



Pearls of Wisdom from the HC

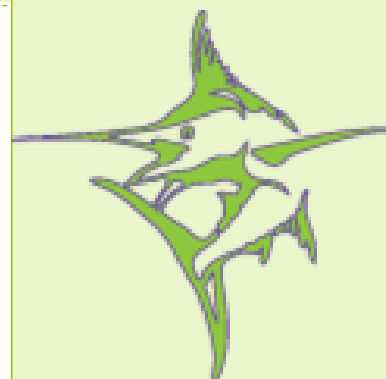
The recent swim meet in Guelph gave the coaches and swimmers a boost for the second half of the season. An incredible 93% of best times were achieved by our 13 yrs and under swimmers at their first Long Course meet of 2011. The improvement is due largely to the mid season recovery the swimmers enjoy, followed by the hard work put in through the month of March by both coaches and swimmers. Our older swimmers on the other hand had a tough time with the heavy program they've been enduring since the beginning of March. Recovery and better performances from them are just around the bend.

Improvement comes in many forms. Often the clock tells us how much we've improved. I like to look at the skills and technique as a measure of improvement. Training times are also a good measure as they are performed without the pressures of the racing environment. A wise coach once said:

“If your swimmer continues to improve at their current rate, they'll have the World Record by the end of next season!”

That means we must expect lulls in performance, a reduction in improvement percentage and tough times for our teenage swimmers. They simply can't keep taking a second or more off their swims at every meet. This is a major reason why **Process** must be the focus and **Outcome** is secondary. The learning curve is steep in swimming, it's known as an early specialisation sport for that reason.

You can help the coaches prepare your child for a future in swimming. At a meet, don't focus on times; your swimmer is already doing enough of that for the both of us. Focus on their stroke, their streamline, their grit. Ask them what they thought about the race, not the time. Compliment them on their **Effort**, reward them for their **Process**, let the coaches critic them, you are after all a key component in their support network. **That's how MMST will produce the best swimmers in the province.**



FUTURE EVENTS

April 15—17
Division II Champs

April 17
Novice Meet in
Guelph

April 24
Session 4 Mini-
Marlins begins

April 29—May 1
HHBF meet at
McMaster in
Hamilton

May 6
MMST Gala

May 13 – 15
Hollandia Swim Meet
in London

MESSAGE FROM THE PRESIDENT

By Sheilagh Arseneau

April is here, lane ropes have been purchased and if all goes according to plan, we are about six months from the opening of the new pool. Progress is evident when you drive by the Sports Centre. It will be an 8 lane facility with seating for 300. We are very excited to have the new pool to host meets as well as day to day practices for some of the swimmers. Photos of the new facility should be posted on the Town of Milton website soon. We are hoping to have a tour of the facility towards the end of April and will have lots of information and photos to pass along at that time.

This is a very exciting time for the whole team, from our youngest Learn To Swim kids to our seasoned Gold swimmers. It gives us room to grow and move our swimmers to pools where they all have the equipment



they need to become hooked on swimming and become active for life. Stay tuned...

ENCHANTMENT UNDER THE SEA GALA – CELEBRATING 20 YEARS

By Emma and Reese Lewis

It's now less than one month away and ticket sales are going great! Plans are falling into place for this event and it promises to be a true celebration for the Milton Marlins, past and present. So don't delay.... The cut off for ordering tickets is **FRIDAY APRIL 22** so please contact us at mmst_gala@miltonmarlins.ca to order your tickets and we can arrange payment anytime now until **MAY 1st**.

SHERYL'S QUINOA SALAD

1/2 cup rinsed quinoa
1 cup veg stock
1/2 onion chopped
1 clove of garlic chopped
1/4 cup fresh basil chopped
1/4 cup fresh cilantro chopped
1 small tomato chopped
1/4 cucumber chopped
1/2 yellow pepper chopped
2 tbsp lemon juice
2 tbsp olive oil
1/2 avocado cubed

Combine rinsed quinoa, stock, onion, garlic and cook in a medium saucepan. Bring to a boil, cover and simmer for about 15 min. Fluff it up and transfer it to a bowl and then combine with the other ingredients. Serve warm or cold. Perfect for spring!

I have fond memories of eating quinoa and avocado in Peru – remember the amazing health benefits of quinoa; it is a complete protein and provides your body with magnesium – important to relax sore swimmer muscles! Enjoy!

Please take the time to thank our sponsors!



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May 6th, 2011