



# Maple Hills Marlins Swim Team News

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

## Welcome From Your Marlins President

Welcome to the 2009 Marlins swim team! We are in for an exciting year with some fun changes. And, things are moving fast right from the beginning! As of May 1, we have wait lists for all age groups except the 14&U (there are a couple of spots left). We are welcoming several new families to our team and are excited to get to know them.

We are thrilled with our new coaching staff! Coach Dani is our Head Coach and we are delighted to have her back. We are welcoming two new coaches, Coach Ashley and Coach Aaron. Each will bring new talents to share with your swimmers. A new coaching staff means some change, but we are encouraged about the philosophy of our coaching team. Look for them to detail their coaching styles at the parent meeting. Our job as par-

ents is to support our swimmers and let the coaches coach. Please remember this as we transition this season. We encourage positive communication with the coaches via our team email [marlins@maplehill.org](mailto:marlins@maplehill.org).

We have very enthusiastic team captains! Captain Hannah and Captain David are going to be great to work with! They have outlined the spirit days and Lil Buddies program and will detail it at the parent meeting. They serve as mentors to our swimmers.

Take some time before the season starts to read through the parent handbook and our Statement of Purpose and Philosophy. They are great sources of information about our team. You can find them on our website.

-Stacy Morford

*ALL families must have one parent present at one of the two (identical) parent meetings (May 11 or May 19). We have new changes for this season to explain to you at these meetings. Bring your calendar because you will be asked to fill out your volunteer commitment forms before you leave. We'll also introduce the coaches, captains, and the Board.*

## Practice Times

After School Workouts (5-26)	Morning Workouts (6-18)
15 & Over 3 to 4 p.m.	15 & Over 8 to 9 a.m.
14 & Under 4 to 5 p.m.	14 & Under 7 to 8 a.m.
12 & Under 5 to 5:45 p.m.	12 & Under 10:30 to 11:15
10 & Under 5:45 to 6:30 p.m.	10 & Under 9:45 to 10:30 a.m.
8 & Under 6:30 to 7:15 p.m.	8 & Under 9 to 9:45 a.m.

## Dates to Remember

**May 11, 4 to 7 p.m.—Swimsuit Fitting, Evergreen CC**

**May 11 or May 19, 7 p.m.—Parent Meetings, Evergreen CC**

**May 26—First Afternoon Practice**

**June 13—Intrasquad Meet\***

**June 16—First Swim Meet**

**June 18—First Morning Practice**

**June 19—Team Photos\***

**July 10—Mile Swim\***

\* Look for details in our June newsletter.

## Volunteering Update

Because it takes 50 people to run a home meet, plus several volunteers for away meets, the fact is our kids can't swim unless we parents volunteer. Sign-up sheets for jobs at both home meets and away meets will be available at the parent meetings on May 11 and 19, so bring your calendar. Check the Team Handbook on the website for a description of each job. It is mandatory for at least one parent to volunteer during one half of at least seven meets.

**NEW THIS YEAR—**Your swimmer will not be allowed to enter the water until you have signed up for your volunteer commitment or paid the \$250 opt-out fee.

# Meet Your Head Coach and New Assistant Coaches

## Dani Nourigat

Head Coach Dani joined the Marlins when she was 9 and swam on the team until the year after high school. She was captain her last 3 years. Dani also swam on Liberty's swim team and the Issaquah Swim Team in high school. She has been a Marlins assistant coach for 3 years and a swim lesson instructor for 7 years. In December she graduated from WSU with her elementary degree and is currently subbing in schools around the area. Her favorite hobby is scrapbooking, her favorite color is pink, and her favorite candy is Charleston Chews.

## Ashley LeCoq

New Assistant Coach Ashley has been a competitive swimmer for 12 years, 7 years on year-round teams. A Liberty graduate, she is currently on the Whitworth University Swim Team. This year she placed first in conference in the 100- and 200-yard butterfly and second in the 50-yard freestyle. At Whitworth, Ashley is working on a Biology B.S. major for Pre-Veterinary medicine. Ashley loves to swim, and also enjoys rock climbing, playing ultimate Frisbee, and hanging out with friends. Her favorite colors are green and blue and she loves Swedish fish.

## Aaron Hardin

New Assistant Coach Aaron swam for the Marlins for 11 years and for IST 2 years. Aaron coached the BYU intramural team last year while attending there. He is also an experience lifeguard. Aaron is an active guy who enjoys swimming, snowboarding, biking, riding ATVs and dirt bikes, computers, and music.

### **Need to contact the coach?**

Click on the link at our website, [www.marlins.maplehill.org](http://www.marlins.maplehill.org) or email directly to: [marlins@maplehill.org](mailto:marlins@maplehill.org).

## Coaches' Corner

**Dear Marlins**—We're excited to begin another season at Maple Hills! Each of us has been a Marlins swimmer in the past, and we are dedicated to making this season the best yet. We've got the largest group the Marlins has ever had, and this means we can be the strongest group as well.

One goal we have for this season is to make sure that all of our swimmers have the opportunity to participate in more events during swim meets, as well as a more diverse variety of events. We all work hard, and we all deserve to see our hard work rewarded with plenty of great races. Another goal we have as coaches is to provide practices that are better tailored to our swimmers abilities and needs. Because almost all of our age groups are at capacity, shifting between age groups will not be possible. Providing variation in workouts for each age group will mean that each of our swimmers can grow and improve.

We hope that you're all as excited for the 2009 swim season as we are! See you in the pool!

**Coaches Dani, Aaron, & Ashley**

## Captains' Cheer—Go Marlins!

Welcome to the 2009 Maple Hills swim season! We are looking forward to an amazing season and can't wait to get to know all of our new swimmers and see all of the returning swimmers. With a new coaching staff, new captains, and many fresh faces, this year is sure to be filled with lots of positive changes and lots of fun activities for everyone. This year's team is one of the largest yet so the meets should have plenty of Marlin spirit to go around. If anyone has any ideas for new cheers, activities or games to play, or anything else they would like to share feel free to come talk to either of us because we would love to hear from you. Good Luck Marlins and we'll see you at the pool!

**Hannah Blue & David Lowry**

### **Lil Buddies Program**

Lil Buddies is a great program where new 8&U swimmers are matched up with an experienced 15+ swimmer to help them learn the ropes of the team and answer any questions they may have. The Big Buddies are there to support, inspire, and be a friendly resource for Marlins through their first year on the team. We really look forward to getting to know all our new additions and helping to make their first season with Maple Hills a great experience."



## Marlins Swim Briefs

### **Team Swimsuit Fitting**

If you are a new swimmer or would like a new team suit with the Marlins name for this season, the team suit fitting is Monday, May 11 from 4 to 7 p.m. at the Evergreen Community Church. In order to receive the team suit discount, the suit must be purchased on the fitting night from Sylvia's Swimwear. Goggles and other swim gear will also be available.

### **Fundraising**

In addition to the Mile Swim (July 10), 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 tickets for a Mariner's game 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.

### **Marlins Scholarship**

We will again award two \$500 scholarships to current Maple Hills Marlins who will attend a university/college in the fall of 2009. The deadline this year is **July 17**. Look for additional details in upcoming newsletters and on the website.

### **Team Wear**

All team sweats and shirts can be ordered at the swimsuit fitting and parent meetings. This year we have the option of having a name put on the back of the sweatshirt!