

MM Feb News

Happy February Everyone!

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



Manta Grand Prix

The Manta Grand Prix will be taking place February 22-23 at Pan Am Pool in the Training Tank. this is a 3 day, 3 session meet, 2 sessions on Saturday and one on Sunday Morning.

Selkirk Racing League

For our AGE, AGD, and Super Squad Swimmers we have a competition available on March 15th in Selkirk. for those not going to Man/Sask this will be the only racing opportunity for the month

February Mini Meet

February 27- I ♥ Swimming Mini Meet

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

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.

No Swim Feb 17

We will have no swimming this upcoming Monday February 17th as the facility is on holiday hours for Louis Riel Day. All programming will be cancelled.

On February 27th we will be hosting our 4th Mini Meet of the season. Our friends from the University of Manitoba will be attending this one! Please RSVP if you are able to make it by **February 26th 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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A Message From the Marlins Volunteer Coordinators- Nancy Campange and Laurel Harrison



Volunteer with the Manitoba Marlins: Be Part of Something Special!

At the Manitoba Marlins, we believe in the power of community – and that includes YOU! Whether you're a parent, a swimmer, or someone who wants to give back because someone you love is a swimmer, there's a place for you as a Marlins volunteer.

Why Volunteer?

Volunteering is essential to keeping the heart of the Manitoba Marlins beating strong. A typical swim meet requires upwards of 30 volunteers, and there are plenty of roles for everyone. While we have a wonderful and dedicated group of volunteers, we need your help to ensure we don't burn out the regulars! If you have a competitive swimmer in the program, helping at meets is essential.

Looking for a front-row seat? Volunteering is a great way to see the action up close and personal. Watching kids compete and seeing the smiles and friendships form on deck is truly special!

Wondering What Volunteer Positions are Available?

There are many positions available to help make a swim meet run smoothly. Many require little to no training or experience, including Heat Marshall, meet setup/takedown, and hospitality.

We're currently looking for a Hospitality Coordinator!

This individual is responsible for arranging food for the officials, volunteers, and coaches during meets. Duties include handling food donations, securing sponsorships, planning the menu, and food preparation on event days. Interested? Contact Anton Moyseyenko, Vice Chair, at vice_chair@manitobamarlins.com for more details.

We continue to encourage our Marlins family members to become certified officials and take officials training (Level 1 and Level 2). Swim Canada has published a [pathway guide for officials](#). Training opportunities occur throughout the year with training sessions given by the Marlins, other clubs and Swim Manitoba. We will share information and details on training sessions as they become available!

Want More Information?

We're here to help! Our Volunteer Coordinators, Nancy Champagne, and Laurel Harrison, are happy to answer any questions and guide you through getting started. Check out our [volunteering page](#) on the marlins website or reach out at officials_volunteers@manitobamarlins.com.

Mark your calendar! Nancy and Laurel are hosting a drop-in session on Tuesday, February 25th, at the Pan Am Lounge (Canteen area) anytime between 6:00 - 8:00 PM. Come by to learn more and get involved.

We're excited for you to join our volunteer community and can't wait to see you on deck!

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



Our Marlins staff would like to acknowledge and thank our members for a great start to our winter block of training. Our coaches have been extremely encouraged and impressed with the passion our swimmers have been showing. It makes all of our jobs so easy when our athletes are enjoying and remaining engaged during practices. Keep up the great work and great listening!

Success in swimming is based on swimmers and parents alike understanding the process of the sport. Our coaches work with our swimmers on the skill of setting process-based goals to help them understand where they need to be. Remember, the times swimmers are chasing don't show up until they finish the race. Swimmers must first learn and understand what they need to accomplish to reach their end goals. The question we ask is, **'What do you need to do to get to where you want to be? What are the skills we are working on, and how do you apply them in a racing setting?'** We look forward to continuing to see this progress throughout the season!

Cam Harbeck

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



We would like to thank all of our families for trusting and supporting the move-ups offered throughout the winter. Our staff has been extremely impressed with everyone's adaptation to the new skill sets provided by our coaches and the eagerness our Minis are showing in learning these new skills. We encourage everyone to consider participating in our mini meets, as it is the most effective way for our coaches and swimmers to see both gains and gaps in skill development. Please consider these opportunities.

We look forward to seeing the progress in the coming weeks!

Program Lead- Cam Harbeck

Have Questions? Ask!

We always appreciate any questions or concerns you may have around programming. Please feel free to reach out to info@manitobamarlins.com

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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.

We will be highlighting 2 months of swimmers of the month, December's theme is **Excellence**, and January's is **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



NAT- Ahmed Bennani



For Excellence and our December Swimmer of the Month, we would like to recognize Ahmed. Ahmed has taken on a positive switch towards his goals, embracing the challenges of a higher standard of training required to get to what he wants to achieve. His efforts have helped him break the 5:00 Barrier in his 400 IM and crack the top 50 nationally for his age in several of his races.

