

# MM Jan News

## Happy New Year!

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

### Bison Sprint IM

On Jan 10<sup>th</sup> the marlins had 80 swimmers competing in the Bison Sprint IM meet. While the results may not have reflected the skill (many with very little contact with the pool prior to this meet following out break, our skills and forward progress was very evident for our staff.

### Seals Invite

On Jan 23-24 We will be competing at the St. James Seals Invite. We are looking forward to some great racing, this will be the last event before junior provincials in February.

### Edmonton Open

Our NAT and TAG group members who have qualified are headed out to Edmonton to compete in the Edmonton Open Jan 30-Feb 1. This is a super fun and different experience for many at this level.



### Class Cancellations

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

**Jan 23- Programs shut due to Swim Meet.**

## \*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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# MM Jan News

**New Year, same objective- Helping your athletes see the way forward**

**Head Coach- Cam Harbeck**



Happy New Years Marlins Families!

As we move into 2026, I am making this a bit of a personal resolution to provide some perspective and information to help all of our members continue to feel welcome, supported, and important. As the Head Coach, I feel extremely fortunate to have a staff that is very strongly educated in this sport, and even more importantly, approaching solutions and problems from different perspectives. For us to have the most successful product possible for every one of these athletes as individuals, we need to constantly be learning from each other, and the athletes, to make sure our delivery and messaging is getting our core principles of Fun, Understanding, and Compete across. From my vantage point, the importance of giving these kids variety in terms of the messaging and coaching styles of our program is vital to keeping all these kids moving forward.

Our staff is structured in a really positive way, with the goal that our philosophies match the needs of the kids:

**NAT-** Performance through technical stability and increased technical strain demonstrated in competition. Swimmers at this level train as they would race, and race as they train. We are polishing skills and performing objective goals daily to reach our end targets.

**TAG-** A swimmers pre & post growth spurt technical refinement- Adding technical endurance to competition with a goal of being able to maintain and execute it for an entire race

**AGE-** A swimmer's first volume increase. Swimmers learn at this level how to perform skills for longer periods of time, starting to stress them and be asked to stress them more consistently in a training environment.

**AGD-** Skill acquisition and refinement during competition. At this level, swimmers will begin to hone more competition-specific skills. This is the level where we are the most patient, taking our time to do things correctly to set up the most long- term success.

**SS-** Acquisition of the remaining basic 4-stroke skills + introduction of competition.

**MSG-** MSG hits almost all of these categories, depending on the ambition of the swimmers. Juan provides our swimmers with the ability to choose their path at what speed they wish to move forward, with a strong fitness focus in his training.

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**New Year, same objective- Helping your athletes see the way forward**

**Head Coach- Cam Harbeck**



...With all of that above considered, our coaches have the autonomy to ensure we are hitting those group objectives in the way they learn and feel is best for our athletes. This collective understanding by our coaches, and shared goals of teaching, coaching, and connecting with these kids the right way is what I feel sets us apart in Manitoba. We strive as a unit to make everyone feel cared for under our umbrella, while providing a space where all athletes can perform, all parents can learn, and all families can celebrate the success as we hit each goal along the way.

While we might now own the title of the largest club in the province, we will never compromise our passion for giving back to these kids, making them all feel special and welcome, while providing excellent instruction and guidance forward towards their athletic ambitions. As a staff we move as a unit, and as a club we want to make sure all families feel they are part of this process. Truly- Thank you all for being here, we cant wait to see what the future has in store for us.

Our emails are always open for questions- please never hesitate to seek clarity and understanding. we are all here to support!

Looking forward to a great start to the year!



# MM Jan News

Welcome Back Minis!  
Cam Harbeck



Welcome back for our second block of the year, Mini Marlins! Congratulations to all of those who have progressed to the next level. Mackenzie, Luc, and all of our staff have been providing us with outstanding updates on the quality and progress of this group of minis, which makes us extremely excited for the future of our club!

Just a couple of notes from the Head Coach-

**Pool Foulings-** This season, we have had an above-average amount of pool foulings from our program. Please remember if your swimmer is not feeling well do not bring them. A fouling not only affects our Mini Classes, but also the other 100-150 swimmers we have in the pool. Out of fairness for all athletes, we are asking you, please, to consider everyone in these decisions.

**Mini Marlins Graduates/ new members-** Over the next week, I will be contacting you all to complete either your upgrade (moving to competitive), or registration if you have yet to do so with Swim Canada.

Have a great start to the session! as a reminder there is no Class Jan 23 due to a Swim Meet!

## 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 Jan 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 December our theme was **Integrity**

**\*There is no Mini Marlins swimmers of the month for December due to it being an evaluation month.**

## 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**



Isabelle is what we all strive to be in a NAT Swimmer. Always coming to work hard, leading with her actions, and having fun with her teammates, Isabelle's commitment and joy for the sport has continually been rewarded by great results this fall, and will see her achieve new heights this season!

Keep being amazing and leading by example Isabelle!

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# MM Jan News

## Swimmers of the Month- TAG

Elise Patzer



Elise is being recognized this month for the integrity she brings to every practice and every challenge. She consistently puts in the work on the skills and habits we ask of her — not just when a coach is watching, but because she holds herself to a high standard. Elise is receptive to feedback and always makes a genuine effort to apply corrections and improve.

She is honest and respectful in her communication, even when practices are tough or things don't go as planned. Elise shows maturity during moments of disappointment, staying composed, learning from the experience, and using it as motivation to work harder and move forward.

Her honesty, effort, and commitment to doing what is right make Elise a strong role model for her teammates. Well done, Elise — your integrity truly stands out.

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## Swimmers of the Month- AGE



### Emma-Marie Dobie

Emma has had an amazing start to the season. She has had multiple best times in every meet that she has competed in. Emma has a great work ethic in practice and has become one of the leaders in the AGE group. Emma always has a smile on her face and a positive attitude. She makes practice more fun for all her teammates and coaches. The coaches were particularly impressed with Emma's performances at PWI this year. Not only did she swim great, but she handled a prelims/finals meet with a great deal of maturity and was an awesome teammate to all the Marlins swimmers.

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## Swimmers of the Month- AGD



**Thomas Weselak**

This past month, Thomas has been a fantastic representation of integrity in AGD! He can always be trusted to run the full amount of laps, or do all of warm up without supervision, even encouraging his teammates to do the same.

Congratulations Thomas!!

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## Swimmers of the Month- MSG



### Jeremy Schmidt

As the season progresses Jeremy has shown a great attitude towards every single practice, following instructions and respecting others in every practice, Jeremy has also shown a great amount of discipline throughout the month, paying attention to detail and fixing the little things to help improve his strokes.

Keep up the great work!!!

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## Swimmers of the Month- Super Squad



**Lucas Murooka (Gold)**

**Natalie Grahm (Green)**

Lucas and Natalie have been working super hard so far  
this season! Keep being amazing!

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