



Mentor Marlins Swim Team

Newsletter July 6, 2011

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

Marlins vs. Willoughby Stingers

Our second home meet is this Saturday, July 9th at the Civic Center Pool. The coaches want all swimmers to arrive at 6:45a.m., as our warm up time is set for 7:00a.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.

Things To Keep In Mind For Our Home Meets:

- NO Setting up "camp" on the hill behind the blocks.
- NO Stakes are allowed due to sprinkler system
- NO GLASS BOTTLES!!!!

Please check your mailboxes for concession assignments

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:

Due to some unfortunate incidents with some parents, we respectfully request that no parents are to be allowed on the hill, its surrounding walls or pool deck during our practices. Parents can sit in the shade from the guard shack to the hill, not beyond. On Fridays, parents are welcome to check out the lineups and watch Swimmer of the Week, as usual. We appreciate your cooperation and understanding in this matter.

Lost and Found:

Our team lost and found box is growing bigger by the week. If your swimmer has lost towels, goggles or other items, check with us. We may have what you are looking for!

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 private pool party. We have the whole place to ourselves and everyone is welcome to hop in the pool and have fun! 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 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 - July 6th

Ages 8 & Under Swimmers

Girl: **Brooke Thompson**

Brooke Thompson has drastically improved since last year. Her stroke work is better, her times are faster, her listening is better, and she did a great job at the Euclid meet. She was nervous about doing a flip turn but we told her to try it anyways, and it was beautiful. She's definitely a very positive addition to the 8 and unders.

Boy: **John Soeder**

This is John Soeder's first year on the Marlins and he is doing very well. He works hard on the drills and that is directly helping his technique. We're so excited for these next couple weeks because we know he will continue to improve. Great job!

9 & 10 Swimmers

Girl: **Katarina Valentic**

This girl does every practice completely and to her fullest potential. She pushes herself in practice and in meets and is an absolute joy to coach. Her work ethic is inspiring and she encourages the other 9-10s to practice and compete as hard as she does. This past meet, she dove in the water swimming an event that is not her best. She swam the 100 IM faster than any Marlin in over ten years. Congratulations to our new record holder, Katarina Valentic.

Boy: **Benjamin Steiner**

This boy started the season a little late, joining us from Madrid, but is an absolute pleasure to have. He never hesitates to ask for clarification and he swims every practice, coming early. He is showing amazing improvement already and is extremely reliable. We can't wait to see what Benjamin Steiner can accomplish this season!

11 & 12 Swimmers

Girl: **Teagan Ochaya**

Teagan is a very hard worker in practice, and absolutely loves to compete. Teagan's best stroke is undoubtedly the freestyle, owning the fastest 50 Free time in the age group, she is also very fast in the 100, and has tried the 200 at the first meet of the season, also doing well. Not afraid of a challenge, at this past weekend's meet, Teagan came 3rd overall in the 50 Backstroke, against fast competitors, and was the fastest 11-12 Marlin in the 50 Free, earning a 2nd overall. One final note is that while most swimmers may shy away from the pressure of anchoring relays, Teagan thrives. Keep up the great work!

Boy: **Sebastian Steiner**

Sebastian comes to us with some swimming background, but after missing the first two weeks has left his mark on the team, with steadily increasing speed. Sebastian is a hard worker, and does the workouts without hesitation, leading when more experienced swimmers hesitate on tough sets. Swimmers like Sebastian are the reason the Marlins see the most improvement in the league. In addition to swimming better continuously, Sebastian jumped in to a recent game of Sharks and Minnows with both feet (metaphorically!) and had a great time. Onwards and upwards!

13 - 15 Swimmers

Girl: **Charlotte Sopenski**

Charlotte is a tremendous competitor as revealed again against Euclid in a difficult meet for the girls. She swam a tremendously smart 200 free for a win, swam a strong 100 fly against one of the best swimmers in the state, and anchored a very exciting win in the 200 free relay - see you at Championships Euclid!

Boy: **Zach Korman**

The boys did a great job against some talented swimmers from Euclid, none more so than Zach Korman. He swam great races in the Medley, 50 and 100 free and anchored the other great finish in the 200 free relay. Though the finish judges disagreed and the times gave the win to Euclid by .01 seconds - Zach finished like a champion. See you at Championships Euclid!



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Coach's Corner

Never Give Up

Well, congratulations are in order again with another nice victory over the Euclid Panthers. The Panthers have an impressive team, and gave us some very exciting races. It was also nice to see another meet run so smoothly. Swimmers were attentive, remained positive, and everyone was pretty patient with the weather (still amazed we finished before 1 pm!). Our older group was presented with an opportunity to be challenged against some tough 11-12s and 13-15s, while our younger group showed their veteran colors and enjoyed some solid victories. No matter how you look at it, however, our team was ready to compete and win in every single age group. This is a very encouraging sign for the "post-season" or "playoffs."

My first two coach's corners were focused on dreaming big and working hard. If you've read both of them, then the title of this week's edition should be no surprise. This completes our team's motto for the year. Dream Big. Work Hard. Never Give Up. All three are very important on their own, but they become even more important when you choose to pursue all of them together.

I know that it is tempting to downplay such a simple philosophy, but there is a reason that some of the most successful people still preach it. If you believe that most successful people have never been challenged before, or failed at something, then you would be greatly mistaken. In fact, most of the successful people in this world have had to overcome more challenges and failures than most to be successful. So you can understand why I believe that the phrase "Never Give Up" should be part of our language every day.

One of the first places that this can have a major effect would be at practices. If you continually tell yourself, "Never Give Up," you will be successful. And so will your teammates. Encourage them to say the same thing. When you and your "lane" mates are tired and want to sit out a set, just remember the phrase. Never Give Up. Let's make that something we say every day. When a coach presents a challenge to you at practice, meet it head on. If and when you fail at it, just remind yourself...Never Give Up. Being successful is very simple, but it is HARD. But again, that is why we already covered the "Work Hard" part. J

The other major place that this motto can be of beneficial use is at meets. Over the years, I've seen many swimmers with that look of disappointment and frustration on their faces after their race doesn't exactly go as planned. Initially, they think the world has ended and they have failed "FOREVER." But after I calm them down, and they realize there are still a lot of practices left to improve, they feel both relieved and scared. Scared because they know we are going to really challenge them at practice! But this is the beauty of working towards YOUR goal. No one can tell you that you failed. Only you can. So don't! Just refuse to tell yourself that, and guess what...you never fail. Or at least in the big picture...

I'll close with a final thought. I realize that it may be a little over-ambitious to say that every one of you will meet every one of your goals. That is not the point, however. It is in the PURSUIT of YOUR goals, that you meet and exceed many others. This gives you confidence as you re-assess your short-term and long-term goals and set new ones. You can look back and say, "Wow, that was really, really hard. I can't believe I even made it through that. Well, if I can do that..." So, fill in the blank. You really can do anything if you set your mind to it, and you understand the steps necessary to achieve it. That's what we as coaches, parents, teachers, grandparents, friends, siblings, and teammates are for. To support each other towards being the best we can be. So let's do that. And don't forget...Dream Big. Work Hard. Never Give Up.

-Coach Steve