

# MM Dec News

## Happy December!

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

### Rural Round Up

December 6<sup>th</sup> will be our first intro-competitive only meet for the season. we have 19 swimmers from mini 3 and Super Squad heading out for the weekend!

### Prairie Winter Invitational

December 11<sup>th</sup> - 14<sup>th</sup> the Marlins Competitive swimmers will be participating in our first big meet of the season. We have a huge increase from last season, with 68 swimmers participating in the meet

### Holiday Break

All programming will conclude on either the 18<sup>th</sup> (minis and MSG), 19<sup>th</sup> SS, AGD, AGE, and 20<sup>th</sup> TAG

Practices will resume their normal schedule as of January 5<sup>th</sup>.



### Class Cancelations

Please keep your eyes on your email for further updates, as of now no classes:

**Dec 11- All groups**

**Dec 12\* TBD- All groups**

**Dec 21-26 All groups**

## \*NEW\* Manitoba Marlins Gear Store

Marlins Gear is all updated for the 2025-26 season in our online store! Please head to the Marlins website to see our fall inventory

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

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## Understanding the Madness- Head Coach Cam Harbeck



This month, we would like to take some time to provide some more knowledge for everyone's understanding of the sport, really highlighting what's important, and helping you understand what goes into our decision-making processes for teaching and competing for your swimmers.

Our staff feels extremely fortunate to have the opportunity to teach in a very free and structured manner. What we mean by this is that at the Marlins, we don't expect every swimmer to learn the same way. Delivery of a skill, for the most part, is a uniform task and is done in a group setting; adapting that skill is where the fun begins for us as coaches. We fully understand and respect that everyone is at a different age and stage of their development, so our staff is tasked with making sure we are being patient with our delivery of tasks, while taking time to help our swimmers work through their skills to get them as confident as possible with what they are working on. From up top in the stands, it's important for me to stress to you all the amount of repetition required in swimming, while it may look like we are doing lots of the same, it is how we build the strongest base possible for these athletes.

Building on this, competitions are the purest form of feedback for us as coaches and your kids as athletes to really see some tangible results in their progress. This was a big reason behind our push to get more athletes competing this year, and it will continue to be our goal as we progress through the season. So far this year, we have seen some major steps forward club-wide, and we are excited to see it continue.

Training- As athletes progress through the club, group by group, the emphasis on training becomes more and more apparent, as the ability to race and improve without the additional work becomes harder and harder. Swimmers, once they get to the AGE level and beyond, will begin to see that without the increase in structure through their training, improvement becomes more difficult. Due to this, you will see lots of instances where we are following our training schedule, forgoing sessions outside of those time slots to maintain our desired training levels to best perform at the focus events such as Prairie Winter, Junior Provincials, or ManSask. For swimmers under this level, what you should expect to see is an increase in the amount of racing and full participation in events when offered. For our AGD and Super Squad swimmers, this addition of extra meet participation at events like the ones we have had this fall to this point is essential for building confidence in their skill set and expanding their comfort zone.



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A Message from Marlins  
Head Coach- Cam Harbeck



Happy December everyone,

We have seen some great progress as a club over the last month, with several of our athletes making huge strides forward towards their goals, and as a club, we collectively are seeing that translate into a healthy and inviting environment. We are happy to announce that we are officially the biggest competitive program in the province, and we would like to take some time to thank you all for your support of us and for choosing to have your swimmers in our club! Success is not an individual effort; your trust does not go unnoticed. We look forward to keeping this wave of good news moving forward into the coming months!

Happy Holidays!

## Need help with Swim Gear?

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

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# MM Dec News

## Mini Marlins News- Mackenzie Alexiuk



Thank you all Mini Marlins Families for a wonderful start to our fall. Our coaches have been extremely impressed with the progress we are all making, and we look forward to seeing it in action at the Rural Roundup, and our Upcoming Mini Meet on December 18<sup>th</sup>. As a reminder, this will be our wrap-up for before the holidays, so we would strongly encourage you to RSVP when the event is posted.

