



# Mentor Marlins Swim Team

Newsletter June 22, 2011

www.mentormarlins.com  
Contact Us: info@mentormarlins.com

## Sea Monkeys vs. Marlins

Our first official dual meet of the season is this Saturday June 25<sup>th</sup> at the Lyndhurst Pool. Directions to the pool can be found on our website. The coaches want all swimmers to arrive at the pool no later than 7:00a.m., as our warm up time is set for 7:15am. The very first thing all swimmers MUST do is go to their age group coach and let them know they are there. The swimmer needs to tell the coach their name and make sure they are seen. If your swimmer is ill and cannot swim on Saturday, send an email to Coach Steve at [stv.franz@gmail.com](mailto:stv.franz@gmail.com) IMMEDIATELY! He will adjust the line-up accordingly. Please remember to fill out the vacation log if a swimmer will be missing a meet. Swimmers who do not show up for a meet and are not logged in the vacation log will not swim for points at the following week's meet. Vacation log must be filled out by Wednesday prior to the meet.

Meets last four hours, so here are some "tips" to help you manage the day.

Look for the lineups of events which will be posted near the Marlin "camp". Look for your swimmer(s) events and write them on your hand and your swimmer's arm or hand with a sharpie marker. This will help in getting your swimmer to their events on time.

The events will roll in succession from event #1 to event #66. Each age group will have a relay at the start and the end of the meet. In between will be all the individual races.

Some items you might want to bring: Sunscreen, extra towels, goggles, folding chairs, snacks, a cooler with drinks, something to read.

The meets are held rain or shine unless there is lightning. If there is a steady rain or light rain, come prepared to be soggy. Umbrellas and rain ponchos are great for a day like that.

Most importantly – make sure your swimmers are well hydrated. Remind them to drink, drink, drink! There have been swimmers at meets who have gotten ill because of dehydration so please, get after them to drink!

When everyone is getting up at the crack of dawn to get to the first meet of the season, keep in mind the reason we do this – OUR KIDS! Here is to a great season !

**GOOD LUCK MARLINS! SWIM HARD AND SWIM FAST!**

## 2011 Swim Meet Schedule

June 25 - Mentor @ SEL 7am

July 2 - Euclid @ Mentor 7am

July 9 - Willoughby @ Mentor 7am

July 16 - Mentor @ Pinegate 7am  
Pinegate swims at Mentor Civic Ctr.

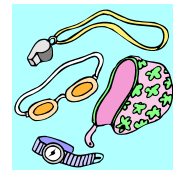
July 23 - Mentor @ Willowick 7am

July 30 - Highland Hts. @ Mentor 7am

Aug 6 - Champs @ Pinegate

Aug 7 - Champs @ Highland Hts.

## The Marlins Store



**\$5.00 Bungees**

**\$10.00 Marlins Logo Swim Cap**

**\$15.00 Goggles**

These items are available at every practice and all meets. Please see a board member to purchase.

Also, many new spiritwear items will be available at all home meets. You will be able to purchase these items and take them home with you. Checks and Cash only please.

Be a sponsor. visit [www.mentormarlins.com/documents.htm](http://www.mentormarlins.com/documents.htm) for more info.





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## *Swimmer of The Week*

**Ages 8 & Under Swimmers**

**Will Start Next Week**

**9 & 10 Swimmers**

**Will Start Next Week**

**11 & 12 Swimmers**

**Will Start Next Week**

**13 - 15 Swimmers**

**Will Start Next Week**



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## Coach's Corner

### Dream Big

First of all, I'd like to welcome everyone to the 2011 Mentor Marlins. To those of you who are returning, welcome back. To those of you who are new this year, we are excited to add you to this exciting experience we call the Mentor Marlins Swim Team. This is a tradition and a family that has existed for decades. I am excited to be back as a part of it once again.

As the title implies, we have high expectations this year. During the first couple of meetings with the rest of the coaching staff a few weeks ago, I could tell we all shared this feeling. The excitement was hard to miss on all our faces. So why are we so excited? Because we know what we are capable of this year. Over the past two seasons, our team has shown tremendous growth and improvement at every level. We even earned the honor of most improved team last year.

I am also confident because I see the excitement and desire on the faces of our swimmers. Unlike last year, we have started the season without any major pool problems, and our swimmers have been able to "hit the water swimming" quite literally. You are all working hard, having fun, and getting better every day. And I enjoy watching it each and every morning.

But working hard isn't always enough, especially if you don't have a purpose or a goal in mind. I've seen many people reach a short-term goal, only to give up because they felt they had accomplished what they had set out to do. Many of those same people struggle to challenge themselves throughout the rest of their lives, so when they do face challenges they often do not know how to handle them. We don't want this to happen to our swimmers. So let's talk about how we can set big goals, but also make them realistic...

The first thing I want to emphasize is that goal setting should be focused like a laser on YOU. When we start setting goals based on other people, or even teammates, our goals are no longer our own. So focus on what you want to accomplish. Secondly, you need to look back at what you have accomplished so far. This may be hard for newer swimmers, but as the season progresses it will get easier. Your past accomplishments or shortcomings will help you set your goals, and also motivate you. The next thing I'd like you to do is write your goals down on a piece of paper. Hang it up on a mirror or in your room where you can see it every day. You need to continually remind yourself of what your goals are so you never lose focus.

And lastly, I want to encourage you to fail. That's right, fail. When we fail, it means that we tried. Every time we fail, we learn, we get better, and we even get more focused. It is part of the process that allows us to succeed. Make mistakes, learn from them, encourage each other. When we welcome the possibility of failure, we take risks (the good ones of course) and we allow ourselves to grow and improve. I will never give you a hard time for falling short of a goal. I will only support you in getting better, and hopefully even hungrier to meet your goals. So dream big. Work hard. And never give up!

-Coach Steve