

# The Marlinator Newsletter

# Week of 6/16-6/21 - 2ND MEET AGAINST WILLOWICK

#### **COACHES UPDATE**

What a week! This issue of the Marlinator is coming a little late due to the rescheduled meet.

Thank you so much for your flexibility with the rescheduling of the Euclid. I know it isn't easy to adjust schedules like we had to do. The rain Saturday morning would have led to a miserable first meet and even more importantly, the rain made it so that Euclid staff could not see the bottom of the pool. As that is a safety issue, we had no choice but to reschedule.

As it was, we had a FANTASTIC first meet of the season!! The coaches are all very proud of our Marlins and hope that everyone had a great time.

One of the great things about swimming is there are SO many reasons to celebrate: completing a new event, dropping time in an event, not DQ in an event for the first time, improving technique, and our individual and team success! **Every Marlin** has something to be proud of already this season! We say this so you can support your swimmers' positive experience with the sport without putting too much emphasis on just winning races. That said, yes, we did win the meet. A results file will be sent out as soon as possible

This weekend we look forward to hosting our first home meet of the season versus the Willowick Wildcats. They are a large team so expect the Civic Center Pool area to be crowded!

# Go Marlins!

#### WEEK 3 -

## Themes:

**Team Building:** Positive Mindset

Practice Skills: Starts & Turns

Meet Theme: Neon

# Announcements:

- Volunteer jobs still needed for this weekend's meet! iclick to sign up
  - Any middle school and high school age swimmers are welcome to volunteer to time! Coach Patti will sign off on service/volunteer hours for this.
- Buddy Groups are Here!
  - Please view this document to see the groups
  - And this document to see some <u>Buddy Group Do's and Don'ts</u>

Don't forget to wear your NEON gear to the meet to cheer on our Marlins! Let's show our team spirit and make some colorful noise!

- ATTN 9-10 Parents: Your Age Group Coaches have a Remind set up. <u>Click here to join!</u>
- Gift Card Calendar Fundraiser  $\rightarrow$  click to view
  - Each family should sell five (5) tickets to friends and family. Tickets are \$10 each. If you'd like to sell more tickets (yay!), please <u>click here</u> to print extra tickets.
- **Spirit Wear** thank you to everyone who ordered! Items will be distributed to swimmers around the end of June.
- **Swimmer's Team T-shirts**: were ordered and will be distributed to swimmers around the end of June.
- Pictures Make up pictures can be taken today (6/17) only from 5:30-6:30 p.m. to get your swimmers' photo. This is first come, first serve. You will receive an email within the next week with your swimmer's private gallery. You will then have the opportunity to place your order and items will be shipped to your home.

#### **REMINDERS:**

- → Meet RSVP: You have two options for confirming your attendance using the <u>SportsEngine mobile app</u> or on our <u>team</u> <u>website</u>. Here's a short video showing <u>how to RSVP through the app</u>. Please choose the method that works best for you!
  - ◆ RSVP for each meet well in advance.
  - RSVP weekly, with a deadline of Wednesday at 9 AM each week.
- → Swim Caps for Sale!
  - ◆ \$10 for silicon or \$5 for latex! Exact cash or check (made payable to Mentor Marlins) preferred, but Venmo also available (@MentorMarlinsSwimTeam). See a parent board member at practice to purchase yours!
  - ◆ While caps are not mandatory during meets, most swimmers prefer to wear them as they help improve movement efficiency and keep goggles in place for better visibility.
- → <u>Volunteer jobs still needed for this weekend's meet!</u> → click to sign up
  - ◆ For those that already signed up for a job this weekend as well as at future meets, thank you! As a friendly reminder, we ask that **each family volunteers at a minimum of 3 meets**. Whether you're a seasoned volunteer or new to the team, there are plenty of positions available for everyone.
- → Quiet for the Start! At meets, it is important that swimmers and timers behind the blocks can hear the starter official. Please remind swimmers that when they're behind the blocks, they should be quiet for the start of each race.
- → Evening Practices: space is limited and registration is required, using the <a href="SportsEngine mobile app">SportsEngine mobile app</a> or on our <a href="team">team</a> website. Swimmers should only attend one practice per day unless needing to double has been discussed with your coach. If you are signing up multiple swimmers, be sure to fill in a separate slot for each swimmer.
- → UH Wellness Center Reminders: Please remember, no eating in the pool area and no videos allowed in the pool to ensure everyone's safety and enjoyment. Please remind your swimmer to respect these policies to keep our practices running smoothly.
- → **During Practice**: Please refrain from approaching coaches during practice. If you have questions or feedback, please find a parent board member or wait until practice is over. Head Coach Patti Talarczyk is also happy to answer questions.

## **MEET INFORMATION:**

HOME AGAINST Willowick Wildcats
LOCATION: Mentor Civic Center Park Pool

**ADDRESS:** 

8500 Munson Rd. Mentor, OH 44060 Date: Saturday, June 21st Check In: tba ~6:45-6:50am Warmup: tba ~7:00am Meet Begins: tba ~8:00am

# **Family Focus**

This week our skills focus is on **starts and turns**. A great way to further developing starts is to take advantage of the Dive clinics being offered at the UH pool. Take a look at the <u>flyer!</u> Swimmers can participate in 1, 2l or all 3 of the sessions. These clinics are free to UH members and \$10 per session for non-members. Spots will be limited so register in advance.

Our team building focus this week is developing a positive **mindset**. In the Coaches Update above, there are several positive things to celebrate in swimming. Try to focus on those things in your conversations at home and help swimmers avoid negative self-talk, and avoid focusing too much on being the winner or other aspects that can detract from a positive mindset.

# Congratulate our Swimmers of the Week!

	8 and Under	9 - 10	11 - 12	13 - 18
Girls	Odette	Emersyn	Kait	Sarah
	Burton	McKinney	Tenney	Horvath
Boys	Elliot	Dillon	Brayden	Austin
	Kheres	Davis	Glover	Tekavec



# QUICK LINKS: PRACTICE SCHEDULE: CONTACT US: ★ Team Website Monday Civic Center Facebook: @MentorMarlins Instagram: @MarlinsSSL

- ★ Team Handbook
- ★ What to Bring Guide (Practices/Meets) Marlins Store
- ★ Meet Results
- ★ League Website

	8:30-9:3010 & Under 8:30-10:00 11 & Up	
Tuesday	Civic Center 8:30-9:3010 & Under 8:30-10:00 11 & Up *Evening: 6:45-7:45	
Wednesday	Civic Center 8:30-9:3010 & Under 8:30-10:00 11 & Up	
Thursday	Civic Center 8:30-9:3010 & Under 8:30-10:00 11 & Up *Evening: 6:45-7:45	
Friday	**UH Wellness Center 8:30-9:30 10 & Under 9:30-10:30 11 & Up	

<sup>\*</sup>Registration required using the <u>SportsEngine mobile</u> <u>app</u> or on our <u>team website</u>.

## **Parent Board:**

mentormarlins@gmail.com

Coaches: MSTCoaches@gmail.com

<sup>\*\*</sup>New Members Only: If attending a Friday practice at UH Wellness Center, you must complete and return this waiver.