

March 7, 2008
Volume 1, Issue 9

Marlins Newsletter

Still not on our email list??? Contact our Head Coach Duffy Earle at duffy.earle@gmail.com

Upcoming Events

- Swim for Hope Registration
Thursday 5:00-7:00pm
- Swim for Hope
5:00pm- 6:00am
- Marlins Easter Training Camp Mar 25th- 29th.
- Provincial Team Training Camp Mar 27th-29th.
- April 1st- 6th
Olympic Trials-
Good Luck Laura M!
- April 11-13th
Spring Splash

Short Course Season Review

I'd like to take this opportunity to congratulate all the Marlins on all their hard work and dedication throughout the short course season. This newsletter is filled with all the news on how our club has done so far this year.

New Club Records

The Marlins club records have been falling all year! We have broken 40 records in total, with 13 new club records set at Short Course Champs. This season we have also set two new provincial records. Our girls 10 and under team has set a new record in the 400 Free Relay and Becca Dyer has set one for the 100IM. It would be great to have some more of our provincial records belong to the Marlins! Check them out online on the Swim Newfoundland website.

The Marlins Make up 30 % of the Provincial Team! There is no other team that has more swimmers then we do on the team. Congratulations to Morgan, Becca, Meghan, Ryan, Aiden, David, and Adam. When Laura is in the province she will also be a part of the provincial team. There will be a provincial team camp held Mar 27th to 29th, with 4 pool sessions a

team dinner, brunch and other surprise activity.

Team Points at Short Course Champs were very close. Check out the team points using Swim Canada's scoring method at www.swimmeet.ca.

At Short Course champs we had our highest percentage of best times all year hitting 75%! At all swim meets in the short course season our average percent of best times was 50%. Every Marlin played a part in beating that record, and should be very proud.

Vancouver Provincial Travel Meet

Congratulations to David, Meghan, and Adam for making the Mel Zajac travel Team! These three Marlins are a part of the team of 12 Newfoundlanders who will be attending the meet, and staying for two days of training leading up to Long Course Champs.

Ryan A has qualified for the Eastern Canadian Tri Meet in Ottawa this May. Ryan A and Theoren G from the Rapids will be the two Newfoundlanders who are representing us in this competition.

All of the groups will be going back to the basics now, focusing on kick and technique work for the next couple of weeks. Over Easter we will be having a few day's of intense training and then back to our usual schedule leading up to the Spring Splash.

In the Long Course Season we will be focusing on Long Course Champs, East Coast Champs, and Age Group Nationals. I would like to see more qualifiers for East Coast Champs and have every qualified swimmer attend.

Schedule Changes!

Beginning Mar 20th Marlins 1 will begin doing weights on Thursday mornings and Saturday mornings after practice.

Marlins 1 6:30-7:30am at MPSH. 9:30-10:30 Sat am

Marlins 1,2 and 3 are all invited to attend dryland at MPSH 9:30-10:30am.

Remember this dryland is in addition to your usual dryland. Dryland times on the regular schedule have been updated. Please check the website to see the new finish times.



All Marlins are encouraged to participate. \$50.00 minimum pledges. Registration Thursday Mar 13th 5-7pm.

Club Records at SC Champs

- Kristen D- 200 back
- Becca D- 50 free, 100 free, 200 free, 50 back, 200 back
- Darci T- 50 breast, 100 breast, 200 breast
- Morgan L- 50 back
- Aiden Wiseman- 50 breast, 200 breast
- Adam H-400 free

AG Nats Qualifiers

Age Group Nationals (AGNats) is one of the biggest meets in Canada with about 1000 swimmers attending each year. This year the meet is in Calgary Jul 24-27. The meet has standards for each age 12 and up so it's a more attainable goal for younger swimmers then Eastern Canadian Championships which only has a standard for 16 and under and 16 and over. Clubs across the country use this meet to gage their performance compared to the rest of Canada.

I am very proud to say that this year we have two new Marlins qualified and many more on the brink of qualification! Congrats to Darci T, Ryan A, Aiden W, David F, Adam H, and Laura M.

Thank-you to all the swimmers who have encouraged these swimmers through their training and good luck to all those who are getting close to the standards!

SC Champs Top Achievers

- 1st place 12 & U Girls Becca D
- 1st place 13-14 Girls Morgan L
- 1st place 15 & O boys David F

- Top Three finishers- Ryan A 3rd, Leah V 3rd, Darci T 2nd, Gavin D 3rd,

Upcoming Events and Reminders

Swim For Hope this Friday! Registration takes place Thursday March 13th 5-7pm. Bring pledge sheets and minimum of \$50.00 pledges.

5:00pm- bring SFH t-shirt!

Free food available all night.

Permission slips available on Marlins Website. Please return form by Wed Mar 12th.

We need Prizes! If you have small prizes you can donate for the SFH please contact Duffy asap!

Swim For Hope Arrive