

## COACHES CORNER WITH GARRETT

We have entered that time of year when short course season is behind us and long course season on its way. It's at this time when parents and swimmers tend to ask "what are some things that we can do to continue our success into long course?" The answer is something that I know you have heard before...SKILLS!

With a very successful Central Regions, Easterns, Provincials, and Halton Cup over, we are in the month of March where there is a break from competition. This gives us the chance to get back to basics. Now that we have a 50 meter pool to conquer, what you are doing between the flags becomes so much more important. The occasional dropped elbow or breathing every second stroke will not be able to be made up off the walls. Those are precious seconds that will be gone forever.

Starting with Novice, and working up to Gold, we are always trying to perfect our skills. Some easy ways to do this is by doing the drills correctly. Drills are meant to be done SLOWLY. Each drill is done to help focus on a specific area of the stroke. Going slowly allows you to keep focused on where your hand is entering, what your shoulders are doing, can you feel your hand and forearm catching the water, etc. If you are not sure what you should be focusing on throughout a specific drill, ask one of your coaches.

Skills can make or break your long course season. As one of my past coaches told me, ***practice how you want to race***. If you are practicing a perfect stroke and focusing on your skills each time you are in the pool, then when it comes to race day, there will be no question that you are about to swim fast!

## NEW FUNDRAISING OPPORTUNITY

Moksha Yoga Milton will donate the proceeds of their Karma classes on **Friday March 11 and Friday March 25**. Contact the club at 905.864-8677 for more information. The club is located at 61 James Snow Parkway N. Try their program out and support our team at the same time.

## UPCOMING EVENTS

Meet free month!

### Club Meet

You missed it! See photos in this issue.

### March 11 and 25

Karma classes as fundraiser for MMST

### March 22

Division 2 Meeting

### April 1—3

Victor Davis Cup in Guelph

### April 2

FUNdamental Camp

### April 15—17

Divisions

## SWIMMER OF THE MONTH



**EMILY MOGILNICKI**

**PURPLE SQUAD**

**FAVOURITE EVENT**

50 or 100 Backstroke

**FAVOURITE AFTER PRACTICE SNACK**

Peanut butter sandwich

**FAVOURITE SWIMMER**

Michael Phelps

**FAVOURITE NON-SWIMMING ACTIVITY**

Dancing and Soccer

## MESSAGE FROM THE PRESIDENT

*By Sheilagh Arseneau*

Session 3 for our Learn to Swim and Mini Marlins is well underway. Short Course season has come to an end for competitive swimmers. It is wonderful to see so many swimmers enjoying the sport and of course the social side it brings! While the team is focused around our swimmers, there are things behind the swimming that go in to making the team a success. One of our challenges is always

fundraising. Andrea Strohl has taken on the role of VP of Sponsorship this year and has continued to find new sponsors for our team. Andrea's endless efforts make it possible in part to offset the cost of operating our team. We are always open to new ideas and finding new options for the team. Sponsorship from businesses and organizations help us with costs, but also gives them exposure and potential new customers. Keep fundraising in mind and share your ideas!

## CLUB MEET

The March Club Meet was held a week ago at E.C. Drury. After the team photos all athletes from Minis to Gold had the opportunity to get together and race against one another in a variety of events. The last event was a freestyle relay where every one of the swimmers was put into

teams and showed their parents what Marlins (big and small) are made of! Afterwards there was pizza and drinks for the swimmers. A big thank you to all the parents/coaches who were there and made the event a success!

## SHERYL'S QUICK GUACAMOLE

Take a ripe avocado (a ripe avocado is dark green and soft enough to squish) and cut it in quarters. Pull out the pit and take off the skin.

Add lemon or lime juice - just a touch

Green Tabasco to taste (its not hot – just very flavourfull!)

If you like hot, add cayenne pepper

Add fresh minced onion and garlic (or powder works in a hurry)

Add chopped tomatoes to taste (also optional).

Mush it all up - YUM - eat with wholesome crackers and you have a super nutritious snack.



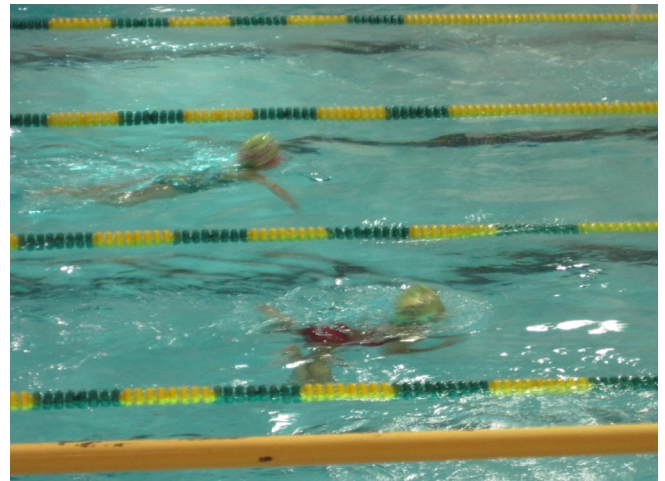
# Photo Gallery



Silver Smiles ☺



Parents cheering on their athletes!



Who are you calling Mini?

A decorative banner for an event. The text 'Enchantment Under the Sea' is written in a stylized font. To the right, it says 'Celebrating 20 years Tickets Selling Fast!!!' and 'May 6th, 2011'. The background features colorful waves and bubbles.

**Enchantment  
Under  
the  
Sea**

Celebrating 20 years  
**Tickets Selling Fast!!!**

May 6th, 2011

Warm ups



Checking in with the timers.  
Thanks to everyone who  
volunteered at the last  
minute!

