NSWC MARLINS 2018 MAY PRACTICE SCHEDULE

MINIS - Starting May 14th (3/week)

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM					
PM	4:00 – 4:15 dryland		4:00 - 4:15 dryland		4:00 - 4:15 dryland
FIVI	4:15 - 4:45 swim		4:15 - 4:45 swim		4:15 - 4:45 swim

INTROS (5/week)

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM					
PM	4:30 - 4:45 dryland	4:00 - 4:15 dryland	4:00 - 4:15 dryland	4:00 - 4:15 dryland	4:30 - 4:45 dryland
PIVI	4:45 - 5:30 swim	4:15 - 5:00 swim	4:15 - 5:00 swim	4:15 - 5:00 swim	4:45 - 5:30 swim

JUNIORS (6/week)

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM			6:15 on deck 6:30-7:30 swim		
PM	4:45 - 5:15 dryland,	4:30 - 5:00 dryland,	4:30 - 5:00 dryland,	4:30 - 5:00 dryland,	4:45 - 5:15 dryland,
FIVI	5:15 - 6:15 swim	5:00 - 6:00 swim	5:00 - 6:00 swim	5:00 - 6:00 swim	5:15 - 6:15 swim

INTERMEDIATES (7/week)

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	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM	6:15 on deck		6:15 on deck		6:15 on deck
AIVI	6:30-7:30 swim		6:30-7:30 swim		6:30-7:30 swim
DM	5:30 - 6:00 dryland,	5:30 - 6:00 dryland,		5:30 - 6:00 dryland,	5:30 - 6:00 dryland,
PM	6:00 - 7:00 swim	6:00 - 7:00 swim		6:00 - 7:00 swim	6:00 - 7:00 swim

SENIORS (7/week)

		MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM	Л	6:15 on deck		6:15 on deck		6:15 on deck
AIV	VI	6:30-7:30 swim		6:30-7:30 swim		6:30-7:30 swim
PΝ	Λ	6:15 - 6:45 dryland,	6:30 – 7:00 dryland,		6:30 – 7:00 dryland,	6:15 - 6:45 dryland,
	1	6:45 - 8:00 swim	7:00 - 8:00 swim		7:00 - 8:00 swim	6:45 - 8:00 swim

NSWC MARLINS 2018 JUNE PRACTICE SCHEDULE

MINIS (3/week)

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM					
DNA	4:00 – 4:15 dryland		4:00 - 4:15 dryland		4:00 - 4:15 dryland
PM	4:15 - 4:45 swim		4:15 - 4:45 swim		4:15 - 4:45 swim

INTROS (6/week)

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
A N 4		6:15 on deck			
AM		6:30-7:30 swim			
DNA	4:30 - 4:45 dryland	4:00 - 4:15 dryland	4:30 - 4:45 dryland	4:00 - 4:15 dryland	4:30 - 4:45 dryland
PM	4:45 - 5:30 swim	4:15 - 5:00 swim	4:45 - 5:30 swim	4:15 - 5:00 swim	4:45 - 5:30 swim

JUNIORS (7/week)

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM		6:15 on deck		6:15 on deck	
AIVI		6:30-7:30 swim		6:30-7:30 swim	
PM	4:45 - 5:15 dryland,	4:30 - 5:00 dryland,	4:45 - 5:15 dryland,	4:30 - 5:00 dryland,	4:45 - 5:15 dryland,
FIVI	5:15 - 6:15 swim	5:00 - 6:00 swim	5:15 - 6:15 swim	5:00 - 6:00 swim	5:15 - 6:15 swim

INTERMEDIATES (8/week)

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	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM	6:15 on deck		6:15 on deck		6:15 on deck
AIVI	6:30-7:30 swim		6:30-7:30 swim		6:30-7:30 swim
PM	5:30 - 6:00 dryland,				
PIVI	6:00 - 7:00 swim				

SENIORS (8/week)

		MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM		6:15 on deck		6:15 on deck		6:15 on deck
AIV		6:30-7:30 swim		6:30-7:30 swim		6:30-7:30 swim
PM	1	6:15 - 6:45 dryland,	6:30 – 7:00 dryland,	6:15 - 6:45 dryland,	6:30 – 7:00 dryland,	6:15 - 6:45 dryland,
I IVI	-	6:45 - 8:00 swim	7:00 - 8:00 swim	6:45 - 8:00 swim	7:00 - 8:00 swim	6:45 - 8:00 swim

NSWC MARLINS 2018 JULY 2nd - AUGUST 3rd

MINIS (3/week) (ends August 3rd)

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY	
ΑN	l					
PM	4:00 – 4:15 dryland		4:00 - 4:15 dryland		4:00 - 4:15 dryland	
PIV	4:15 - 4:45 swim		4:15 - 4:45 swim		4:15 - 4:45 swim	

INTROS (9/week)

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM		8:30 on deck	8:30 on deck	8:30 on deck	8:30 on deck
		8:45-9:45 swim	8:45-9:45 swim	8:45-9:45 swim	8:45-9:45 swim
PM	4:30 - 4:45 dryland	4:00 - 4:15 dryland	4:30 - 4:45 dryland	4:00 - 4:15 dryland	4:30 - 4:45 dryland
PIVI	4:45 - 5:30 swim	4:15 - 5:00 swim	4:45 - 5:30 swim	4:15 - 5:00 swim	4:45 - 5:30 swim

JUNIORS (9/week)

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM		8:15 on deck	8:15 on deck	8:15 on deck	8:15 on deck
		8:30-9:45 swim	8:30-9:45 swim	8:30-9:45 swim	8:30-9:45 swim
PM	4:45 - 5:15 dryland,	4:30 - 5:00 dryland,	4:45 - 5:15 dryland,	4:30 - 5:00 dryland,	4:45 - 5:15 dryland,
	5:15 - 6:15 swim	5:00 - 6:00 swim	5:15 - 6:15 swim	5:00 - 6:00 swim	5:15 - 6:15 swim

INTERMEDIATES (9/week)

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
АМ		7:00 on deck	7:00 on deck	7:00 on deck	7:00 on deck
		7:15-8:30 swim	7:15-8:30 swim	7:15-8:30 swim	7:15-8:30 swim
PM	5:30 - 6:00 dryland,				
	6:00 - 7:00 swim				

SENIORS (9/week)

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM		7:00 on deck	7:00 on deck	7:00 on deck	7:00 on deck
		7:15-8:45 swim	7:15-8:45 swim	7:15-8:45 swim	7:15-8:45 swim
PM	6:15 - 6:45 dryland,	6:30 – 7:00 dryland,	6:15 - 6:45 dryland,	6:30 – 7:00 dryland,	6:15 - 6:45 dryland,
	6:45 - 8:00 swim	7:00 - 8:00 swim	6:45 - 8:00 swim	7:00 - 8:00 swim	6:45 - 8:00 swim

NSWC MARLINS 2018 August 6th - August 15th

Non - Provincial Qualifiers (ends August 10th)

TBD

Provincial Qualifiers

TBD