

# THE MONTHLY MARLIN

## What's Happening This Month...

### **New This Month!**

#### **MINI MARLINS!**

Registration for session 2 has now started! Go to the Milton Marlins website to secure your spot!

Check out the ALL NEW [www.MILTONMARLINS.ca](http://www.MILTONMARLINS.ca) website and you can now follow us on Twitter!!

Great Job everyone at the Milton Marlin Dash4Cash!

Come and join the Marlins and Santa at the Milton Santa Clause Parade this Sunday!!

### **Mini Marlins and Learn To Swim**

Make up classes for Mini's will be held the week of November 15th-19th

#### **Milton Marlin Dash4Cash**

(check out all the results on [miltonmarlins.ca](http://miltonmarlins.ca))

#### **Milton Marlin Club Meet**

(Keep an eye on the website for results)

The second session for Learn to Swim and Mini Marlins starts on Monday November 22

November 21 – Milton Santa Clause Parade!

Watch [www.MILTONMARLINS.ca](http://www.MILTONMARLINS.ca) for Updates on All of the Upcoming Events!!

### **From The Presidents Desk...**

Our swim season is well underway. There are many familiar faces as well as many new faces which is great. It is shaping up to be a very exciting season for everyone from our Learn to Swim all the way up to our Gold swimmers. There is a lot of enthusiasm from parents and swimmers alike which will also make our season that much better. The Marlins have had a long history of great swimming, great coaches and great team spirit. It appears this season will be no different. We welcome everyone and very much welcome any questions or suggestions. Please feel free to contact any of our Board Members with questions. You can find the Board listed on our website. Have a great swim season everyone!

### **Christmas Camp for Bronze, Purple and Novice! December 23<sup>rd</sup>**

1:30-2:30 Swim

2:30-3:30 Dryland

3:30-4:00 Snacks

4:00-5:30 Swim

Keep watching our website for more specific details to come!

### **Coach Sheryl's Favourite Smoothie Recipe:**

1 cup fresh or frozen raspberries (or other favourite berries)

1 cup fresh or frozen mangos

1 banana

1 scoop of favourite protein powder

1 cup of either milk, soy milk or juice

1 cup of water (or ice if you have used all fresh things - you need something to make it cold)

- If you haven't used any protein powder or juice, you may want to sweeten it a little if needed.

BLENDER IT ALL UP AND ENJOY!

(Makes about 2-3 servings)

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## From the Officials Chair....

There was a great turn out to our first Officials Clinic of the season this week. Many new members, returning members and some swimmers attended the TIMEKEEPER Clinic to begin their journey "Up the Ladder" in the officiating swimming world on the team. Please take some time to read more about this to familiarize yourself with this process and what is required of you. It is located on the team website under the Officials link. It is also a good idea to familiarize yourself with the Swim Ontario website - [www.swimontario.com](http://www.swimontario.com) and the Swim Canada website - [www.swimming.ca](http://www.swimming.ca) Being an Official is a great volunteer opportunity for high school students to work towards their volunteer hours too! For parents, it's the best seat in the house during a meet and it gets you that much more involved in the team. Please watch the website and your email for details about upcoming clinics and opportunities for you to volunteer at the MMST hosted meets throughout the season. If you have any questions about the Officials information, please contact me directly via my email [officialschair@miltonmarlins.ca](mailto:officialschair@miltonmarlins.ca)

## Swimmer of the Month



**Bingran Li**

- Age – 11
- Squad – Purple
- Years Swimming – 3
- Favourite Swimmer – Michael Phelps
- Favourite Non- Swim Activity – Running
- Favourite After Practice Food – Rice
- Favourite Event – 400 Freestyle

## Coaches Corner with Jamie

### Commitment

Coaches are often asked: "What do I have to do to swim faster?" The answer is simple: "Commit yourself to the realization of your goals."

Commitment is something we deal with in every aspect of our lives. We commit to plans with our friends, we commit to assignment deadlines at school and of course we commit to our loved ones. But how many of us take time to commit to ourselves and our own hopes and dreams? For many of you, swimming is what you have decided to commit yourself to, and that in itself is no easy task. Swimming's first commitment is attendance. Making every practice is tough, but possible. The next is to go beyond just turning up to practice, it's committing to each set your coach gives you, committing to each dive, each turn and each and every stroke. Swim your practices like you're Michael Phelps or your Olympic Hero. Don't accept a mediocre effort, ever. Training the way you race is what will bring out your best, because I can guarantee you, you will race the way you train.

So if you swim at an average speed in training, if you don't push your own limits every day, if you don't aim to leave the pool having learned something new about yourself, then you haven't truly committed to achieving your goals, your hopes, and your dreams.

Train Hard...Race Easy!

