



Mentor Marlins Swim Team

Newsletter July 13, 2011

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

Marlins vs. Pinegate Gators

This week's meet on July 16th is against the Pinegate Gators at the Civic Center Pool. Arrival time is 7:00 as our warm up time is set for 7:30. While we are at our home pool, this is considered an away meet. NO concession items are necessary this week – Pinegate will be in charge of concessions.

The coaches want all swimmers to arrive at 7:00a.m., as our warm up time is set for 7:30a.m. 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 IMMEDIATELY so he can adjust the line up. Remember to fill out the Vacation Log on Wednesday prior to every meet. Swimmers who miss a meet and are not logged in, will not swim for points the following meet.

2011 Swim Meet Schedule

June 25 - Mentor @ SEL 7am
July 2 - Euclid @ Mentor 6:45am
July 9 - Willoughby @ Mentor 6:45am
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.

IMPORTANT ANNOUNCEMENT:

The City of Mentor requests that NOBODY is to go in the Guard House for ANY reason during meets. Some people helped themselves to the refrigerator and to the Igloo coolers during our last home meet. These are for the lifeguards ONLY! Please purchase drinks and food from the concession stand or bring a cooler from home. Lastly, NOBODY should be in the pool during meets as sections of the pool are not guarded. If you see any adult or swimmer in the water, please ask them to get out immediately. Accidents happen quickly and we don't want anyone to get injured or worse.

Calendar Of Events

July 16th Family Fun Night at Civic Center Pool - 8:00p - 10:00p
All Marlin swimmers and their families are invited to join us for a free private pool party. We have the whole place to ourselves and everyone is welcome to hop in the pool and have fun! Professional DJ Ben Ricci from Ultimate Entertainment will spin music and will be doing contests with great prizes.....We will supply pizza and drinks. Please bring a dish to share such as pasta salad, fruit salad or dessert. It is a good opportunity to meet other Marlin families, relax, dance and have fun!!

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 for more info.





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Swimmer of The Week - June 29th

Ages 8 & Under Swimmers

Girl: **Amanda Cola**

This girl is a first year swimmer and she has one of the greatest personalities. She's always positive and works so hard during practice. She listens, knows what we're doing in the water, and tries her best. That's all we ask for. Great job Amanda Cola!

Boy: **Rob Boley**

Rob Boley really struggled at the beginning of the season. Its amazing what a few weeks will do. He jumps in every morning and really puts effort into improving his strokes, and his times have definitely showed it. Way to go buddy. Keep up the good work.

9 & 10 Swimmers

Girl: **Megan Buzzanca**

This weeks girl is such a pleasure to have. She is always smiling, and willing and ready to work. She improves drastically every week and this past meet, she was asked to swim the hardest events: 50 butterfly and 100 IM. She'd never swam either event before but at the meet she was completely legal and had surprising times! I look forward to more smiles and improvement from Megan Buzzanca!

Boy: **Colin Shambaugh**

This weeks boy is consistently reliable. He anchors our A relay every week, finishing strong. At practice, he is one of the first in the water, he is ready (and willing) to lead the lane and he gives practices his all, even with football after. At the meet, he was nervous before his 100 freestyle, but he dove in the water swimming his fastest time and winning the race.

11 & 12 Swimmers

Girl: **Keara McMinn**

Keara is new to swimming, and has shown her enthusiasm at practice and at the meets. She has been to all the meets, and has improved greatly. Keara takes direction well, and it is paying off. At this past weekend's meet she swam the breaststroke leg in the "E" relay, her first legal swim, then absolutely showed her drive by being the 2nd fastest Marlin in the 100 IM; she swam to 4th in the 50 Fly (also legal), dropping 14 seconds since Time Trials, and narrowly missed breaking 40 seconds in her leg of the Freestyle Relay. Keara is proof that listening to coaches pays off!

