

Marlin Parent Board

President

Ron Ross – 792-4708
mrrossmym@comcast.net

1st Vice President/USA Manager

Bev Alfes – 463-7699

2nd Vice President/Statistics & Times

Mark Osocki – 465-5266
mososki@wideopenwest.com

Corresponding Secretary

Marianne Ross – 792-4708
mrrossmym@comcast.net

Recording Secretary

Marsha Wills – 469-3471
mwills12@yahoo.com

Treasurer

Sharon Grice – 954-0811

Meet Director

Pam Voss – 469-4164

Freshman Coordinator

Brigid Hranchook – 465-5311

Member@ Large

Cindy Martin – 725-2844

Marlin Standing Committees

Advertising Chairperson

Taunya Long – 598-5839

Awards

Renee Ricken – 749-4566

Christmas Party

Taunya Long – 598-5839

Concessions

Yvonne Contesti – 465-3688
Josephine Starceski – 468-6191

Marathon

Marianne Ross – 792-4708

Head Official

Dave Schoenegge – 247-4949

Head Scorer

Pam Voss – 469-4164

Head Timer

Chuck Bingham – 463-3051

Lost & Found

Brigid Hranchook – 465-5311

Marshalling

Krista Scott -
Annette O'Ray – 749-5697

Marlin Pride Sales

Rich Marsolais – 586-949-4921

Marlin Web Page

Mark Victor – 598-2788

Marlin Web Page Address

www.macombmarlins.com

Director YMCA

EJ Rozak – 468-1411

Head Coach: Tony Grice

Coach: Brad Voss

Coach: Mike Owensby

Coach: Christy Koehler

Coach: Katie Harrigan



SWIM BIZ

December 14, 2005



Just a Reminder

**Euchre Party – Saturday, January 28. See flyer on website
Tickets available at the Holiday Party**

Holiday Party @ YMCA December 17 – 7:00 pm

A NOTE FROM THE PRESIDENT



I hope everyone is coping with their holiday season. It is hard to believe that Christmas is a week from this Sunday and the week after a new year begins. The first half of the season was a blur and our Invitational is just around the corner.

Our Invitational is the second of two fund raisers for the team. Therefore, I cannot stress enough the importance for all to help during the event to ensure its success. There will be a sign-up sheet for the Invitational at this weekend's holiday party at the YMCA. Just a reminder, as a rule of thumb, we expect all swimmers to swim at our Invitational. There are no fees for our swimmers. In addition, we expect all families to help during the two day meet. Your volunteering can be morning or afternoon, or both for one or two days. The more the merrier and the more the easier it is for all. So I ask for your help to ensure another successful and profitable Invitational.

If anyone knows of a company or individual that would like to donate water, pop, pizza, or the like to off-set cost for the team please give me a call. We can provide advertising for the donor or meet sponsorship. The YMCA is a 501 c (3) organization; therefore, any donation is tax deductible.

I know you all get starry eyed when I get on my soap box but I must beat the drum again. This team and its volunteers and parents is one of the most dedicated, resourceful, and committed groups of people that I have had the fortune to serve. What makes my presidency so easy (besides my wife doing most of my job) is you. Therefore, please help where you can. If you have not yet helped or if you have and want to help more, it is now time to recommit. As I have mentioned before, just volunteering for a short amount of time results in each one of us doing less. That's the intent. What you will find is that once you begin helping, time goes by faster, your swimmer appreciates your commitment, you gain new friends, and the team becomes better. All of this happens because of you. You make it happen and I thank you for your consideration.

This year we will be filling five positions on your board of directors. My job as president is available along with second vice-president, recording secretary, freshman coordinator and member at large. If interested, please see me or anyone on the board to discuss these positions. In addition, if anyone would like to chair or assist with any of the Marlin Standing Committees, please call the specific existing chair or call me to discuss further.

I look forward to seeing you this weekend at our party. This party will allow all to mingle and get to know one another. See you there!

Until next time, God Bless, Take Care, and enjoy a great swim season.

Ron

MARLIN INVITATIONAL

ON-Line sign up is currently available for the Marlin Invitational January 14 & 15. There is a separate sign-up for each day.

MARLIN HOLIDAY PARTY

DECEMBER 17, 2005

7pm-11pm

YMCA

\$2.00 EACH/\$10.00 MAX PER FAMILY

4 years old & Under--FREE

BRING 2 LITER DRINK AND A DESSERT TO PASS

DON'T FORGET TO BRING YOUR SWIMSUIT, SHORTS, T-SHIRT, CARDS ETC.

PLEASE SIGN UP ON THE MARLIN WEB SITE

ADS FOR THE MARLIN INVITATIONAL CAN BE PURCHASED AT THIS TIME

Let's go Krogering!!!!