To register your swimmer, we will need you to go to the 'Events and Competitions Tab, select the event and RSVP for your athlete. if you have any questions or need any assistance, feel free to reach out!

In addition, at some point during our break, **Dec 19-Jan, 5** your swimmer will be receiving their progress report detailing how they are doing and next steps for our upcoming winter session.

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# MM Dec News

## 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 November 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.





# MM Dec News

## Swimmers of the Month- NAT



**Kate Horne**



Kate has been doing an amazing job so far this fall! She has really stepped up and is training very well. In addition to having many practice best times and milestones over the past month, Kate is a constant source of positivity for NAT. She has a gift of always making those around her smile, and we are super thankful to have her around!

Keep being amazing!

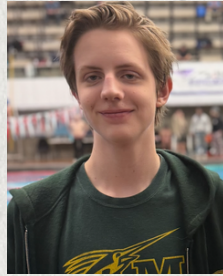
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# MM Dec News

## Swimmers of the Month- TAG

Morgan Nicolson



This month, we recognize Morgan for exemplifying one of the most important qualities in sport: perseverance. Faced with hurdles that would have caused many athletes to step back or give up, Morgan has chosen to push forward.

His commitment to showing up as consistently as possible, even on the hard days, has been a defining part of his growth. Morgan doesn't shy away from the process; he embraces it. Whether it's refining technique, rebuilding confidence, or putting in the extra effort when things aren't going perfectly, he brings a steady determination that lifts not only himself but also the team around him.

Morgan's resilience, dedication to the sport, and willingness to keep moving forward through adversity make him an outstanding role model for his teammates. For these reasons, we are proud to name him this month's Swimmer of the Month for TAG.

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# MM Dec News

## Swimmers of the Month- AGE



Rhys Boyd



Rhys has shown so much progress in a short amount of time. She has become a leader in the AGE group. Rhys always comes to the pool with a smile on her face, ready for whatever challenge the workout has. The coaches are extremely impressed by her work ethic and positive attitude towards all her teammates.

We can't wait to see how fast you swim in the upcoming meets Rhys!

Congratulations on being swimmer of the month!

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# MM Dec News

## Swimmers of the Month- AGD



**Abhaya Sanderson**



Congratulations to Abhaya Sanderson on her admirable perseverance through November! This month, she has shown the whole group what it means to have patience with yourself and still have motivation even after adversity.

Well done Abhaya!

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# MM Dec News

## Swimmers of the Month- MSG



**Ella Martens**



Ella has had a great month with lots of progress! Keep up the great work!

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## Swimmers of the Month- Super Squad



Kitan Oshinowo-Durosimi (Gold)

Astrid Middleton-Dubois (Green)



Kitan and Astrid have been model swimmers this month, coming each day wanting to learn and have fun! way to go!

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## Swimmers of the Month- Mini 3



Helena Dinevski

Charlise Luong



Our Mini 3 Coaches have been super happy with the engagement and fun both Helena and Charlise have demonstrated over the past month! Way to go you two!

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# MM Dec News

## Swimmers of the Month- Mini 2



Emmanuelle Oracheski

Victor Feng



Our Mini 2 coaches would like to recognize Emmy and Victor for their great effort and focus over the last month. Way to go you two!

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# MM Dec News

## Swimmer of the Month- Mini 1



**Eden Van Benthem 6:00**

**Coco Krahm 7:00**



November's SOTM for the first hour of Minis 1 is Eden Van Benthem! Eden has powered through trying new things and even just last week she was able to preserve and complete her first flip! Her coaches are always happy to see her on deck and are super proud of her hard work. Keep up the great work Eden!

November's SOTM for the second hour of Minis 1 is Coco Khran! Coco always comes to practice with a great attitude and is excited to learn new things, even when it is hard. Her positive energy radiates throughout the group and is always appreciated by her coaches. We are super proud of Coco's progress and can't wait to watch her continue to improve!

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