

# THE MONTHLY MARLIN

## What's Happening This Month...

### **New This Month!**

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

Come and join the Marlins for the annual Christmas Party at the Lions Club Hall on December 14<sup>th</sup> at 6:30pm .

### **MLC Cancellations**

- Practices at MLC will be cancelled on Dec.10 and 11.

### **Christmas Holiday Schedule:**

- No ECD practices from December 20-31.
- No MLC practices from Dec.24-Jan1.
- All practices resume Jan.3.
- Check the website for practice schedule between Dec.20-24.

Gord Basset Invitational

(Keep an eye on the website for results)

GMAC Dash for Cash

(Keep an eye on the website for results)

MMST Club Meet

December 14 – Christmas Party!

At the Milton Lions Club Hall

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

### **From The President's Desk...**

Yes, it is December already. The Marlins have a busy schedule this month from competitions to get togethers. Our events have been and will continue to be successful because of the time families are contributing to the team. We have lots of swimmers moving up levels and families getting acquainted with the world of swimming. All the time families give shows directly in the results and team spirit of our swimmers. It all adds up to a successful season for all swimmers.

### **Coaches Corner with Jamie**

Goal Setting 101

Achieving goals through improvement is easy to measure in swimming. It's as simple as looking at the clock. Whether it be in practice or racing, the answer is always there. But what helps us achieve that improvement and reach our goals? Well that's not quite so simple... Or is it?

The list is long when it comes to things that will help improvement become a part of your swimming. We could talk about Sleep, Nutrition, Hydration and Body Maintenance, but swimmers are far more focused on swimming laps to consider those as viable options. So parents, take care of these things the best you can until your athletes become aware of their importance. For the swimmers reading this, the following contains a little math, so get out your calculator!

Setting a goal is simply deciding how fast you want to swim. Is it Regionals, Provincials or Nationals you're striving for? Perhaps it's a time that doesn't relate to any of those, but it's a personal milestone you want to conquer. No matter what the goal, write it down, read it back to yourself and make it exist outside your mind. Next is to write down your current times. For example, in the 200 freestyle, the difference between the two shows you have to improve by 5 seconds. When do you want to swim that by? February? June? Pick a date and let's start the math portion of this task. I want to take 5 seconds off by February and make Regionals. So work out how many seconds per month that is? Now, how many seconds per week, and finally how many tenths of a second per day? Doesn't seem like such a big task now does it?

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So where can you find that improvement? Start with your turns. I bet you can make them 1/10th of a second faster, not per day, but per turn! Your streamlines could use some work too. I'm betting there must be a couple of tenths of a second in your streamline and kicks off the wall. How about your dives? Another 1/10th, maybe 2/10th's? It starts to add up, and we haven't even started training any harder yet!

Improve your skills and watch your times drop. Before you know it, you will have conquered your goal and be re-setting them for the next step in your swimming career!

## *Sheryl's Super Yummy (well I think anyway)*

### *Energy/Protein Bars*

First, cream together:

2/3 cup nut butter (peanut/almond etc)

1/3 cup butter/margarine

4 eggs

1/3 cup liquid honey

1/3 cup molasses

Mix the following ingredients and then add to the wet mixture:

3/4 cup protein powder (optional)

1/2 tsp baking soda

1 cup whole wheat flour

1 cup of oats

1 cup of flake cereal

1/4 cup coconut (optional)

1/4 tsp salt

After all previous ingredients are mixed, then stir in:

1 1/2 cups crushed almonds, walnuts, sunflower seeds, pumpkin seeds, raisins, cranberries

1/2 cup chocolate chips

Spread mixture in a greased 9" pan or bigger

Bake for 40 minutes at 275°F

Cut bars when they are still warm – makes about 12-16 big bars.

(The recipe makes quite a lot so you may want to 1/2 everything to try it for the first time – but remember not to cook them as long) Freeze until needed

## *Swimmer of the Month*



### **Christian Arseneau**

Age – 14

Squad – Silver

Years Swimming – 8

Favourite Swimmer – Ryan Lochte

Favourite Non-Swim Activity – hockey

Favourite After Practice Food –

Tortellini with tomato sauce

Favourite Event – 200 fly

Career highlight: 2010 Central

Region gold in the 200 fly