NAT- Noella Champagne



For Perseverance and our January swimmer of the month, NAT would like to recognize Noella. Noella has been working extremely hard towards her goals, and to get to where she wants to be requires a sizeable technical change which she has been working very hard to implement. Her dedication to getting where she wants to be is impressive, and we can't wait to see this change in action at Man/Sask!

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Swimmers of the Month- TAG



Julian Frank



For Excellence, we would like to recognize Julian. Julian has taken some major steps this year, constantly finding improvement almost every meet. He has embraced a process-based mindset, engaging and applying the necessary changes to get him to where he needs to be. Julian's great mindset was on display during PWI in December, as he moved into the top 50 nationally for his age in every event he swam., cracking the top 15 at the time in his 200 Bk . Way to go Julian!

Isla Harrison



For Perseverance, we would like to recognize Isla. Isla has been working incredibly hard this fall towards her goal of a Man/Sask cut, which she achieved at PWI in her 200 Fr and 50 Fr. Isla is always at practice ready to work hard, and has been working very hard to implement the skills she needs to continue to grow.. Keep up the great work Isla!

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Swimmers of the Month- AGE



Eloise Hedges



Eloise has an excellent work ethic. She always gives 100% effort in any set we are doing in the pool and any workout we are doing in dryland. Eloise makes a conscious effort to take what is being learned in practice and use it in races. She is always cheering on the rest of the Marlins swimmers and being a great teammate. We can't wait to see you crush your goals this season Eloise!

Emily Hirayama



Emily has had a great month of training. She has a great work ethic that she has shown in the pool as well as in dryland. Emily always comes to practice with a positive attitude and smile on her face. The AGE coaches have seen big improvements in Emily's swimming in a short amount of time. She always makes an effort to do "the little things" right that make a big difference over time. Congratulations on being swimmer of the month Emily! We can't wait to see how fast you swim this season!

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Swimmers of the Month- AGD



Evelyn Holmes



For the month of December, we are pleased to announce that Evelyn Holmes has been named as AGD Swimmer of the Month. The theme of December was perseverance, and we believe Evelyn, with her high attendance, dedication to training, and maturity when faced with challenges, has made her a prime example of this principle. Congratulations, Evelyn!

Ilia Antipev



The January Swimmer of the Month for AGD was chosen based on the principle of excellence, and we believe that Ilia Antipev embodies this value. Ilia's go-get-em attitude, strong leadership presence, and dedication to training culminated in a stellar performance at this month's Junior Provincial Championships in Brandon. Well done, Ilia!

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Swimmers of the Month- MSG



Laura Demarcke



Laura exemplified exceptional attendance and effort this past December; congrats to her for persevering those tough morning practices and always keeping the energy up!

Leo Polyakov



Leo has shown excellence in many things the past month, his dedication to sets, commitment to refining skills, and encouraging his friends!

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Swimmers of the Month December- Super Squad



Carol Weselak (Gold) & William Martin (Green)

They are both always pushing themselves in and out of the water. Carol and William each had an amazing end of their swim year!



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Swimmers of the Month January- Super Squad



Claire Burns (Gold) & Elizabeth Holmes (Green)

Both swimmers have improved so much in the last month. Always looking for feedback, and striving to do their best!



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Swimmers of the Month- Mini 3



Hannah Huang



Hannah is our swimmer of the month for “excellence!” Hannah has shown that she can adapt to any situation, and perfect a new stroke, swim, or kick in little time!

Benedict Tran



Benedict has demonstrated great perseverance with his swimming over the month of December. He shows a special interest in improving and developing his breaststroke skills. In addition he has improved on his techniques not giving up when the practices became difficult.

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Swimmers of the Month- Mini 2



Gabriel Ocana Cano



From day one, Gabriel has been committed to improving his skills as a swimmer and a team member. He shows up on time and ready to learn and listens to and incorporates feedback into his swimming. He takes swimming seriously, and the level 2 coaches hope he keeps up the good work!

Roewyn McLean



Roewyn always shows up to practice happy and ready to swim. She listens to advice and tries her best at every challenge she's given. Her positive attitude makes her a great swimmer and helped her succeed at her first mini meet. It's been a pleasure coaching Roewyn!

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Swimmers of the Month- Mini 1



Sasen Muthukumarana



Minis 1 swimmer of the month for December is Sasen! Sasen has been working super hard to improve in all of the strokes and is very consistent in his underwater techniques!

Courteney Deng



Minis 1 swimmer of the month for January is Courtney! Courtney has shown commitment in her understanding for new skills introduced to the level and is always ready to get in the pool and swim.

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