



Maple Hills Marlins Swim Team News

<http://marlins.maplehill.org/main.html>

Every Marlin Matters

As you heard from the coaches and the President of the Board at the parent meetings, in 2009 we are really going to focus on encouraging and growing every Marlin, whatever their ability level, because Every Marlin Matters! Swimmers who have mostly A times should expect to swim mostly 4 events at A meets and 2 at B meets, and the reverse for swimmers with mostly B times.

We really want to encourage a family environment where swimmers, coaches,

and parents demonstrate mutual respect, kindness, and courtesy as we all strive to do our best and have fun. Negative, critical, mean, or boastful comments do not belong at Marlins swim meets. Bullying and putdowns will not be tolerated and should be reported to coaches immediately. Together we can teach our swimmers that, while doing your best is important, how you treat people is more important.

We would like one parent from each age group to volunteer to host a fun social event prior to the first meet. This is always a fun way to let the kids get to know one another out of the water. If you are interested,

contact Lori Intonti at 206-850-4464.



Intersquad Meet

Please let Coach Dani know by June 5 if you will NOT be available for the intersquad meet so the coaches can make the lineup and create the teams. The intersquad meet warmups begin at 8 a.m. on Saturday, June 13. Please arrive on time. The coaches will be splitting the team up for warmups so we don't have 121 swimmers in the pool at the same time. This is a practice meet for our team. Parents will have an opportunity to practice timing, stroke & turn, starting, etc., and swimmers will have a chance to practice relays and get base times for their strokes. The coaches will divide the swimmers into two teams—blue and white. The winner of the meet will be the team with the most sportsmanship and team. Concessions will be provided. If this is your first swim meet, be sure to read the Hints for New Swimmers in the Team Handbook (online).

Dates to Remember

June 13—Intersquad Meet

June 16—Home Meet vs. Somerset*

June 18—First Morning Practice: 14&U 7 to 8 a.m., 15&O 8 to 9 a.m., 8&U 9 to 9:45 a.m., 10&U 9:45 to 10:30 a.m., 12&U 10:30 to 11:15 a.m.

June 18—Away Meet vs. Somerset*

June 19—Team Photos (no practice)

June 23—Away Meet vs. Kingsgate G.*

June 25—Home Meet vs. Kingsgate G.*

June 30—Home Meet vs. TOS*

July 10—Mile Swim**

July 17—Scholarship Deadline

July 18—B Champs at Kingsgate**

July 23—Awards Picnic and Pool Party**

* Check in with captains at home meets at 4:45 for 5 p.m. warmup. Check in at 5:15 for away meets for 5:30 p.m. warmup.

** Look for details in our July newsletter (along with July swim meets).

Volunteer Reminders

Thanks to everyone for signing up. Here are a few meet reminders:

- Check in at the volunteer table when you arrive at each home and away meet to receive instructions and stopwatch. Look for the big, blue "Marlins Volunteer Check-in" sign, next to the baby pool at home meets.
- At home meets, you will receive your free ticket for the front-and-center parking spot drawing upon check-in.
- It is your responsibility to arrange for a replacement if you cannot work your shift.

Coaches' Corner

Practices are going great, we are loving the weather, and we are having fun getting to know your kids.

Swimmers should get to practice 15 minutes early so we can stretch out the group before we get in the water. We are doing this to prevent injury and to allow us to get to the main workout sets more quickly.

Email the coach as soon as possible with all dates that your

swimmer will miss. The final cutoff date for notifying the coach that your child will not swim in a meet is NOON on the Friday prior to the meet. If you do not notify the coach in writing by this date then your swimmer will not be placed in the lineup in the following week's meets.

Exceptions are made for illness. We understand emergencies; you will need to contact your coach immediately via email. Coach

Dani works at the pool and may be reached there if you cannot access email.

To contact the coaches, click on the link at our website, www.marlins.maplehill.org or email directly to:

marlins@maplehill.org.

Go Marlins!

Coaches Dani, Aaron, and Ashley

Captains' Cheer—Spirit Days!

We are very excited about our team spirit days this year at home meets. Please support our team, add to the fun for the whole family, and show our true Marlin pride by dressing up on these theme nights, and by cheering during the races and showing good sportsmanship at all meets.

June 16, Blue vs. White Team Wars—Boys wear blue and girls wear white. Let's see who's got the most spirit!

June 25, Pajama Day—Wear your favorite

jammies and bring your favorite stuffed animal for good luck!

June 30, Red, White & Blue Day—Bring your flag and wear your Fourth of July gear!

July 9, Favorite Sports Team—Swimmers will be given pennants to decorate with their favorite sports team, wear your favorite team jersey, hat, etc.

July 14, Hawaiian Luau—Aloha! Wear your craziest Hawaiian shirt and lei.

Hannah Blue & David Lowry

Marlins Swim Briefs

Fundraising

The Mile Swim, our primary fundraiser, will take place the morning of Friday, July 10, and specific age group times will be posted in the next newsletter. All swimmers are encouraged to swim, and the top pledge earners in each age group will receive a prize!

We will have a couple of other fundraising options this year. Emerald City Smoothie will be selling smoothies at some of our home meets. Support the team and buy them! Also, if you have event tickets or a gift

card you will not use, please consider donating them to the team so we can raffle them off at some home meets. Money raised from these raffles will go toward the team scholarship fund. We will also hold a half-and-half raffle at a home meet, where you can buy raffle tickets and the winner will receive half of the money earned.

Marlins Scholarship

All current Maple Hills Marlins who are graduating seniors, are accepted into and will be attending an accredited college



in the fall of this current year, and have a minimum cumulative GPA of 2.5 are invited to download an application from our website (available by June 12), complete it, and turn it in by the **July 17** deadline. We plan to award two \$500 scholarships. Contact Marcy Rand at 425-227-8393 or ograymar@msn.com with questions.

Where to Find It

- ◆ Contact Information for Board Members and Committee Chairs—WS, Board Members page
 - ◆ Directions to Other Swim Clubs—WS, Club Addresses page
 - ◆ Fundraising Overview—TH
 - ◆ Glossary of Swim Terms—TH
 - ◆ Hints for New Swimmers—TH
 - ◆ Meet Results—WS, Results page
 - ◆ Newsletters (this one plus those posted for July)—WS, Newsletter page
 - ◆ Policies and Goals —TH
 - ◆ Registration Forms and Fees—WS, Forms page
 - ◆ Schedule—WS, Schedule page
 - ◆ Team Handbook—WS, Team Handbook page
 - ◆ Team Records—WS, Records & Awards page
 - ◆ Volunteer Duties and Commitments—TH
- WS = Web site, TH = Team Handbook