

Oct 2<sup>nd</sup> , 2008

Volume 2, Issue 2

# Marlins Newsletter

*Still not on our email list??? Contact our Head Coach Duffy Earle at [duffy.earle@gmail.com](mailto:duffy.earle@gmail.com)*

## Upcoming Events

\* *CBS Invitational  
October 17-19,  
2008*

\* *Club Time Trial  
Nov 1st*

\* *Fall Classic Nov  
7<sup>th</sup>-9<sup>th</sup>. Meet form  
available next  
week.*

\**Marlins Meet Dec  
5<sup>th</sup> to 7<sup>th</sup>.*

100% attendance  
September:

*Adam, Ryan,  
Becca, Matt,  
Aiden, Alex,  
Sarah B, Liam C,  
Gavin, Zach,  
Jenn, Darci,  
Leah, Laura C,  
Kaitlin, Kristen,  
Barbara, Anna,  
Ben, Sarah H,  
Mark H, Brock,  
Isaac, Liam M,  
Ireland, Lilly,  
Sarah S, Jamie,  
Katie V, James,  
Gregory*

## A great start to this Swim Season!

The Marlins have had a great start to the 2008-2009 swim season. Most families have completed the online registration and our numbers are looking great. We have about 10 more competitive swimmers this year than last, and at least 12 more precomp. I'd like to welcome again all of the new pre-competitive swimmers. We look forward to getting to spend sometime with you all this Saturday morning.

Last weekend I attended the National Swim Coaches Conference which was focused on long term planning for coaches and creating training plans for swimmers. I brought with me information on all our swimmers. From that information National Team staff and coaches selected a sample of our swimmers information and worked with me to develop training plans that can be applied to all our swimmers. I am delighted to have this information with me, and to use this information to help build us a stronger club. I heard many great stories from the Olympics and Canada's best swimmers, how they train and what their plans are up until the next Olympics. I am excited to share those stories with you all!

Throughout September the team has done a lot of work on kick and technique.

Attendance has been great and the coaches are pleased with our results so far. the pool! We are looking forward to seeing much improved technique at the CBS meet. For those parents who CBS will be your first meet, we've included some meet basics in this Newsletter.

## Swim Meet Basics

Once you become a competitive swimmer you are eligible for all provincial competitions with the exception of Short Course and Long Course Provincial Championships. (For those you must meet a qualifying time.)

The meet schedule can be found on our website. You should check back often as dates can change and details are posted. Prior to the competition an announcement of the competition will be made by email. The meet form will then be posted on our website with a deadline for it to be returned- either by email or to the lock box. It is very important that forms are returned on time. **Swim meets have strict deadlines that prevent us from entering swimmers after the due date.** Coaches enter all swimmers in the competition who

return forms, by picking events that they feel are appropriate for that athlete. Many competitions have restrictions on what events or combination of events you are allowed to swim. Coaches have a long term plan of having all swimmers swim all events at some point throughout the year, but they also keep an eye on what time standards your child is close to.

The main goal of every swimmer is to swim best times. Of course we also encourage our swimmers to move up in the rankings. At championship meets events are generally selected in a manner to assist the team with maximum point scores. Swim meets usually begin on Friday evening and are then followed by two sessions on Saturday and one on Sunday morning. The specific times for your child to arrive at the pool are emailed out just prior to the competition. It is generally the parent's responsibility to get their child to the meet sessions, but many of our families will car pool. If swimmers are not on time for warm-up the coaches may be forced to "scratch" them from that session. Swimmers are encouraged to rest between meet sessions and have some down time to keep them up while at the pool!!

## Upcoming Deadlines and Reminders

**Sports Alliance Fall ticket Draw**, \$0.50 from each ticket sold goes into your swimmers fundraising account. For more information please contact Tammy Lahey @ [lahey@nf.sympatico.ca](mailto:lahey@nf.sympatico.ca) or myself @ [lorne.george@nf.sympatico.ca](mailto:lorne.george@nf.sympatico.ca). **Tickets are due October 16<sup>th</sup> at the latest.**

**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](mailto:betucker@nf.sympatico.ca) or Lorne at [lorne.george@nf.sympatico.ca](mailto: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.

**Team practice and pancake breakfast** for all Marlins both competitive and pre-competitive Saturday October 4th. Practice times are as follows;  
Marlins 1,2 - 6:30-9:00am water 9:00-9:40 pancakes 10:00-11:00 DL MPSH  
Marlins 3 -7:30-9:00am water 9:00-9:40 pancakes 10:00-11:00 DL MPSH  
Novice -7:30-9:00am water 9:00-9:40 pancakes  
Precomp (Discovery) 7:45-9:00am water 9:00-9:40 pancakes

*There will be a team meeting for all swimmers at 9:20 during the pancake breakfast.*

**CBS Meet Forms Due this Saturday October 4<sup>th</sup>.**

Upon arrival at the swim meet the swimmers should immediately check in with coaches. **Parents are not allowed on deck at competitions.** Usually there is a viewing area upstairs at the pool. **Each club is required to help officiate** even when we are not at our own pool. A clinic will be offered in November to learn how to become a timekeeper. The Marlins have a great reputation for helping out at other pools, and we want to keep that up. It's easy!

During the meet session the **swimmers should be on deck cheering on their teammates and preparing for their upcoming races.** **Swimmers are expected to stay at the pool for the duration of the session.** Of course there are exceptions to this rule, so if you feel the need to take your child away early please have them ask their coach.

**Swimmers should bring extra towels, extra goggles, healthy snacks (No peanuts), water, and deck clothes including the mandatory Marlins t-shirt.** During swim meets it's difficult to talk to your child's

coach because they spend their time on the pool deck. **Swimmers must talk to their coach before and after every race** and more if they like. We encourage the swimmers to approach their coach with any questions. If a parent needs to speak with the coach it's best that they find the coach before the session starts or after the session ends- just like swim practice!

Parents can usually find a meet program for sale in the viewing area. Other parents will be pleased to show you how the Events and Heats are run. If your child has a **NT** by their event this means they have no time recorded for this event.

We swim both **short course (25m pool)** and **long course (50m pool)** competitions. Sometimes the meet is set up using times converted from one course to the other, and other times the meet only uses times from that particular course. It's great for parents to help young swimmers keep track of Personal Best times. Results are posted

in the viewing area. **Disqualifications** are a great learning tool, and happen at all levels of competition. If your child's name appears with a DQ after it, this means they broke a rule in a particular race and their time does not count. Coaches will work with swimmers to fix any mistakes.

**At the end of the competition there is an awards ceremony.** Individual certificates or ribbons are given out at practice following the competition. Every meet has a different scoring system, for individuals and the team awards.

**Relays are posted during the warm-up of the session they occur in.** Coaches have specific rules and goals for putting together relay teams. Swimmers are encouraged to ask why if they are missing from a relay team.

For parents and swimmers the first meet can be confusing. But as long as your child is on deck we will make sure they are doing what they are supposed to.

If you have any questions please do not hesitate to contact me.



*Great times at Lavrock!*