

Sept 17th, 2008
Volume 2, Issue 1

Marlins Newsletter

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

Upcoming Events

* CBS Invitational
October 17-19,
2008

* Parent meetings
for M1 and 2 Sept
22nd, 23rd, 30th
6:15 pm, 6:30pm,
6:45 pm. Oct 1st
and 2nd- 6:45pm,
7:00pm, 7:15pm.
Please contact me
to arrange a
meeting time.

Welcome to the 2008-2009 Swim Season!

Welcome back to the pool!
We are now in our third
week of training with the
schedule picking up a little
for Marlins 1 and 2. Pre-
competitive tryouts have
finished up and I'd like to
welcome those new families
to our club! The Marlins are
taking over swimming in NL
and we are glad that you've
decided to be a part of that!

Lavrock was a great
success for our competitive
swimmers. We set new
team goals that you can see
in our showcase at the pool,
if we reach all these goals
this year sure will be a great
success!

Our focus at this time of
year is very much on
technique. I'm looking
forward to our first meet in
CBS to see the technical
improvements we have
made.

Pre-comp Welcome Meeting

Here are the notes from the
new parent welcome
meeting and registration.
Thank-you for coming to our
tryout sessions.
-Club Structure- 5
competitive groups-
arranged by skill level and
age. First competitive group
is called the novice group.
Club goal is to have that
group ages 8-10 girls- 9-11
or 12 in boys. Most

swimmers spend a year or
two years in pre-competitive
before moving to competitive.
-I coach Top Three groups,
oversee the running of the
program- Develop the
precomp program that
coaches follow- oversee the
coaches. Precomp coaches
are Robert Howlett and
Craig Stoyles. Assisted by
volunteers.
-Program follows the Long
Term Athlete Development
guidelines produced over
the past 2-3 years by Sport
Canada and Swimming
Canada. Swimmers have
two practices a week plus
occasional Sat mornings.
Idea is that swimmers at
this age are participating in
2-3 sports or activities and
this will help develop them
into stronger swimmers in
the long run.
-Pre-competitive focus is on
building technical skills
required for competitive
swimmers. Stroke
Technique, Starts, Turns.
As well as introducing
dryland exercises and an
introduction to aerobic
training. Fitness through
fun. Swimmers are
encouraged to attend all
team building activities, like
Saturday morning practices,
Time Trials, Pancake
breakfasts, Christmas Party
and Year End Banquet.
-Website-
www.mountpearlmarlins.com
m. Weekly email- if you do

not receive an email next
week please contact me at
duffy.earle@gmail.com. Call
cell phone number when
necessary. 709-690-3236.
Please avoid pool deck
interruptions.
-Fundraising- Options on
Website- info provided in
weekly emails.
-Registration-Fee
information is available from
our registrar.
-Email will come from
Swimming Newfoundland
Labrador or Swimming
Canada with information on
how to complete the online
registration. Important that
every family follows the
steps and completes their
registration.

This Saturday:

Marlins Customer
Appreciation Day at
Universal Corporate
Wear Goulds Location
11-5pm

There will be prize
draws for merchandise
and, for our
swimteams, they will
have a draw for
\$100.00 in free
swimwear.
Refreshments will be
served.

Equipment- What do you need?

Pre-competitive swimmers need the following equipment. Training Suit- Females any regular fitted swim suit. Males usually wear "Jammers" . Suits are available at Sports Check, Take the Plunge, Universal Corporate Wear, Arthur James etc. Swimmers also need goggles, and a swim hat if their hair reaches their eyes. Marlins hats are available from Stephanie, email gdyer@nf.sympatico.ca.

Competitive swimmers need the following; Marlins 1,2 Fins, Training Paddles, Pull Bouys, and Snorkels. Drag suits are strongly recommended.

Marlins 3, Novice need Fins, Orange or Blue Training Paddles, pull bouys.

Any swimmers who would like to have their own kick board are welcome to do so. All equipment can be stored in a mess bag.

Fundraising Opportunities:

The fundraising page of our website has been updated! All documents are online, including a order form for the year that you can pass on to your family and friends.

Sports Alliance Fall ticket Draw, \$0.50 from each ticket sold goes into your swimmers fundraising account. For more information please contact Tammy Lahey @ llahey@nf.sympatico.ca or myself @ lorne.george@nf.sympatico.ca

Vegetable Hampers for thanksgiving. Hampers sell for \$12.00 each with the profit \$4.00 going to your swimmers fundraising account. For more information on this fundraiser: please contact me Carolyn Tucker @ betucker@nf.sympatico.ca or Lorne at lorne.george@nf.sympatico.ca **Order sheet for vegetable hampers due back by Oct 6th**. Return forms to the Marlins Lock Box or to Carolyn.

Need to contact us?

Please feel free to drop me an email anytime- I will gladly pass on any messages to assistant coaches. Parents are reminded to please avoid interrupting practices by coming on the pool deck. We welcome spectators in the upstairs viewing area, but please remember; Coaches need to be able to get your child's attention. The pool deck has a lot of noise and different things going on. We encourage swimmers to keep their eyes on the pool deck rather than up to the viewing area!

Thank-you for your continued cooperation!

To deliver fees or notices please leave them in the Marlins lock box located in the Lifeguard office. Meet forms can also be submitted by email with payment arrangements made through the treasurer.

Executive members email address are on our website.

All registration fees and forms should now be submitted.

If you have not done so please contact Tammy at llahey@nf.sympatico.ca asap.

All families will receive an email from SNC or SNL in the next couple of weeks. It is very important that you follow the steps to register your child. No payment is required. All online registration must be completed by Oct 5th.