



# Mentor Marlins Swim Team

Newsletter June 29, 2011

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

## Marlins vs. Euclid Panthers

Our first home meet is this Saturday, July 2<sup>nd</sup> 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](mailto: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!!!!

## Calendar Of Events

**July 4<sup>th</sup>** We are having practice at normal times

**July 5<sup>th</sup>** 7:00a.m. The 2<sup>nd</sup> Annual "Marlinator"  
Every swimmer is entered for this fun, single elimination match. Be on time – if you miss your first match, you will be eliminated. For Full Details – Click "Documents" tab on our site.

**July 17<sup>th</sup>** Parkview Sizzler  
This is an annual invitational meet that is open to all swimmers. This is NOT a meet that counts towards the 3 minimum meets required to swim at Champs. For details, go to [Mayfield Village.com](http://MayfieldVillage.com). Interested swimmers can put entries/checks in Coach Steve's mailbox by July 7th.

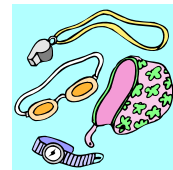
**Pasta Fundraiser started June 27 - Final orders DUE July 8th**

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

## 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.

## 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.





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## Swimmer of The Week - June 22nd

### Ages 8 & Under Swimmers

Girl: **Carley Dondorfer**

This girl is a first year swimmer and one of the youngest on the team. We weren't sure how much she was going to be able to handle, so at the time trial meet, we put her in only the 25 free. She swam that perfectly without stopping and later came up to us asking to swim 2 other races, where she made it across without stopping again. She always has a smile on her face and is already showing signs of improvement. Congratulations Carley Dondorfer.

Boy: **Emmet Pfeifer**

Returning for his second year, Emmet Pfeifer has really stepped up his game. He's doing better in practices and listening really well. His time drops have been pretty amazing since last year. We can't wait to see what he does throughout the rest of the season.

### 9 & 10 Swimmers

Girl: **Katherine Jerry**

She comes to the early practice doing a harder workout with the older kids. Katherine is always ready and doesn't ask questions once she's in the water. At time trials last week she surprised us with her times without the week of practice that the other kids had. This week should be a nice improvement, not to mention a better idea of what she can really do in the pool! Judging from how she has worked this week, it should be a great year for Katherine.

Boy: **Tyler Parsson**

Upon his first year as a competitive swimmer, Tyler has been working as hard as the kids who have been here since they can remember. He gets in the water and does the warm-up, if he's finished before his lane he always asks if he can keep going. He is not afraid of hard work. No matter what the work out, he is always ready to start as soon as he gets there. Tyler practices his techniques out of practice also. He comes in every morning and tells us what he has worked on the day before. With this hard work and dedication, Tyler can become one of our top swimmers this year.

### 11 & 12 Swimmers

Girl: **Kaitlyn Judge**

Kaitlyn is often the first in the water, likes to help out at practice, is always in a great mood, and sets a great example. Kaitlyn has often stayed after for 2nd practice, whether to keep working on her drills, or to swim some more with the younger swimmers, and has often helped out after practice by cleaning up. In addition, Kaitlyn always says "Thank you" afterward. Great work, Kaitlyn.

Boy: **Will Friday**

The Boys' Swimmer of the Week is new to swimming, but his attitude is as good as most experienced swimmers' attitudes. **Will Friday** comes to the 1st practice, and warms up pretty well, doing flip-turns and streamlines in only his second week of competitive swimming. Will works much harder than just about everybody else in his lane, and it is highly likely that he will work his way on to an A relay before too long. Good Luck at your first meet, Will!

### 13 - 15 Swimmers

Girl: **Krista Toth**

Krista always comes to practice, maintaining a bright smiling attitude and willingness to work hard. She never complains and is a friend to all teammates. Thanks Krista!

Boy: **Jack Silver**

Jack is new to the team this year, but has made a good early impression. He works hard and is very interested in accepting coaching and getting better. I am looking forward to seeing his progress this summer.



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## Swimmer of The Week - June 29th

### Ages 8 & Under Swimmers

Girl: **Julia Marusic**

Our girl Swimmer of the Week is a returning swimmer. She is such a positive addition to our age group. She listens well, is eager to improve, and she is literally always smiling. She had a very good meet at SEL and we know she will continue to improve. Way to go Julia Marusic.

Boy: **Eddie Kokos**

We weren't sure who Eddie Kokos was at the beginning of the season because he came to the early practice. But now we definitely know who he is. He is one of the only boys who consistently swims under a 20 in the 25 free. He also keeps up with the "big kids" during first practice, in swimming and dryland. We're definitely looking forward to watching him grow into a better swimmer.

