

2019 MARLINS PRACTICE SCHEDULE

MAY

MINIS - Starting May 20th (3/week)

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM	--	--	--	--	--
PM	4:00 - 4:15 dryland	--	4:00 - 4:15 dryland	--	4:00 - 4:15 dryland
	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 4:45 - 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 (6/week)

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM	--	--	6:15 on deck 6:30 - 7:30 swim		--
PM	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	4:30 - 5:00 dryland 5:00 - 6:00 swim	4:30 - 5:00 dryland 5:00 - 6:00 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	6:30 - 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	6:30 - 7:00 dryland 7:00 - 8:00 swim

2019 MARLINS PRACTICE SCHEDULE

NSWC MARLINS 2019 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 (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	4:30 - 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 (6/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	4:30 - 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	4:30 - 5:00 dryland 5:00 - 6:00 swim	4:30 - 5:00 dryland 5:00 - 6:00 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	6:30 - 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	6:30 - 7:00 dryland 7:00 - 8:00 swim

2019 MARLINS PRACTICE SCHEDULE

NSWC MARLINS 2019 JULY 1st - AUGUST 3rd

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

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM	--	--	--	--	--
PM	3:45 – 4:00 dryland 4:00 - 4:30 swim	--	3:45 – 4:00 dryland 4:00 - 4:30 swim	--	3:45 – 4:00 dryland 4:00 - 4:30 swim

INTROS (9/week)

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM	--	8:15 on deck 8:30-9:15 swim	7:30 on deck 7:45-8:30 swim	8:15 on deck 8:30-9:15 swim	7:30 on deck 7:45-8:30 swim
PM	4:15 - 4:30 dryland 4:30 - 5:15 swim	3:45 - 4:00 dryland 4:00 - 5:00 swim	4:15 - 4:30 dryland 4:30 - 5:15 swim	3:45 - 4:00 dryland 4:00 - 5:00 swim	4:15 - 4:30 dryland 4:30 - 5:15 swim

JUNIORS (9/week)

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM	--	8:00 on deck 8:15-9:15 swim	7:15 on deck 7:30-8:30 swim	8:00 on deck 8:15-9:15 swim	7:15 on deck 7:30-8:30 swim
PM	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	4:30 - 5:00 dryland 5:00 - 6:00 swim	4:30 - 5:00 dryland 5:00 - 6:00 swim

INTERMEDIATES (9/week)

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM	--	7:00 on deck 7:15-8:15 swim	8:15 on deck 8:30-9:45 swim	7:00 on deck 7:15-8:15 swim	8:15 on deck 8:30-9:45 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 7:15-8:15 swim	8:15 on deck 8:30-10:00 swim	7:00 on deck 7:15-8:15 swim	8:15 on deck 8:30-10:00 swim
PM	6:30 - 7:00 dryland 7:00 - 8:00 swim	6:30 - 7:00 dryland 7:00 - 8:30 swim	6:30 - 7:00 dryland 7:00 - 8:00 swim	6:30 - 7:00 dryland 7:00 - 8:30 swim	6:30 - 7:00 dryland 7:00 - 8:00 swim

2019 MARLINS PRACTICE SCHEDULE

NSWC MARLINS 2019 August 4th - August 16th

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

TBD

Provincial Qualifiers

TBD