider signing up for these courses when they are offered.

if you have any questions about volunteering please contact our volunteer coordinators, Nancy Champagne and Laurel Harrison at officials_volunteers@manitobamarlins.com.

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A Message From Marlins Acting Head Coach and Director of Swimming- Cam Harbeck



Welcome to long course everyone!

Our staff has been very impressed with the technical gains our swimmers have made over the last month headed into our transition into the long course season. Long course presents some unique challenges and opportunities for our swimmers, more time between rest leads to an increased ask and demand on our swimmers. Technical endurance is key, and a big ask for developing swimmers, we as a staff will continue to stress the importance of maintaining focus on improving our skill set.

One item we as a staff would like to see improvements on is swimmers wearing appropriate dryland attire for our sessions. we require all swimmers to come in runners, shorts, and Marlins Shirts. Our staff will be restricting athletes participation moving forward if they are not appropriately dressed for the required exercise. if you are needing any shirts or other Marlins attire please reach out as we have some stock.

Lastly, A big thank you to everyone who signed up for the Sprint Distance Invitational! We have 104 athletes signed up for this meet, which is our largest turnout all year! We look forward to seeing everyone racing this weekend!

Need help with Swim Gear?

Please reach out to the office at info@manitobamarlins.com to receive some assistance with what items you should purchase for your swimmer.

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Mini Marlins News



Welcome to Long Course Mini Families!

With the shift in course our staff will now have some more expanded skill sets that you will all see taught. Dives and some other competitive skills in which we need deep-end access to our Mini 3 swimmers will now begin to practice. We would like to encourage everyone to continue to work hard in our Mini programming, this is the most vital group for competitive swimmers. The skills your athletes learn here will stick with them all the way through graduation of our club, we would like to preach patience and our coaches will continue to build up the basics to set everyone up for long-term success. Keep up the great work everyone!

Program Lead- Cam Harbeck

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Swimmers of the Month



Coming back to the Marlins for this season will be our Swimmer of the Month awards where our coaching staff will highlight a deserving member of their group who best exemplifies one of our club values. of Excellence, Perseverance, and Integrity.

For March our theme was **Perseverance**

Group Calendars

Coaches will be issuing group calendars for everyone for the month, please note the dates of meets and off days noted in your calendar.



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Swimmers of the Month- NAT

Isabelle McKechnie



For March NAT would like to recognize all the hard work Isabelle has been putting in this last month. Technical changes are not easy for senior athletes to implement, Isabelle has done an amazing job at remaining focused on doing so. Way to go Isabelle! Keep up the great work!

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Swimmers of the Month- TAG



Kaelin Linde



Kaelin is one of the hardest-working swimmers on the team, consistently showing up with focus, determination, and a great attitude. Her dedication to improvement is evident in her efforts in practice, and she leads by example both in and out of the water. Kaelin is also a supportive and uplifting teammate, always ready with encouragement and a positive word. We're proud to recognize her as the swimmer of the month!

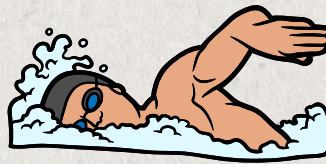
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Swimmers of the Month- AGE



Lucas Gray



Collins tackles every practice with a smile on her face and a positive attitude. She has shown major improvements in her training over the past couple of months. Collins had a great meet at Junior Provincials. She swam personal best times in every event and most importantly demonstrated great sportsmanship. Collins is a great teammate and a pleasure to coach. Congratulations on being swimmer of the month Collins!

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Swimmers of the Month- AGD



Audrey Fast



For the month of March, the Swimmer of the Month for AGD was picked on the basis of excellence, and we believe that Audrey is most deserving of this award. Through dedication, focus, and attention to technique, Audrey has made big improvements through this month. Great job, Audrey!

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Swimmers of the Month- MSG



Jackson MacDonald



Jackson has shown commendable perseverance this month in MSG! Between grade 12 and coaching minis, he still finds the time to attend practice, and keep morale high during hard sets.

Congratulations Jackson!

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Swimmers of the Month- Super Squad



Luigi Silvestri (Gold)



Audrey Zhou (Green)



Audrey & Luigi - Both swimmers are constantly giving it their all in the water and always coming to practice with a positive attitude!

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Swimmers of the Month- Mini 3



Lily Dinh



Lily is hardworking and determined during practice, she's always on task and demonstrates exactly what we are looking for in a competitive swimmer. Way to go Lily, and congratulations on your graduation into competitive!

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Swimmers of the Month- Mini 2



Helena Dinevski



Our Mini 2 coaches have been extremely impressed with Helena's continued growth in practices. Always coming with a good attitude and ready to learn, Helena has made some massive improvements this last session!

Way to go Helena!

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Swimmer of the Month- Mini 1



Carter Neville



The Mini Marlins swimmer of the month for level 1 is Carter! Carter has been working really hard to improve his freestyle and his coaches are very proud of his accomplishments and perseverance. Carter has made huge progress and is a super strong swimmer. Keep up the great work Carter!

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