

INFORMATION PACKET

MARLINS SWIM TEAM

Montgomery Marlins Swim Team offers a competitive experience for those swimmers wanting to compete. **Your swimmer MUST commit to BOTH swim practices per week (Tuesday and Thursday) during the entire season.** In other words, your swimmer may still enjoy their other activities and swim competitively.

Our mission is simple: Share and pass along our passion for the sport of competitive swimming, in a fun environment. The team will compete in meets (intra-squad), and potentially against nearby local Recreation Swim Teams.

The 2023-2024 season will run from November 28, 2023 to April 18, 2024, with training sessions on Tuesdays and Thursdays.. There will be dates on which there will be no practice (holiday, high school swim or dive team meets), and will be published well in advance. Pricing reflects no swim dates.

Just a heads up: Parent participation is expected for the running of our meets.

Our Academy uses the Montgomery High School pool facility, located at 1016 Rt 601, Skillman NJ 08558. Access to the pool is from Montgomery High School back entrance off of Skillman Rd.

MARLINS TRAINING GROUPS

Placement into levels is done via evaluation. Movement within training groups is at the discretion of the coaches.

Grade levels are for guidance purposes, and some swimmers may fall outside of the grade parameters based on swimming ability.

DEVELOPMENT

This is for 1st-4th graders who are newer to competitive swimming. They will focus on building on prior technique in all four strokes, underwater push offs, endurance, and speed. Block starts and flip turn skills will be worked on throughout the practices. Swimmers will learn pacing, interval swimming and various other terminology.

Swimmers must be able to complete 50 yds flutter kick with a kick board on front, as well as swim 25 yds freestyle and 25yds streamline kick on back plus 25 yds backstroke continuously.

This is an excellent competitive entry level for those swimmers who have completed **their Introduction to Academy (or an equivalent)**.

PERFORMANCE DEVELOPMENT

This is for 3rd-6th graders who have some competitive swimming experience, or demonstrate strong endurance as well technical understanding of all four competitive strokes. Swimmers will focus on building on prior technique in all four strokes, underwater push offs, increased endurance, and more speed. Formal practice 'sets' will be introduced, as well as 'hydro dynamic' concepts. Block starts and flip turns are emphasized throughout the practices.

Swimmers must be able to complete 75 yds flutter kick, with board, as well as 50/75 yds freestyle and 50/75 yds backstroke, and either 25yds (legal) breaststroke or 25 yds butterfly.

This is an excellent competitive level for those swimmers who have **completed Academy Bronze, Silver or Academy Gold (or an equivalent)**.

PERFORMANCE

This is for advanced swimmers in 4th - 8th grade, who have competitive swimming experience.

They will focus on building on prior techniques for all four strokes, associated pullouts and underwater push offs, increased endurance, and pacing and speed. This level will swim 500 yd freestyle sets on occasion during practice. Practices will be written 'on the board' for each lane, where swimmers begin to take more personal responsibility in their training. 'Hydro dynamics' is a large part of the technical curriculum. Block starts and flip turn skills are required throughout the practices.

Swimmers must be able to complete 150 flutter kick with a board, as well as 150 freestyle and 150 backstroke, and either 100 breaststroke or 50 butterfly.. This is an excellent competitive level for those swimmers who have **completed either their Academy Gold or Marlins Preparatory (or an equivalent)**.

MARLINS POLICIES

Swimmers are expected to swim BOTH practices each week over the entire session.

PLEASE NOTE

If a swimmer is **not able to attend Marlins twice per week practices for the entire season**, they may enroll in the appropriate GROUP weekly lesson (after an evaluation).

If your swimmer **misses more than 4 practices within four weeks**, your swimmer will be moved into the appropriate Academy group level, and billed accordingly.

Swimmer may only attend their practice level.

THERE ARE NO MAKEUPS OFFERED FOR MISSED SWIM TEAM PRACTICES,

other than outlined below.

THERE ARE NO REFUNDS ISSUED

In the event of a medical issue (doctor's note required) an account credit will be issued, and held on your Montgomery Recreation Account for later use in ANY Recreation program.

In the event Montgomery Swim Academy must unexpectedly cancel a practice (weather, pool issue, etc), you will be notified via email when a makeup date has been scheduled.

The date offered will be the only option.

Practice Etiquette

Swimmers are expected to arrive at practice on time and be prepared to swim at the start of practice. This means the swimmer has his/her cap, goggles, and towel and is ready to get in the water.

We will start each practice promptly; swimmers that come late to practice are a distraction to the rest of the team. Your help regarding this matter is sincerely appreciated.

HOUSEKEEPING NOTES

- Parents are not permitted to remain on the pool deck while practice is taking place. Parents may sit in the stadium spectator seating area during lesson.
- If a swimmer needs to leave practice early, please inform one of the coaches conducting the practice prior to the start of practice.
- Swimmers must be dropped off and picked up promptly after practice by a parent or guardian.

Swim Practice Equipment (brought by swimmer)

Goggles (and a spare pair is not a bad idea)

Swim cap (if hair is longer than shoulders). **THIS IS NOT OPTIONAL.**

Proper swim suit (No baggy suits or Board shorts)

Water Bottle (NO GLASS) for group lessons

Towel