Yippee!!! Many, many thanks to the Marlin families and friends of Marlin's that are shopping at Kroger and using our gift card fund raising cards. This month we received a check for \$439.00. Remember if you don't have a Marlin Kroger Card yet or need another one for gift giving they will be available at the Marlin Christmas Party on Saturday. Look for me, Mary-Anne Polan. Cards are \$20.00 and have \$20.00 loaded on them for your first use!

Thanks to these families and friends for using your cards between 10/2 and 11/26/05

Hranchook, Kohrman, Voss, Wills, Ross, Martin, Biggert, Alfes, Victor, Scott, Polan, Shock, Rogers, Elliott, Dunn, and Marsolais X 7, Yes, they have 7 people shopping at Kroger's for us!

Thanks again and Keep on Krogering.....

The key to swimming fast is taking a handful of water and throwing it behind you.

Marlin Invitational Advertising

The advertising committee will continue to take ads for the Marlin Invitational program until the Marlin Fun Meet on Saturday, December 17, 2005. Once again the costs of the ads range from \$5.00 for a Swimmer's Square to \$40.00 for a Full Page ad. Please contact Taunya Long at 586-598-5839 or Mary Kay Kohrman at 586-412-0379.

Advertising Committee

Marlin Mini Make-Up Marathon

Our Mini Marathon has been scheduled for December 18, 2006 @ the YMCA from 10:00am to 12:00pm for the following swimmers who did not swim in the Marathon on October 30.

- John DeFour
- Megan Hicks
- Allecia Jurkiewicz
- Alex Kaiser
- Ameer Kambod
- Haleigh Miller
- Megan Nowak
- Jessica Sedlor
- Becky Sparagowski
- Jacob Wazny'Svalba



This is also for our Girls H.S. swimmers and anyone who signed up after October 30. This is our fundraising requirement to be eligible for the Championship Meets. New swimmers – pledge sheets were e-mailed to you. If you did not receive one, call Marianne Ross @ 792-4708 ASAP. Any swimmer who does not turn in pledges will have their fundraising check of \$75.00/\$125.00 cashed which should have been collected at the time of registration. **If it was not collected, you are currently not eligible for any Championship meets.**

Watch for Holiday Swim Schedule in the next day or two.

THIS IS IT

Saturday, December 17th at the Marlin Holiday Party... this will be the LAST day to turn in your request for an ad in the Marlin Invitational Program. If you have any questions, please give MaryKay Kohrman @ 586-412-0379 or Taunya Long @ 586-598-5839.

Advertising Committee

You're traveling through another dimension.

A dimension not only of sight and sound, but of mind.

A journey into a wondrous land whose boundaries are that of imagination.

NEXT STOP...

SWIM PRACTICE



This will be your last newsletter of the Year. Have a Great Holiday and look for your next newsletter in 2006

HAPPY NEW YEAR

Nutrition for Swimmers

One of the building blocks of quality training is good nutrition. Every swimmer and parent needs to be aware of the following two points:

1. Food does NOT make a swimmer swim fast.

That's right. Food does not make him swim fast. What *does* make him swim fast? Training. Training makes him swim fast.

2. QUALITY training makes him swim fast.

A vital part of quality training is good nutrition!

Believe it or not, your swimmer doesn't get fast during practice. In practice she might see her times improving, but her *adaptation* to training (i.e. getting faster) actually occurs while her body is at rest. Workout is the **stimulus** that causes this to happen.

Workouts are hard! They're supposed to be. They're designed to tell the body, "This is hard work for me...you better do something to enable me to do it again later." And the body actually responds by becoming more efficient – aerobically and anaerobically. During its time off, the body WILL adapt, but only if given the **proper fuels**.

High School Corner

We would like to recognize some of our High School swimmers who made the Macomb Daily.

Dec. 9: Robert Groller, Chas Lietaert, Justin Shields, Matt Victor, Christopher Head (Anchor Bay).

Dec 14: Robert Groller, Matt Victor, Justin Shields, Christopher Head (Anchor Bay)

Congratulations Boys!

Please accept our apologies if we have missed anyone

If you give everything your best shot, you will come out on top no matter what the score.

HOLIDAY PARTY GIFT EXCHANGE

SOMETHING FUN!

*KID'S GIFT EXCHANGE
Marlin Holiday Party
December 17, 2006 @ Y.M.C.A.
7:00 pm – 11:00 pm*

SOMETHING NEW!

Each child that would like to participate, please bring in a wrapped \$5.00 gift for their own age group. Label your gift with age and boy or girl.

When you arrive at the party you will place your gift onto a table marked with the appropriate age and boy or girl. Later into the evening every child who brought a gift will get a chance to pick a gift. Be creative! Be fun!

Examples for girls: nail polish, shampoo, lotion, etc.

Examples for boys: puzzles, cards, games, etc.

*Examples for anyone: swim cap, towel, game, cards, treats,
magazine, water bottle, Gatorade, power
bars, etc.*

