



## Mentor Marlins Swim Team

Newsletter Aug 3, 2011

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### ***This is Championship Weekend***

Great finish to the season Marlins! We are undefeated! This weekend is where all the hard work pays off – Championships! PLEASE check the mailboxes this week, as there is an important Championship packet in each family mailbox. It contains info for BOTH days so PLEASE read through it. We will be setting up our “Marlin Tent” again this year – look for the blue and white stripes – for all families to share side dishes, desserts, etc. We will have our big white cooler there loaded with cold drinks, so if your family wants to participate, everyone is welcome. Our treasurer, Mike Grubar, will have a small grill so if you wish, bring hot dogs or burgers and you can use his grill.

Things to remember: this is a LONG weekend for our swim families. Please make sure you have shelter from the sun as both days our “camps” are out in the sun. NO swimmers should be out in the sun for long periods of time. Make sure your swimmer and all of your family members stay hydrated all day. Swimmers have actually passed out at prior championships due to heat stroke and dehydration. We want everyone to have fun and be safe! Bring plenty of things to do – games, books, magazines, pillows – whatever makes you happy! Make sure you have plenty of sunscreen, extra towels and goggles. Events on both days are scheduled to start at 9 am. Be prepared for each day to end around 4pm.

If you volunteered to help at Championships, PLEASE make sure you check in at the volunteer check-in booth both days for your name badge and assignment. If you fail to show up for your shift, both Pinegate and Highland Heights will be calling your cell phones to remind you. Please show up for your shift at least 10-15 minutes prior to the start of the shift.

If this is your first time at Championships and have questions or concerns, PLEASE ask a board member or grab another Marlin family and ask for help! It is a fun weekend for all of our kids and our parents. Long, but lots of fun!

GOOD LUCK TO OUR MARLINS!!!

### ***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 6:45am

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.

### ***Calendar Of Events***

Aug 10th - Marlins Swim Banquet - Croation Lodge Party Center

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 - Aug 5, 2011

### Ages 8 & Under Swimmers

Girl: **Kaitlyn Van Winkle**

This young lady has been working very hard this year. She does her best every morning and even works with the 9-10s most days. Her times have been dropping and we know she'll do well at champs. Great job Kaitlyn Van Winkle.

Boy: **Christopher Buzzanca**

Christopher Buzzanca is another one of our new swimmers this year. When he's at practice, he listens and it definitely shows in his races. We can't wait to see what happens this weekend. Congratulations buddy!

### 9 & 10 Swimmers

Girl: **Rachel Clark**

Rachel has quietly been improving and competing better and better each week. This Saturday she dropped 10 seconds in the 100 Free. Wow! She is consistently one of the most polite and respectful swimmers on the team, and are looking forward to see what she is capable of achieving at Championships. Keep up the dedication, Rachel!

Boy: **Vincent Sisko**

Vincent is one of the most energetic and entertaining swimmers on the team. He is always helping the coaches with clean up after practice. He is a ball of positive energy. It showed on Saturday. He dropped time in both the 50 Free and 50 Back, and is consistently improving at practice. If Vincent keeps it up, he'll have a lot to contribute at Championships. Great job, Vincent!

### 11 & 12 Swimmers

Girl: **Lauren Kuret**

Lauren has been a fixture on the "A" medley relay all summer, and has been a solid presence on the "B" free relays. She works hard across all strokes, and really rises to the challenge when it comes to training butterfly. At this past weekend's meet, Lauren led a Marlins sweep in the 50 Fly, posting a personal best time, and had another personal best in the 100 IM. With her hard work and loud (in a good way) voice, expect Lauren to help cheer and lead the Marlins to great achievements at Championships. Keep it up!

Boy: **Anthony Matejic**

If you were to look up the definition of persistence in the dictionary, you would see that Anthony lives persistence. He is brand new to swimming, and yet in spite of great challenges in just making it down the pool while others zip past him, he continues to train well, and adapts what he is told to his own style. At this past weekend's meet v HH, Anthony swam in the medley and freestyle relays, and dropped major amounts of time in his two individual events. In the 50 Free, Anthony dropped almost 6 seconds, and in the 100 Free, he improved an astounding *40.46 seconds*. That's more than 10 seconds per length. Amazing, Anthony; thanks for choosing the Marlins.

