

THE MONTHLY MARLIN

What's Happening This Month...

Milton Marlins Dash4Cash

January 22 & 23

Milton Marlins Winter Novice Meet

January 29

Watch www.MILTONMARLINS.ca for Updates on All of the Upcoming Events!!

New This Month!

Check out the ALL NEW www.MILTONMARLINS.ca website and you can now follow us on Twitter!!

Please remember that a lot of volunteers are required to run successful home meets. Thank you to all the volunteers who have helped in the past and a reminder to sign up for the January Dash4Cash.

Welcome Back Swimmers and Families...

Welcome back to all of our Swimmers, Coaches and Parents. I am sure 2011 will prove to be another rewarding and exciting year for everyone. 2011 marks the 20th anniversary of MMST!! Over these 20 years, MMST has forged a very solid reputation. Our Swimmers are known to be strong competitors while being supportive and polite to others. Our Coaches are committed, knowledgeable and have the best interests of the swimmers at heart. The Parents have proven themselves to be "colorful" and supportive in the stands and always willing to pitch in to get things done. In Milton and at meets across Canada, MMST members have established themselves as good representatives of the swimming community and the Town of Milton.

We all look forward to the upcoming year and the challenges and accomplishments that the year will bring. Our swimmers have their individual goals that they will be working towards. The MMST Board, the Coaches and parents will continue to work together as our club and community grows.

Good Luck to all of our swimmers in the year 2011 and see you at the Pool!!!

Coaches Corner with Jamie...

Division Championships: An MMST Legacy

The Marlins have a proud history of attending and competing at the Ontario Division Champs. In years gone by the Team has won both Division III and Division II titles back to back. More recently we slipped back to Division II and have been climbing our way back up the ladder with a 3rd place finish in 2010. This year, we hope to take home the Championship Banner.

Choosing a team for Divisions is never an easy task. Points are allocated to the top 8 swimmers in each age category and relays earn double points. Here are a couple of things that influence the choice of swimmers. Firstly, age categories are combined, so while you may be the fastest 13yr old in the club, you may not have what it takes to compete against 14yr olds in the combined 13-14yrs age group. Relays are important, particularly our 10/Under and 11-12yr olds, so we do everything we can to fill these out. Finally, the number of events a swimmer can compete in effectively. We can only take 30 athletes, so we need versatile swimmers to compete in multiple events.

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In the next few weeks we have swim meets which we'll use to choose our 2011 Division Team. Even if you aren't the fastest in your age group, I can assure you coaches will be watching closely for swimmers who may make the difference in a relay team's performance. So if you want to be considered for the Team, in the next 4 weeks, keep your attendance and work ethic up, and show us how you'll be the difference on our 2011 Division II Team.

The Ultimate Turkey Burger (a la Sheryl)

(extra lean, and super flavor!)

- 1/3 cup bottled light peanut sauce
- 1 tsp toasted sesame oil
- 1 tsp soy sauce
- 1 tsp grated lemon zest
- 1 tsp grated gingerroot
- 1 ½ lbs extra-lean ground turkey or chicken
- 1 cup fresh whole wheat bread crumbs
- ¼ cup finely minced green onions
- 2 tbsp minced fresh cilantro
- 1 egg
- ½ tsp salt
- ¼ ground black pepper

To make sauce, combine peanut sauce, sesame oil, soy sauce, lemon zest, and gingerroot in a small bowl. Mix well and set aside.

In a large bowl, combine ground turkey, bread crumbs, green onions, cilantro, egg, salt, pepper, and 3 tbsp of the sauce (use the rest of the sauce later to baste the burgers). Mix gently using your hands. Form mixture in to 6 patties, about ½ inch thick. Cover and refrigerate until you are ready to cook.

Gives you 26 grams of excellent lean protein per patty!

Swimmer of the Month



Kaitlyn Gilham

- Age – 14
- Squad – bronze
- Years Swimming – 2
- Favourite Swimmer – Natalie Anne Coughlin
- Favourite Non-Swim Activity – Reading
- Favourite After Practice Food – Chicken Noodle Soup
- Favourite Event – 100m Backstroke
- Career highlight: Milton Dash4Cash being her first swim meet

