



Coaches

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Clunie Marlins Swim Team

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Clunie Marlins Flyer- 2019

'Team Unify' Registration

- Webpage: <https://www.teamunify.com/reccosm>
- Team Parents create account/update info
- *Check in often!*
- **'OnDeck' Mobile App**
 - o Get News/Updates on the go
 - o Sign Up for Meets, Meet Results, Check Best Times

Important Dates

- Mock Meet: (6/26/19 @ Natomas High School)
- **First Meet: (6/29/19 @ Natomas High School)**
- Team Pictures: (7/11/19 @ 7PM)
- **All League Meet: (8/3/19 @ Meadowview)**
- End of Season Party: (8/6/19)
- **More TBD on TeamUnify...**

Parent Volunteers

- Everyone must do their part! → 4 hours/family
- Online sign-up sheet on TU
- Webpage → 'Parent Volunteers'

Thank you for your support!

Training Groups

- **AGES 7-8: Green Group- Fundamentals**
 - o 4 Strokes
 - o Fun, games, sportsmanship, positivity
- **AGES 9-12: Blue Group- Refine Technique**
 - o Drills, repetition
 - o Starts, turns, underwater work, finishes
- **AGES 13+: Red Group- Physical and Mental Training**
 - o Race strategies, mental preparation, visualization
 - o Unity and fellowship among teammates

Team Gear

- Team Colors: **Black/Royal- Required for competition**
- **Team Suits:** <https://qteamstore.com/collections/clunie-marlins>
- **Training/Custom Gear:** <https://www.swimoutlet.com/coscluniemarlins/>
- **Team Apparel:** <https://teespring.com/clunie-marlins-2019>

Links on TeamUnify → 'Team Gear'

The Clunie Marlins Swim Team is part of the recreational swim league managed by the City of Sacramento's Aquatics Section. We are open to all swimmers between the ages of 7 to 17. Using the sport of swimming, our goal is to build and uphold a fun, unified, thriving community; where all are given the opportunity to learn new things, build meaningful relationships, and find fulfillment and self-confidence through true accomplishment. Our coaching staff will also be introducing and developing our athletes in **Proper Swimming/Technique**, understanding **'The True Competition', Sportsmanship, and Unity**; Building them a strong foundation moving forward; whether it is swimming at the next level, competing in other sports, working with others, or challenging themselves by setting new personal goals in life.

Proper Swimming/Technique: Swimming, like any sport, takes years to develop. However if done right, it is an activity that can last a lifetime, with long term benefits to your health and well-being. With the proper technique and training, our swimmers will be much more efficient in the water, leading to faster swims and less stress on the body overall. Improper technique consists of unnecessary movements which can lead to more drag in the water and even injuries. This is why our coaching staff emphasizes **longer, controlled, efficient strokes, rather than quick rapid movements.**

"Swimming puts only 10% of the stress on your joints (compared to other sports) which is great for your long term health. You've got to make that body last a lifetime." -Michael Phelps (Former USA Swimmer)

'The True Competition': While wins, medals, and championships are great and should not be discounted, the true competition is with yourself. That's not to say that competition isn't a good thing. **Competition pushes us, it teaches us, but it should NOT define us.** If a swimmer has the race of their life and beats a personal record, they will be applauded and congratulated, regardless of where they place. Likewise if a swimmer gets 1st place, but personally did not swim a very good race, s/he will be encouraged to make adjustments so they can continue to grow and improve. **Our main goal is to develop each individual, and the team, to be at their natural best,** then we will be satisfied with the results; win, lose, or draw. Our coaching staff will be supporting and encouraging our athletes every step of the way, and we encourage that support from teammates and parents as well.

In the pool and throughout your life, never spend your time trying to be or thinking you are better than somebody else. Stay focused on the goal in front of you and take pride in the hard work that it took to achieve it.

"Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming." -John Wooden (Former UCLA Basketball Coach)

"You are your competition. And that is what ensures you stay in the game the longest, and that is what ensures you find joy. Because the joy comes not from comparison, but from advancement." - Simon Sinek (Speaker, Author)

Sportsmanship: Respect for your competition, officials, teammates, coaches, and parents is held as high as anything else. **Every swimmer has the capacity to be a champion in their own right, so we must act as such, through every triumph and every struggle.** Shaking hands with competitors after a race, showing support to teammates, and being respectful to those around you are just a few examples. Coaches acknowledge and appreciate swimmers who demonstrate these qualities consistently, because all other aspects in our philosophy are greatly diminished without sportsmanship. Take note of these things when conducting yourself in and out of the pool, because **you are not only representing yourself, but the Clunie Marlins Swim Team as well.**

"It is your response to winning and losing that makes you a winner or a loser." -Harry Sheehy (Athletics Director- Dartmouth College)

Unity: Although swimming is mostly an individual sport, without one another we cannot be at our natural best; **We need each other to make it happen.** Swimming together as a team will push you harder at practice. Cheering each other on as a team will bring out the best in everyone. Socializing outside of the pool as a team makes the experience even more enjoyable. We train as a team, we compete as a team, we support one another as a team, and **we ALL have a role to play, regardless of pace.** Because the relationships you build here will not only add to the experience, they are vital to the long term fulfillment of this sport and may even lead you beyond the pool...

Always give it your best, not just for yourself, but for one another. It is when we put aside our ego and devote ourselves to something greater that we find true reward.

"One of the deep secrets in life is that all that is really worth doing is what we do for others." -Lewis Carroll (English Poet, Author)