### 13 - 15 Swimmers

Girl: **Marissa Hrwatzki**

Marissa is just beginning to arrive in the sport. An outstanding natural talent, she loves to race and continues to improve. She is now legal in all strokes and is really coming into her own. Her sub 23 split on the free relay against Highland Heights is a good example

Boy: **David "Lightening" Boltz**

Perhaps the quietest of the 13 - 15's (not a general trait of the group!), David is working hard and improving. He has a subtle determination to do well that will serve him in many life endeavors.



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## Coach's Corner Quiet Confidence

I want to start off by congratulating everyone involved with this team for a very successful dual meet season. This is the first time in over 6 years that we have been undefeated (even including 2008 when we won Champs!). So that is a remarkable achievement and one to be proud of. But this is not, and never was, our main goal. Our main focus has always been, and will continue to be Championships. I am very confident that we will be competing for the top spot, but we will have to earn every point to do it. And like I have said in the past, speed is contagious. So even if you're not scoring, a strong swim by a newer swimmer may boost the confidence of one of our "veterans" to help them score. In the end, I'd just like to see everyone swim well, drop time, and have a positive experience. Winning Champs will certainly be a bonus if we earn that achievement.

So why should we feel confident about ourselves going into this weekend? Well, like I said a few weeks ago, when you are goal setting it is always helpful to look at the following: Where we've been, where we are now, and where we are going.

**Where We've Been:** Three years ago (2008), when we won championships, we lost 600 points worth of graduating or non-returning swimmers. That's about half the total points we scored last year at champs! So, in 2009, on paper, we were 600 points weaker from day one. This required a total transformation of what we were doing, or our team would never be able to compete in Division 1 for the title any time in the near future. We did just that. We placed a huge emphasis on our younger swimmers, continued to teach and mentor our older ones, and started to challenge all our swimmers in fun and dynamic ways at practice. We placed 3<sup>rd</sup> in 2009, and 2<sup>nd</sup> last year at Championships. And we have had consistent improvement in all of our age groups during this time.

**Where We Are:** We have just completed an undefeated dual-meet season. Our 8 & Unders are among the best in the league, and they are very deep. Our 9-10 girls lost one of the best 10-year old groups last year due to aging up, but they are still among the best in the league. Our 9-10 boys, although not as deep, are among the biggest improvers on our team and are regularly competing for the top spot in races. Our 11-12 girls gained a lot of young 11-year olds, but you would never know by the way they are competing with older girls throughout the age group. Our 11-12 boys, like our 9-10 boys, are also not as deep, but they too are improving more rapidly than most and are still able to win events. Our 13-15 girls, despite graduating a lot of experienced swimmers last year, are still competitive with every team in the league and have also added some exciting first-year swimmers. And lastly, our 13-15 boys. They may be one of the deepest and fastest groups in the SSL in a long time. So, as you can see, our team is very deep, very balanced, and very competitive, at almost every level.

**Where We Are Going:** Last year, around this time, I wrote a coach's corner explaining that although we wanted to win championships and be successful that year, I was more concerned with being successful EVERY year. I believe we are close to achieving this. Again, if you look at the depth of our team, and especially at our younger core, there isn't much not to like. Kids are learning a lot, having fun, and experiencing what it is like to be part of a large, but intimate community. I believe we have established some positive core values, and have really instilled a sense of confidence with our swimmers due to the improvement we have seen both individually and as a team. I am certain that our team will continue to be good for many years to come. But more importantly, I believe that our swimmers will be able to experience a team-oriented program that fosters the individual but also reminds them that they are part of a larger community that respects each other.

This is where we have been. This is where we are. And this is where we are going. After looking back at all of this, we really don't need to spend much time convincing you all that you will do great this weekend. Our experiences and our track record tell us that we will. And we will. It is really that simple.

I'll end with a couple classic reminders. Eat well this week. Avoid processed meals, or items from fast food restaurants. They may taste really good, but they really aren't good for you at all, and will harm your performance. Keep it simple and keep it natural. Fruits, whole grains, food with protein like eggs and other dairy items. Chocolate milk after practice is actually an excellent choice to help your body recover. Stay away from intense activities. No sky diving or climbing Mount Everest! Relax. Read a book or watch a movie. This is the week you want to allow your body to recover. So stay out of the sun, and play it cool with a relaxing activity. Great job so far this season. Let's see if we can achieve those Big Dreams you have been reaching for this weekend! Go Marlins! Woo Woo!

Coach Steve