Boy: **Jack Kindle**

Jack shows up on time (early) to practice, says "Good Morning", helps set up the pool, and sets a great example to the team by being the first in the pool. In practice Jack is the first finished with the warm-up (and I've watched, he does it all!), works hard, and is working his way up the results board. At this past weekend's meet, Jack swam a great breaststroke leg in the 2nd-place-finishing Medley Relay, he won the 200 Freestyle, came 3rd in the 100 Free, and anchored the "B" Freestyle Relay to 2nd place. Great work, Jack!

13 - 15 Swimmers

Girl: **Emilee Sebestyn**

Emilee may be the hardest worker on the team, never complains, and seeks to be competitive at all times. She swam a smart 200 free and was smiling and working in her least favorite stroke, breast stroke in both the medley and the 100 breast - who put her in those events? The girls have now lost their last two meets to drop to 1 and 2. Championships will be the time to shine for the 13 - 15 girls!

Boy: **Baxter White**

Baxter has been working hard and finally got to swim one of his favorite events, the 200 free, in imitable, competitive style. Baxter is wonderfully self motivated and a role model for his efforts. Congratulations to all of the boys who remain undefeated thus far this year!



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Coach's Corner

The Resilient Mindset

This past weekend, we enjoyed another successful victory against a respected opponent, the Willoughby Stingers. Over the years, this has been a thriving rivalry, that goes back as far as I can remember (even when I was on Pinegate). So to see a victory as secure as we experienced, could lead one to be complacent with this success and satisfied with the team's progress. This could also lead to a false sense of achievement. And so it is always tempting to look in the eyes of our opponent and see only the limits of our goals. But this is not who we are. I believe that we should demand, and should deserve more. Fortunately, most of us are doing just that...

In all my years of coaching, I have rarely seen team records broken in back to back meets. The only thing that comes to mind would be this past winter during Riverside's High School swim season. I witnessed one of our juniors break two team records (one of which was from an All-American) in the matter of just a few meets. This past weekend, for the second week in a row, we had a team record broken by the same swimmer. These were records set decades ago by some of the area's best swimmers. To do this was not a matter of luck, or a matter of random effort. It took years of dedication and resiliency to accomplish such goals. So to our new team record-holder (100 IM, 50 Free), Katarina Valentic, we are grateful for your willingness to dream big and never give up!

As I alluded to in my previous coach's corner, I am not trying to say that we all have to be team record-holders to be successful. But we can sure try to be. That is precisely what Katarina has done over the years. I've enjoyed watching her grow and develop from a young and inexperienced 8 & Under into the eager and motivated 11 year-old she is now. She still has much to learn, and is by no means perfect. But who is? We shouldn't try to label her as that. Rather, we should admire her determination to work towards a goal (or goals!) that seemed impossible. No one told her as a young 8 & Under that she was going to set team records (at least I didn't!), but she continued to set goals and we supported her and helped her along part of her journey. That is what we all should do for everyone on this team.

To dream big can be an unpopular thing in today's world. We are so often reminded time and time again from society of what we cannot do. Rarely, are we ever encouraged to make mistakes in the pursuit of some crazy idea or goal. In fact, it is often our own peers who discourage and chastise us as we pursue our dreams and work towards our goals. So we find ourselves alone at times, if we aren't surrounded by the right people on a regular basis. And it can be difficult to persevere when the same people keep telling you what you cannot do. But this is where resiliency takes over, and you realize you really don't care what anyone else thinks, because you are not pursuing someone else's goal. You are pursuing your own. And the only opinion that matters is yours.

I'll end with a message to anyone who is currently doubting their own progress or success in any way. It always seems lonely when you fail or fall short of your goals. And it can seem even lonelier when others doubt or harass you for aspiring to be great. But we need people to aspire to be great. To fail. But to get back up again. Just like Katarina has done these past few years. We are fortunate to have a great example on our own team of how resiliency can pay huge dividends to the right person. Let's use that to inspire new records of all kinds. Practice records. Attendance records. Pool records. Team records. And most importantly, personal records. When we accomplish personal records, we gain the confidence to aspire for even bigger ones. So keep dreaming big, working hard, and refusing to give up. It is making you better, and it is making US better. Continue to do this. And from this point forward, be sure to ask yourself a simple question everyday: "What am I doing right now, to make myself and my team better?"

-Coach Steve