



Marlins Swimming

Monthly Newsletter



News

Thank you!! Thank you to ALL THE MARLINS who helped and supported our Thanksgiving Invite! It was a true family affair that would NOT have happened without each & every one of our Marlins Family members! We have the best volunteers :-). Also thank you to all who contributed to our Food Drive. We collected just over 300 items that have been donated to the Spencerport Ecumenical Food Shelf.

Our early holiday gift to you - Coming soon our website will have a new look and feel. We are looking forward to this exciting change!

We want to extend a big thank you to Coach Heather! Coach Heather has been committed to the Marlins for nearly 5 years and has decided to focus on other opportunities in her life at this time. You will begin to see less of Coach Heather on the pool deck as she will be stepping away from her coaching duties.

Parent Social - An opportunity for parents to talk to one another and ask questions. We'll have board members and the officials coordinator available. Refreshments will be provided. Siblings welcome. We hope you'll stop in while your child swims. We will be in Room 88 in Spencerport High School which is down the hall from the pool. Levels 1, 2, 3 and 4 practice this night at Spencerport. Hope to see you there!

Awards Night - December 8th at Olympia High School

Ithaca Gorges Meet - Don't forget to book your hotel reservation if you are signed up to go! [Reservation link](#)

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Camp Good Days Volunteer opportunity - Marlin Swimmers, join us for a great volunteer opportunity! We will be supporting Camp Good Days by selling kazoos and candy cane pens at the Mall to help raise money for kids with cancer to attend a free summer camp. This event is for Levels 4 and up, however, all levels can participate with a parent and family members are welcome! Please go to our events page to sign up! Don't forget to wear your Marlins apparel.

Marlins will be volunteering for the Mobile Food Pantry - We have a set up an opportunity to have our swimmers give back to the Spencerport Community on December 20th by volunteering at the Mobile Food Pantry at Cosgrove Middle School from 4:00-5:30. Details & sign up will be posted soon on our events page.

Team Pictures - Team pictures are scheduled for Wednesday, January 24th. We will be having a professional photographer taking pictures this year so you will have the ability to purchase prints.

SAVE YOUR CANS & BOTTLES - Save your bottles and cans and bring them to Five Cents Fast, located at Barefoot Landing, 2139 North Union Street in Spencerport, only 5 minutes from the Spencerport Pool. All proceeds will go towards supporting team activities!

Coaches Corner - Austin

Hello all!

For those I have not met, I am a proud product of Rochester having been raised in Spencerport. I started swimming in 7th grade after a 2-week stint on the gridiron and have been with the sport ever since. I joined Marlins as a high school swimmer and credit my coaches, Coach Dave included, for teaching me how to swim fast! Post-high school, I attended SUNY Oswego to study history and anthropology and was a member of the Lakers swim team for four years as a sprint freestyler. I am currently pursuing my teaching certification at SUNY Brockport, and am loving my first year coaching Spencerport Varsity teams!

As a swimmer at Oswego, I was introduced to a training program Ultra-Short Race Pace Training (U.S.R.P.T.). As a sprinter, ultra-short was something that caught my eye, and I was excited to try. What I found was a training program that challenged me in an entirely new way (and it was not always short!). The formula for USRPT sets is simple: Race technique + Race psychology + Race conditioning = USRPT. That's all there is to it. So, I always encourage strong foundation in technique, because it's hard to swim fast when you're sloppy---getting in shape and swimming fast is a part of the process! My favorite part of USRPT is the psychological aspect because swimmers think of the sport and themselves in an entirely unique way. Sets are all done at race speed (FAST!!!!), which challenge swimmers start to finish. When they cannot hold that pace anymore, the set is done and swimmers can take the time to relax, chat, and reflect on their progress. It's a great opportunity to learn about themselves and the sport, an essential part of training.

A sample set for someone with a goal time of 59.99 in the 100 Freestyle might look something like:

30x25 @ :30, holding between :14.5 and :15.00 per 25. It's all about learning how to swim *your* race.

Since technique is so important to fast swimming, I want to include some YouTube channels that show some of our

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favorite swim drills and great examples of efficient swimming. Sometimes seeing it done is the best way to learn:

<https://www.youtube.com/user/chloeesutton>

<https://www.youtube.com/user/theraceclub>

<https://www.youtube.com/channel/UCeyKlO638IHz4Xnm7OzjcDQ> (Phlex Swim, Senior swimmers.)

<https://www.youtube.com/user/EffortlessSwimming>

<https://www.youtube.com/user/swimsmooth>

See ya'll at the pool, Coach Austin.

From the Coaching staff

Ever wonder why our coaches enter your athletes in NEW, HARD and sometimes SCARY events?

Flashing back to our coaches philosophy; one of our goals is to **FOSTER SELF CONFIDENCE, SELF DISCIPLINE AND HARD WORK.**

Our coaching staff strongly believes that challenging our athletes to do NEW events that seem HARD only builds their confidence in the water. Many times, we will put an athlete in an event that they are still learning the rules and strokes to build their confidence. There may be rule infractions (disqualifications / DQ's) along the way but we strongly believe that this is part of the learning process.

Additionally, we are working to build well rounded swimmers. It is our goal to help every athlete learn the skills to complete all the strokes successfully. That cannot be done without trying (and sometimes failing) and then trying again!

Upcoming Event Dates

*Please check the events page on our website for event & meet details.

★ December

- 3rd - Webster Pentathlon
- 4th - Parent Social
- 8th - Awards night
- 9th - GVSL Jr Meet @ Gate
- 10th - Volunteering for Camp Good Days
- 13th - Dr Fink evaluations
- 16th & 17th - Ithaca Gorges Invitationa
- 20th - Mobile Pantry Volunteer Opportunity
- 22nd - Holiday Party - sign up required
- 28th - Go The Distance Meet



★ **January**

6th - Niagara Regional Qualifier (Bronze)

12th - Yoga & Meditation

19th - SEAS westside invite

24th - Team Pictures

27th & 28th - HAST Winter Warrior



The Marlins Board and Coaches have many great ideas to improve, promote & engage with our Members but we need your help to get everything accomplished. Please consider volunteering your time, even just a little bit. Email president@teammarlins.com for more information.

Currently Seeking:

Marketing Coordinator - (team of 2-3 people)

- Responsible for advertising, fundraising & publicity
- Fulfills team volunteer responsibilities, 100pts

Team Events Coordinator - (team of 2-3 people)

- Plan, schedule and facilitate details of team building social events and clinics throughout the year
- Fulfills team volunteer responsibilities, 100pts

Assistant Meet Director

- Help with Marlin's hosted meets
- Fulfills team volunteer responsibilities, 100pts

Parent Level Volunteers:

- Coordinate activities for your child's swim level group



Like our group page on Facebook for the most up to date happenings going on with Marlins.

<https://www.facebook.com/groups/239327429776404>

