



The Marlinator Newsletter

Week of 7/21-7/27 - LEAGUE CHAMPIONSHIP MEET

COACHES UPDATE

Marlins, we are so proud of your hard work this season! The meet against Pinegate was incredibly close. Both teams had some fantastic swims and great races. Here are the [Pinegate meet results](#). This meet took the Marlins to 3-3 overall for the dual meet season. Please reach out to a coach if you have questions.

Now that our regular season is complete, it's time to turn our focus onto the League Championship meet! A Champs info packet will be sent out separately later tonight or tomorrow. It can be a lot of information to take in so we are offering a Champs Overview + Q&A virtual meeting tomorrow evening: Tuesday, July 22nd at 6:30pm. This will be recorded if you are unable to attend. Here is a [link to the Zoom meeting](#). This link will also be shared when the Champs Packet is sent out.

We have a special week of practice this week!

- 🐟 Monday & Tuesday - business as usual
- 🐟 Wednesday - Breakfast of Champs
- 🐟 Thursday - Drag Day - swimmers wear clothing with their swimsuit to create drag in the water. When they take off the extras, they will feel so light and fast!
- 🐟 Friday - Start & Finish Focused Practice - Swimmer2 must sign up! This practice is still split into two 1-hour session but swimmers can sign up to attend either hour

Only swimmers participating in Champs should attend practice Thursday and Friday.

Please feel free to take Friday off since we have a long weekend ahead of us!

Go Marlins!

WEEK 8 - LEAGUE CHAMPIONSHIP MEET

Themes:

Team Building: Visualization

Practice Skill: Drop Time

Meet Theme: Blue-Out

Announcements:

- July 23, during practice: [Breakfast of Champs](#)
 - Remember to chip in \$5+
- July 24, 6:30 - 9:00 p.m.: [11-12 year olds](#) Movie Night at Jenkins House

- **August 8, 4:00 - 8:00 p.m.:** [End of Season Pool Party](#)
- **SSL Championship Meet Fundraiser** - please support youth swimming in NE Ohio by participating in the [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.
- **[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:

- Practice this Friday is by Sign-up only on [SportsEngine mobile app](#) or [team website](#). Remember to sign up for *each* swimmer.
- The Champs info packet will be shared via email soon and Marlins Coaches will hold a [Zoom Overview + Q&A](#) on Tuesday evening.
- FINAL [Dive Clinic](#) is Wednesday, July 23rd from 6:30 - 7:30 p.m. at UH Wellness. 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!
- *A huge shoutout to everyone who lent a helping hand throughout this swim season — we couldn't have done it without you! Our team runs on volunteer power, and your dedication, support, and teamwork made this season truly unforgettable. We're incredibly grateful for your commitment and spirit.*

MEET INFORMATION: 2025 NEO SSL Championship!

LOCATION: Lyndhurst Park Pool

Date: Saturday July 26th & Sunday July 27th

ADDRESS:

Check In: 7:15 a.m.

1341 Parkview Drive

Warmup: 7:30-7:50 a.m.; lanes 5-8

Lyndhurst, OH 44124

Meet Begins: ~8:30 a.m.

Family Focus - The Power of Positive Visualization

- One powerful but often overlooked tool in athlete development is **positive visualization**—also known as **mental rehearsal**. This simple practice helps swimmers imagine themselves performing confidently and successfully before they step up to the block. Visualization can improve focus, reduce anxiety, and even enhance physical performance. For young athletes, it's especially helpful in building self-confidence and preparing for new or challenging experiences. At home, you can encourage your swimmer to close their eyes and picture themselves diving in cleanly, swimming strong strokes, and finishing with a big kick and a smile. This only takes a few quiet minutes, and it's most effective when practiced regularly, especially the night before a meet or in the car on the way there. Visualization can include all their senses—what they see, hear, feel, and even what they say to themselves. **Positive self-talk**—like “I am strong,” “I am ready,” or “I’ve got this”—can boost confidence and calm nerves. Practicing a race in their minds, paired with encouraging inner dialogue, helps swimmers stay calm, focused, and ready to swim their best.



Congratulate our Swimmers of the Week!

| | 8 and Under | 9 - 10 | 11 - 12 | 13 - 18 |
|--------------|----------------------|----------------------|---------------------|-----------------------|
| Girls | Ava O'Donnell | Emery Tekavec | Cece Cordaro | Holly Rhomburg |
| Boys | Sawyer Burger | Noah Bowen | Will Johnson | Noah Hope |



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 Breakfast of Champs! |

CONTACT US:

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

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| Thursday | Civic Center 8:30-9:30--10 & 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 <i>Reminder: must sign up</i> |
| <p>*Registration required using the SportsEngine mobile app or on our team website.</p> <p>**New Members Only: If attending a Friday practice at UH Wellness Center, you must complete and return this waiver.</p> | |