



The Marlinator Newsletter

Week of 6/30-7/5 - 4TH MEET AGAINST WILLOUGHBY

COACHES UPDATE

We had another great meet this past weekend and the Marlin's record has improved to 3-0. You can view the [meet results](#) here.

This week is a shortened week as there is **no practice on Friday, July 4th**. Historically, we have had practice on Independence Day but this year it falls on a Friday and the UH Pool is closed. Due to this week's schedule change, swimmers will be eligible to participate in the meet with only two practices. In general, be sure to attend at least 3 practices a week to be in the meet. Contact Coach Patti with questions.

As we are midway through the season, please complete this [brief feedback form](#). There are only four questions as this is intended to capture a snapshot of how our Marlins families are feeling at this point in the season. You may fill it out more than once if you have multiple swimmers in different age groups. We will offer a more in-depth survey at the end of the season.

Friday, July 5th will be an away meet at nearby Osborne Park Pool in Willoughby. They also have a large team so be prepared for a meet that runs a bit longer than we had against the Tigersharks. See you at the pool!

Go Marlins!

WEEK 5 -

Themes:

Team Building: Goal Setting

Practice Skill: Sprinting

Meet Theme: **Patriotic**

Let's show our team spirit! Don't forget to wear your RED WHITE and BLUE to the meet to cheer on our Marlins!

Announcements:

- **No Practice on Friday, July 4th due to the holiday!** Please plan accordingly to attend three practices. If you're only able to make it to two, that's okay—you will still be able to swim in Saturday's meet.
- **Looking for volunteers to coordinate fun age-specific outings throughout July!** If you are interested in helping plan your child's age group outing, please text Missy at (440) 478-7698 for details!



- Would you like to receive Remind App or Text reminders from your coaches? If you have a 10 or younger swimmer, please join these Remind groups:
 - [8&U](#)
 - [9-10](#)
- [Volunteer jobs still needed for this weekend's meet!](#) 🙌
click 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.
- [Dive Clinics](#) - space is limited! Free to all UH Wellness Members, \$10/class for Non-members. Stop by UH Wellness Center or email Marybeth.ohl@uhhospitals.org to register!
 - July 9, 6:30 - 7:30 pm
 - July 23, 6:30 - 7:30 pm
- [Buddy Groups](#) (click to view assignments) and see some [Buddy Do's and Don'ts](#)
- [Gift Card Calendar Fundraiser](#)
 - Today (6/30) was the last day to participate. Winners will be announced each day starting 7/1 on our [Facebook page](#) - be sure to follow us! Thank you for your support! We will be selecting a winner each day in July, with announcements posted on Facebook.

REMINDERS:

- **Meet RSVP:** You have two options for confirming your attendance using the [SportsEngine mobile app](#) or on our [team website](#). Here's a short video showing [how to RSVP through the app](#). 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.
- **Champs Eligibility:** Be sure you swimmer(s) have participated in at least 3 meets during the season to be eligible to compete at Champs. The original Euclid Lineup DOES count and medical exceptions can be petitioned for with the league. See Coach Patti with any questions.
- **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.
- [Volunteer jobs still needed for this weekend's meet!](#) 🙌 *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.

- **Evening Practices:** space is limited and registration is required, using the [SportsEngine mobile app](#) or on our [team 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.
- **Spirit Wear** - orders were distributed last week. If you still need to pick up your order, please [email the Parent Board](#).
- **Pictures** - You should have received an email from Lake Photography with your swimmer's photos. If you did not, please contact them at 440-666-5980.

MEET INFORMATION:

AWAY MEET AGAINST WILLOUGHBY STINGERS

LOCATION: Osborne Park Pool

Date: Saturday, July 5th

ADDRESS:

Check In: tba ~7:15

38575 Lakeshore Blvd.

Warmup: tba ~7:30

Willoughby, OH 44094


Meet Begins: tba ~8:00

Family Focus

Hydration and Nutrition: Hopefully the heat wave we had last week eases up and our pool cools down a bit. Coaches noticed increased swimmer fatigue at practice due to the heat. Athlete's sweat even when in the pool so hydration is important. Swimmers should be drinking water throughout the day to keep hydrated in addition to having water at practice.

This is also true at meets. Coaches notice when looking at times, for many swimmers races earlier in the meet are often faster than later in the meet. We know that many factors connect to this and it is a long day. If we focus on things we can control, staying hydrated, and making healthy food choices can help a swimmer do their best throughout a meet.

Congratulate our Swimmers of the Week!

	8 and Under	9 - 10	11 - 12	13 - 18	
Girls	Annabelle Van Horn	Viviana Curtis	Lydia O'Donnell	Brooke Bean	
Boys	Ryan Gahr	Logan Flynt	Peyton Gahr	Keegan O'Donnell	

QUICK LINKS:

[Full Schedule](#)
[Team Handbook](#)
[What to Bring Guide](#)
[\(Practices and Meets\)](#)
[Marlins Store](#)
[Meet Results](#)
[Team Website](#)
[League Website](#)

PRACTICE SCHEDULE:

Monday	Civic Center 8:30-9:30--10 & Under 8:30-10:00-- 11 & Up
Tuesday	Civic Center 8:30-9:30--10 & Under 8:30-10:00-- 11 & Up *Evening: 6:45-7:45
Wednesday	Civic Center 8:30-9:30--10 & Under 8:30-10:00-- 11 & Up
Thursday	Civic Center 8:30-9:30--10 & Under 8:30-10:00-- 11 & Up *Evening: 6:45-7:45
Friday	NO PRACTICE - July 4th

*Registration required using the [SportsEngine mobile app](#) or on our [team website](#).

CONTACT US:

Facebook: [@MentorMarlins](#)

Instagram: [@MarlinsSSL](#)

Parent Board:

mentormarlins@gmail.com

Coaches: MSTCoaches@gmail.com