### 9 & 10 Swimmers

Girl: **Emily Humphrey**

Emily is one of our most dedicated swimmers. She always does what she is asked, and isn't afraid to ask for clarification on work outs. Emily had a great meet this week, amazing us with her 100 IM. Emily was accommodating about the last minute relay changes and was always ready for her events. Emily even comes to early practices, constantly pushing herself.

Boy: **John Ratino**

From the first day of practice, John has done nothing but impress us. At time trials his times were astounding. John is always reading and willing to work, wanting to be in a faster lane. He is easily a lane leader and never misses a send off. John does anything that is asked of him and had a fantastic meet. We can't wait to see what John can accomplish this season.

### 11 & 12 Swimmers

Girl: **Allison Bednar**

Allison has always worked hard, and wants to be challenged, leading sets and practice, and wanting to compete in the more challenging events at meets. At this past weekend's meet against the Sea Monkeys, Allison led off the "A" girls' medley relay to a win, she won the 200 Freestyle, came 2nd in the 100 Free, and also led off the Free Relay to a 1st place. Great work, Allison!

Boy: **Mark Silver**

This is Mark's first year on the Marlins, and he has already set himself a high standard to follow for the rest of the season. At his first meet he swam a blistering leg of fly in the medley relay, came 2nd in the 100 IM and the 100 Free, and swam the fastest leg of his freestyle relay to another 2nd place overall; all his swims were the fastest by the 11-12 boys so far this year. Mark also leads by example at practice, which will help the age group as a whole make more of an impact at Championships this year. Thanks, Mark.

### 13 - 15 Swimmers

Girl: **Mattie Haag**

Mattie had a really good week of practice showing maturity in her work ethic and desire to improve. At the meet she swam a nice breast split on the relay, an excellent 100 free and a reasonable 100 breast. Good job Mattie!

Boy: **Cameron Raser**

Despite a bad cold and a voice at least an octave low, Cameron had a nice meet - taking a second in the 200 free. He has really developed into a swimmer in just two summers and last winter at the YMCA. Cameron's free is really good, his back and fly much improved and his breast stroke remains a work in progress.



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## Coach's Corner

### Work Hard

I would like to congratulate everyone for a very successful meet and victory this past Saturday against the South Euclid Lyndhurst Sea Monkeys! It was a very impressive win on our part, and I was pleased with the depth that our team now has. Aside from some DQ's (disqualifications), we swam smart, swam hard, and looked fast. As we get in better shape and racing condition, this will improve a great deal. If you DQ'd, don't panic. Your age group coach should show you the DQ slip, and explain to you what it means. They will also help you fix whatever mistake you made. Like I said last week, don't be afraid to fail. It allows you to get better!

Well, since last week's focus was on goal setting, I figured this would be a great chance to emphasize a simple truth in life: Hard Work = Success. When you put a lot of effort into something, you increase the chances you will be successful. That doesn't mean everyone will be a major league baseball player, or a famous actor. But maybe you will become a baseball coach or involved in the entertainment business through all your hard work. It is hard work that gives you opportunities, and opportunities give you the chance to be successful. But again, hard work doesn't guarantee a perfect life. It still starts with the pursuit of a dream.

I told you last week to start setting goals. And to hang these goals up somewhere where you can see them every day. Have you done this? If not, then start now. It will surprise you how powerful such a simple step can be. It will motivate you to work hard, especially when you don't want to. Everyone is looking for shortcuts, or a way around working hard. But like I said, working hard is a simple requirement in life that is unavoidable if you want to be successful. It builds character. It strengthens you. It humbles you. And it can even build team camaraderie. But, on top of that, the feeling of accomplishment that comes with hard work is often overlooked. You have to earn that feeling, but when you do, I promise you that it will be worth it.

So far this season, I have been pretty impressed with the work ethic. If you haven't noticed, none of the coaches are forcing you to do anything. We simply expect a lot from you. And we will encourage you to meet those expectations each and every day. In and out of the pool. So that means we need to be fast AND classy. Which means that we shouldn't let the pride in our hard work get to our heads. Remember, we still want to be humble. So let's act that way. Let's respect our opponents by doing little things, like staying in the water after we finish a race until everyone is finished. Our actions may speak louder than our words, but our words are powerful too. One insult can last a lifetime. So speak to each other the way you would want to be spoken to. I will expect this from you every day.

Lastly, remember that hard work is...well...hard. It is not going to be easy. We, as coaches, are there for you to support you and believe in you. So don't give up. Don't dwell on one swim. You can't fall short if you don't give up. Great job so far. But we have a long way to go. Hang on to those high expectations. And don't forget...DREAM BIG. WORK HARD. NEVER GIVE UP.

-Coach Steve