



MONTROSE MARLINS SWIM TEAM

Marlin of the Month

Lucas Motley

December 2015

Now in his third year as a Marlin, Lucas is starting to really find his groove in the water. Also a competitive soccer player, this Pomona Elementary fifth-grader simply loves to train. That's not a common trait for 11-year-olds. Then again, Lucas is not your average kid, either! Lucas is a free-style specialist who is beginning to tackle the other strokes in competitive situations.

Parents: Lyle & Pam Motley

Sibling: Nels, 13, who also swims for Coach Ellen's silver group.

Other activities: "I also love soccer. I actually don't mind when I'm in both seasons together (fall and spring). Because practice is something I really like, no matter what sport I'm in. I also play piano. I'm in my second year of that."

Mom on multiple sports: "I love to see kids his age in a number of activities," says Pam Motley. "I think it helps to keep kids from boredom or even burnout at a young age. It really sets them up for being able to multi-task later in life, as well."

Favorite shows: "I'm still a Nickelodeon kid, when I get the time. As for movies, my favorite is 42 ... it's the story about Jackie Robinson. It was pretty inspiring."

Favorite food: "Pizza. Pepperoni & bacon is the best. A lot of people have never tried that, but if you do, you will be hooked on it like me!"

Favorite athlete: "Messi (pro soccer star). He's from Argentina but plays for FC Barcelona (Spain) ... It is amazing what he can do with his feet."

Motley trivia: Lyle Motley actually swam at MHS with our own senior coach, Silas Almgren. Lyle was also a member of the first MHS soccer team back in the late 1980s.

Coaching comment: "Lucas is very refreshing to have in my group. He works very hard in practice and pays close attention to the details on improving his strokes. He has a very bright future in swimming ... he would in any sport, because he has such a willingness to be coached and make the needed adjustments when they are pointed out."

The Marlin of the Month is selected by our coaching staff with the intent on highlighting success both in and out of the pool. Each honored swimmer also receives two complimentary movie passes from San Juan Cinemas.



