

MOR

REPORT



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MOR



MARLINS OF RALEIGH



“DEVELOPING CHAMPION ATHLETES AND CITIZENS THROUGH COMMITMENT TO EXCELLENCE IN SWIMMING”

272 MOR SWIMMERS TO COMPETE IN FALL INVITE IN CARY!!



272 Marlins will be back in competition mode at the Triangle Aquatic Center in Cary this weekend. We're excited to have some great competition in a safe and fun environment!

Warm-up Times:

Friday 15&Overs – 4:15pm stretch, 6pm meet start
 Saturday 11-12s – 6:50am stretch, 7:40am meet start
 Saturday 10&U – 10:05am stretch, 10:50am meet start
 Saturday 13-14s – 1:15pm stretch, 2:15pm meet start
 Saturday 15&O – 5:35pm stretch, 6:35pm meet start
 Sunday 11-12s – 6:15am stretch, 7:40am meet start
 Sunday 10&U – 9:50am stretch, 11:05am meet start
 Sunday 13-14s – 1:05pm stretch, 2:50pm meet start
 Sunday 15&Overs – 5:20pm stretch, 7:05pm meet start

Temperature check volunteers-we need 2 parents

each session to do temperature checks. Email the following coaches for temperature checks

10-Under Coach Hannah at

hannahlincolnclose@gmail.com,

11-12 Coach Billy at morcoachbilly@gmail.com

13-14 Coach John at jfischetti@gmail.com

15-O Coach Mike at Michael.laubacher@gmail.com

Team Attire: Regular MOR speedo suits. Silver MOR Caps. MOR T-shirts: Fri-White, Sat-Gray, Sun-Black.

Swimmers should arrive at the entrance wearing masks and their suit that they will warmup in. Temperature checks will be taken by MOR parent volunteers starting 15minutes before schedule stretching time. Swimmers will sit in the stands on marked spots 6 feet apart and keep masks on. Swimmers should work to develop Pre-race routine that you can do consistently, warmdown properly, and warmup with attention to detail. Make sure to bring a plastic bag with your name on it to store mask in on the pool deck. Bring a healthy snack of Gatorade and fruit or peanut butter, bagel, etc. Put all trash in trash cans. Cheer loud for all MOR teammates! Have fun!

MOR SWIMMERS SHINE AT NC OPEN WATER MEET



Twenty Six swimmers represented MOR in events at the Carolina Cup Open Water Invitational at Lake Echo in Seven Lakes North Carolina this past Saturday. The meet was abbreviated this year due to Covid with just 2K and 3K races being contested. MOR swimmers with top eight performances are: Shayna Elgart and Raston Sharron in the 11-12 combined 2K and MaKayla Ciancanelli in the 15-18 Women's 3K. Other swimmers with top 16 performances in their respective races are: Jacques Reville, Seth Brodnick, Clara Carson, Ronan

Cornpropst, Cole Heuer, Janie Inscore, Tull Perkins, Bode Ringenbach, Alex Townsend, and Wilson Tuttle. The race organizers put on a good event and the MOR swimmers raced hard. Congratulations to all.

MOR TO HOST FITTER/FASTER CLINIC



MOR will host a Fitter and Faster Swim Camp on November 28 and 29 at Silverton. Featured clinicians are Chris Reed, 2016 Olympian from South Africa and Katrina Knopka, NCAA Finalist.

Follow the following link for all the details.

<https://fitterandfaster.com/swim-clinics/comprehensive-backstroke-racing-camp-raleigh-nc/>

Prices will increase on October 22nd, and a few more times as we get closer to the camp! Please sign up ASAP.

There will be two sessions each day. The [curriculum](#)s each day will be:

November 28: High Performance Backstroke Technique

November 29: Backstroke Applied Speed & Race Strategy Execution

Session sizes are limited to maximize individual feedback and preserve social distancing. We cannot wait for this event and we strongly recommend everyone click the link below to read more about the curriculum and to register ASAP.

Sign up for one or [SAVE](#) by signing up for both camps!

SWIM LESSON INSTRUCTORS NEEDED

MOR offers our Mini Marlins Swim Lessons at both our Silverton and Greenway locations. These lessons are taught during the day, in the late afternoons and on weekends. Parents, friends or swimmers are eligible and we will train you and provide you a curriculum on how to teach. For Silverton, contact coachlindsaymor@gmail.com and for Greenway in North Raleigh contact morcoachnatalie@gmail.com Come be a part of teaching our next generation of Marlins.

RECRUIT A SWIMMER, GET A CAP!



Any MOR swimmer that recruits a swimmer who registers with MOR and notifies us of the referral will receive a free bright Dayglo MOR cap for practice (no meets). Contact coachcara45@aol.com to verify your referral and get your cap.

TECH HELP NEEDED FOR MEET LIVE STREAM

We are exploring the possibility of delivering live-streaming of our home meets to our families this season. We are looking for a volunteer who is knowledgeable in videography and live-streaming. They would also need to work on wifi as Pullen does not offer wifi. If you are adept with live-streaming, camera operation and set-up, please reach out to Coach Hannah: hannahlincolnclose@gmail.com

DEADLINES

CHAMPIONSHIP COUNTDOWN

TENTATIVE SCHEDULE

(TENTATIVE UNTIL HOSTS CONFIRM THEY CAN HAVE MEETS SAFELY)

| | |
|----------------|---|
| Oct. 16-18 | Tac Meet- |
| Oct. 23-25 | MOR Sr. Kickoff Meet-Pullen-tentative-Cancelled |
| Oct. 24 | MOR AG IntraSquad-Pullen-tentative-Cancelled |
| Oct. 31-Nov. 1 | Halloween Bash-limited #'s-tentative |
| Nov. 13-15 | MOR Quad Meet-13-O A, 12-U BBtentative-Pullen-Cancelled |
| Nov. 12-14 | US Open-LC-Greensboro |
| Dec. 3-6 | US 18-U NC Champs-Cary |
| Dec. 5-6 | MOR Arctic Blast TBA-12-U B/C, 13-O A or less |
| Dec. 11-13 | Fall States-Hillsborough-12-U BB+tentative |