

MARLINS MASHUP

VOLUME 2 ISSUE 4

MARCH 2025

A monthly *(or so)* newsletter brought to you by your Team Reps

Important Dates:

Registration: Registration for the Marlin swim team within TeamUnify IS opens!

[Register for the Marlins HERE!](#)

Parent Information Session (ZOOM) | Thursday, May 15th, 6:30 pm- 8 PM

Whether this is your first season with the Marlins or your tenth, join Team Reps to kick off the Marlin Season at the Virtual Parent Information Session.

This session will be held over **ZOOM**, and all parents are welcome and encouraged to attend.

Team Swimsuits: Suit Up | Parent Happy Hour | Friday, May 16th | 4:30 – 6:30 PM

Stop by the pool and get your Marlin swimsuit on deck by Sport Fair USA. Sport Fair will be on hand to help size swimmers for their team suits.

Parents can bring their own beverages and head to the back of the pool to meet, and we will answer any lingering questions. **We will be distributing this season's caps and tees and any swag that is purchased during registration.**

Meet the Coaches:

We had a wonderful Meet the Coaches event at the Basketball Hoop on March 15th. If you couldn't make it, no problem! Read below and familiarize yourself with the 2025 coaching staff.

Head Coach:

Sean Conley

Hello, McLean Marlins parents and swimmers!

My name is Sean Conley, and I am excited to become your new Head Coach. My swimming experience began in the NVSL, competing for my neighborhood pool, Donaldson Run. In high school, I trained year-round with Clark Swim Club and swam all four years at Washington-Liberty High School. I recently graduated from Franklin and Marshall College where I was a 4-year varsity swimmer and team captain my senior year. At F&M, I majored in mathematics, minored in physics, and earned a certificate in Data Science. In September I began a Masters program in Data Analytics Engineering at George Mason University.

I am currently the lead coach of a new competitive club team with Swim Farm, where I work with the

owner Phil Caslavka, who is also Donaldson Run's Head Coach. In addition, I am the Assistant Coach of McLean High School's varsity swim team.

Formerly, I was the Head Assistant Coach at Donaldson Run. I helped the Thunderbolts begin their longest tenure in Division 1, achieving their highest finish in the Division and at All-Star Relays.

As a coach, I look to build a positive and fun environment for all. I focus heavily on skill development and fostering a love for swimming. My goal is to instill confidence and faith in every swimmer's ability. Since this is a competitive sport, I also feel it is important to teach athletes to enjoy and thrive in competitive environments.

I am looking forward to meeting all of you and working towards an exciting season! ~Coach Sean

Assistant Head Coach:

Jack Forde

Hi Marlins! This is Jack Forde, your new Assistant Head Coach for 2025! I've been a Marlin since I was six years old, and being the Assistant Head Coach was something

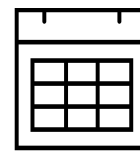
In this newsletter:

T-Shirt Winner!
This year's summer swim T-shirt design Winner is:



Ben and Sedi Talebian!
Congratulations, and let's FEAST!

Important Dates



Coach Announcements



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I dreamed of back then. If I went back in time and told him about where I am now, I'm not sure I would believe it. McLean is an awesome place and I'm confident Coach Sean and I can keep making it better and better. My

number one goal for this summer is to get our heads down, work hard, and see big-time drops for every swimmer. I'm super excited to see everyone's faces again and get started on the 2025 season!

Maya Sharma (Assistant Coach and Futures Head Coach)

Hi Marlins! I started swim lessons in 2009 and joined the Future Marlins program in 2011. I became a member of FISH swim club team in the fall of 2012. Before graduating from The Madeira School in 2024, I was a member of the varsity swim team for four years and was a team captain my senior year. I was also a member of the State Team, and my favorite event is the 500 free. I am currently a freshman at William and Mary where I am studying Kinesiology. I started my coaching career as a Future Marlins coach in 2019. In 2022, I started coaching the Mini Fish program for club team, and I continue to work with them during my school breaks. I am looking forward to another fun summer with the Marlins!

Kevin Campbell (Assistant Coach)

Hi! I am currently a freshman at Virginia Tech. I joined the McLean Marlins when I was 4 years old after we moved to McLean and realized MSTA was in my backyard. I swam for the Marlins in the summer while swimming in winter for York Swim Club and was on the McLean

High School Swim Team. During my Junior and Senior years, I was named team captain. For the past 5 years, I have coached for the future Marlins, Norman swimming, private lessons, and the Swim Farm. I am super excited to return as an Assistant Coach and amp up the Marlin's spirit this season.

Owen Thiebert (Assistant Coach)

Hello Marlins! My name is Owen, and this will be my second season as a Marlin Assistant Coach and my 7th year as a swimmer. I have been swimming since I was 5 years old and have been swimming competitively since I was 13. Outside of the pool, I will be graduating from McLean High School this year, where I run track. In my free time volunteer regularly to help local animal shelters, I enjoy hiking and seeing my family. I can't wait to see everyone back on the pool deck!

*MC Restrepo (Assistant Coach)

Hi Marlins! I'm so excited to be joining the coaching team this year as an assistant coach. I've been swimming for the Marlins since I was an 8 and under and swimming for the Marlins is what made me want to swim year round. When I was 8, I joined Nation's Capital Swim

Club (NCAP) where I've been swimming ever since at the American University location. I am currently a senior at the Washington International School and plan on attending Grinnell College next year where I will swim for their NCAA Division 3 swim team. Over the past several years I've taught swim lessons and work for NCAP's swim school as an instructor. As a swimmer I specialize mostly in butterfly and backstroke. I can't wait to see you all on the pool deck for an awesome summer of fast swimming and fun!

*Joey Ferris (Spirit Coach and Assistant Futures Coach)

Hey guys! I'm Joey and I'm currently a junior at McLean Highschool. This is my first-year coaching with the Marlins and my 7th year as a swimmer. I've been a Marlin since I was 9 years old, and I've been swimming competitively since I was 10. I've coached future marlins for the last 4 years, private lessons for 3 years, and Norman swimming for a year. Outside of MSTA, I'm a part of the Varsity girls lacrosse team at McLean and True NOVA Girls Lacrosse. I love the beach, hanging out with friends, and spending time with my family. I'm ready for a hype season and can't wait for the fun summer ahead!

Importance of Stretching: I will mention that I am not a provider, so if any pain persists, don't delay- Go see your doctor!



Sooner or later, a swimmer's shoulders are gonna end up with pain and stiffness. Not like the 40+ body aches and pains, but injury from over-use type pain. How do we prevent, delay, or address **Swimmer's Shoulder**?

STRETCHING! If you have ever been to the doctor or physical therapy, the first question related to stiffness is typically, how often do you stretch? That is typically when I turn red and say, Sorry for wasting your time.

But since this is not about me, I will provide the same advice they give me: **stretch!** Stretching keeps the muscles flexible and healthy. Stretching helps with range of motion and overall decreases risk for joint pain, strains, and muscle damage. Back to Swimmer's Shoulder... When the front of the chest and shoulder are overworked and become over-developed, if the back and shoulder muscles are not strong enough, pain at the top/front of the shoulder may develop. Stretching the front of the chest and front of the shoulders is key to preventing swimmer's shoulders.

Best Stretches for Swimmer's Shoulder:

- [Pectoralis stretch](#) (The Doorway or Stop Sign Stretch)
- [Shoulder External Rotator Stretch](#)
- [Thoracic spine mobility](#) (with
- [Lats Stretch](#)