

NSWC MARLINS 2018 MAY PRACTICE SCHEDULE

MINIS - Starting May 14th (3/week)

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

INTROS (5/week)

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

INTERMEDIATES (7/week)

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

SENIORS (7/week)

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

NSWC MARLINS 2018 JUNE PRACTICE SCHEDULE

MINIS (3/week)

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

INTROS (6/week)

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

JUNIORS (7/week)

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

INTERMEDIATES (8/week)

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

SENIORS (8/week)

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

NSWC MARLINS 2018 JULY 2nd - AUGUST 3rd

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

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

INTROS (9/week)

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

JUNIORS (9/week)

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

INTERMEDIATES (9/week)

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

SENIORS (9/week)

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

NSWC MARLINS 2018 August 6th - August 15th

Non - Provincial Qualifiers (*ends August 10th*)

TBD

Provincial Qualifiers

TBD