



## **NSWC Marlins Summer Swim Team**

The Marlins Swim Team develops competitive swimmers of all ages in a fun and focused environment. Training in NSWC's outdoor pool facility between May 1 and mid-August, athletes focus on stroke (freestyle, butterfly, backstroke, breaststroke) and race (dive starts, turns, streamlines and breakouts) techniques promoting continual individual improvement within a strong team context. Guided by Marlins' coaches, each swimmer sets personal goals and develops a complimentary training and competition schedule to support success.

Our coaching team is experienced, holds instructor certifications, and enjoys working with children and youth. Coaches have been carefully selected for their leadership skills and mix of experience. Each child is placed in a training group with one or two coaches per season who understand each child's ability and will maximize their development through the season.

Depending on goals and your family's desired commitment, swimmers can attend upwards of 120 swim practices and several 1- or 2-day swim meets, plus Regional and Provincial Championships, over the course of our short season. Many Marlins swimmers are multi-sport athletes – either playing tennis or hockey, or one of the many other endeavors at the NSWC.

Competition allows a swimmer to showcase their progress, and to contribute to the team's points (collected at meets), but most importantly, to create memories of a lifetime alongside their teammates in Marlinville. During a typical swim meet, you will quickly be able to identify the Marlins by our giant tent as our team bands together both in and out of the pool. Our coaches and senior swimmers act as junior leaders, mentors and cheerleaders for our younger Marlins swimmers.

Fun & community are core elements of summer swimming and nowhere does it better than the NSWC. Our families take full advantage of our outdoor pool, and during our season you will find several Marlins families on the NSWC lawn or Tiki Deck, planning our next team event or party. Marlin's culture and community stands behind fun, fitness and friendships that last long after the season is over.

**REGISTRATION LINK:** <https://www.active.com/registrations/marlins2023> Once on the registration page, click "show all groups" if you do not see the group you are looking for. No billing is done through Active. Your NSWC member accounts are billed in installments throughout the summer. Pricing is noted in group descriptions and below.

### **Waiver section:**

- S vs O Status – unless you swim on a winter swim team, you will be an "S" swimmer
- \*New\* Volunteer Policy expectations
- Marlins is "speed swimming"

If the group you want is full, please register on the waitlist and we will see what we can do.

### **Full Marlins Requirements**

- \$550 per swimmer + \$47 BCSSA fee + \$200 pool user fee levied by NSWC
- Can comfortably swim one full length of the pool unassisted without using the lane ropes and it doesn't need to be perfect
- Season starts May 2

### **Mini Marlins Requirements**

- \$400 per swimmer (\$47 BCSSA fee extra and no pool user fee)
- 5 – 6-year-olds (must be 5 years old by end of season)
- Comfortable jumping in the water and swimming back to the wall unassisted, blowing bubbles with face in the water, can push off the wall on their own
- Can swim 7 meters on their own (to the backstroke flags)
- Season starts June 3 – with 3 practices per week

Any questions, contact Michelle Green, Marlins Registrar @ [marlins.registrar@nswc.ca](mailto:marlins.registrar@nswc.ca)

*Pricing noted above is valid for the 2020 Summer Season. Multi-child discounts are available for 3+ registered swimmers per family. Register online at: <https://www.active.com/north-vancouver-bc/water-sports/swimming-registrations/summer-north-shore-winter-club-marlins-summer-2023>*