



## The Marlinator Newsletter

### Week of 7/14-7/19 - 6TH MEET AGAINST PINEGATE

#### COACHES UPDATE

This past weekend we had an excellent meet against the Highland Heights Hurricanes. They are the largest team in our League and although we did not come away with a win, we saw some AMAZING races and a lot of massive time improvements for many of our swimmers. Check out the results file here: [Highland Heights Results](#)

This weekend will be our last dual meet of the season against the **Pinegate Gators**. They are the home team and we are the away team (a little more confusion than usual since both teams use the Civic Center pool). Be aware that since Pinegate is the home team, they may set up their tents/team camp in areas we have been using. Since this is the last meet of the season, many swimmers will be entered into events that we are considering as possible Champs events.

Speaking of Champs, **RSVPs for both days of Champs and for the Pinegate meet are due at the same time - Wednesday at 9 am.** Please keep in mind that Champs entries are MUCH more strict than dual meets due to the nature of the meet. We will NOT be able to add swimmers to events after the lineup is submitted. Coaches will send out individual event Champs entries by the end of the week. **PLEASE REVIEW THE CHAMPS ENTRIES FILE AND CONTACT US ASAP IF:** 1) your swimmer is NOT entered and they should be and 2) Your swimmer is entered but they are not able to attend.

Please contact [mstcoaches@gmail.com](mailto:mstcoaches@gmail.com) with Champs scheduling questions.

#### Go Marlins!

#### WEEK 7 -

##### Themes:

Team Building: Focus

Practice Skill: Breathing

Meet Theme: Marlins Spirit!!!

Show your TEAM PRIDE by wearing all that Marlins gear to cheer on our favorite swimmers!

##### Announcements:

- There will not be a Pep Rally on July 17, as previously announced, since we are doing many age group social activities!
  - [9-10 year olds](#): July 17th at Guarnieri House
  - [11-12 year olds](#): July 24th at Jenkins House
- Reminder: the Marlins will be donating a basket to the Home Field Foundation/KJL Superdraft, on Aug 1-3. [Click to read more about the event.](#)



- The event will benefit a family of our own—the **Bowen Family**. Dawn was a huge supporter of the Marlins, and now is our chance to show our love in return.
- **We are asking our families for a \$5–\$10 donation to help us put together a thoughtful basket for the event.**
- You can bring cash and give it to a parent board member at practice this week or Venmo (@MentorMarlinsSwimTeam, include “Bowen Basket” in comments) by **July 17th**. Thank you for your generosity!
- **Save the Date: July 23, 8:30 - 10 am:** Breakfast of Champions @ Civic Center (*more details to come*)
- **SSL Championship Meet Fundraisers** - please support youth swimming in NE Ohio! Learn more about the [50/50](#) and [Cabana](#) raffles and use links below to enter!
- **[Cabana Raffle](#)** - Enter for your chance to be a VIP at Champs 7/26-7/27. Winners will be drawn at the July SSL meeting and will be notified by team coaches and via email.
  - Covered cabana for 10 -12 people
  - 3 VIP parking passes for the lot near pool
  - \$25 voucher for concessions
  - Cooler with water and ice
- **[50/50 Raffle](#)** - Winner will be drawn on July 27 at Champs Meet. Winner does not need to be present. Payout: PayPal or check. Winning seller will receive a \$50 gift card.
- **[Volunteer jobs still needed for this weekend's meet!](#)**
  - 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.
- **[Gift Card Calendar Fundraiser](#)**
  - Winners have been announced each day on our [Facebook page](#) - be sure to follow us! Thank you for your support!

#### REMINDERS:

- RSVP for Pinegate, Champs Day 1, Champs Day 2 - **RSVPs are due by 9am Wednesday!**
- [Dive Clinics](#) - FINAL ONE! 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](mailto:Marybeth.ohl@uhhospitals.org) to register!
  - ◆ July 23, 6:30 - 7:30 pm

#### MEET INFORMATION: Away meet versus the Pinegate Gators

<b>LOCATION:</b> Mentor Civic Center Park Pool	<b>Date:</b> Saturday July 24th
<b>ADDRESS:</b>	<b>Doors Open:</b> 6:30 am
8500 Munson Rd.	<b>Check In:</b> tba 7:15 am
Mentor, OH 44060	<b>Warmup:</b> tba 7:30 am
	<b>Meet Begins:</b> tba 8:00 am

#### Family Focus - Snack Planning

Swim meets can be long, hot, and physically demanding—especially those held outdoors in the summer sun. Proper nutrition plays a huge role in helping swimmers stay energized, focused, and feeling their best throughout the day. I know that concessions sometimes offer some tasty options but it's important to pack snacks that provide a mix of carbohydrates for quick energy, protein for lasting fuel, and hydration to keep cool and avoid fatigue. Great options include fresh fruit (like bananas, grapes, or orange slices), whole grain crackers, trail mix, granola bars, string cheese, and peanut butter sandwiches. Avoid sugary snacks or heavy, greasy foods that can slow kids down or upset their stomachs. Don't forget a refillable water bottle (or even better—one with electrolytes) to help swimmers stay hydrated between races. Talking at home about what foods help your swimmer feel strong and energized can build lifelong healthy habits—and better races too!

### ***Congratulate our Swimmers of the Week!***

	<b><i>8 and Under</i></b>	<b><i>9 - 10</i></b>	<b><i>11 - 12</i></b>	<b><i>13 - 18</i></b>
<b><i>Girls</i></b>	<b><i>Sailor Zorichak</i></b>	<b><i>Emmalyn Haury</i></b>	<b><i>Nikolina Slaninka</i></b>	<b><i>Maddie Holtz</i></b>
<b><i>Boys</i></b>	<b><i>Connor Smith</i></b>	<b><i>Mikey Evans</i></b>	<b><i>Roman Randlett</i></b>	<b><i>Harry Mielke</i></b>



### ***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

### ***CONTACT US:***

Facebook: [@MentorMarlins](#)  
 Instagram: [@MarlinsSSL](#)  
 Parent Board: [mentormarlins@gmail.com](mailto:mentormarlins@gmail.com)  
 Coaches: [MSTCoaches@gmail.com](mailto:MSTCoaches@gmail.com)

Friday	**UH Wellness Center 8:30-9:30-- 10 & Under 9:30-10:30-- 11 & Up
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\*Registration required using the [SportsEngine mobile app](#) or on our [team website](#).

**\*\*New Members Only:** If attending a Friday practice at UH Wellness Center, you [must complete and return this waiver](#).