

WEST MOBILE MARLINS

A USA Year Round Competitive Swim Team
Located at the Providence Wellness Center Pool

Marlin Competitive Teams (Quarterly) Programs

The following Competitive Team programs are offered in four quarterly sessions.

Session 1: (**August 16 - October 14**,) Session 2: (October 18 - December 16),
Session 3: (January 3 - March 3) and Session 4: (March 7 - May 5)

Bronze 1- This class serves as an introduction to the sport of competitive swimming. It is designed for 6-12 year olds with little or no competitive experience. Students will learn the proper stroke techniques of the 4 strokes and other basic principles of competitive swimming. Students will need to be able to swim 25 yards unassisted. (**2** practices per week: Mon & Thurs. 4:15-5:15)
Each Session Cost: **\$130**

Bronze 2- For swimmers ages 7-12 years old with some previous experience and novice competitive swimming ability. Participants will need to be able to practice 50 yard events. It is designed for swimmers to attend **3** practices each week. (2-Primary days - Mon & Thur 4:15-5:15) plus (1-additional day either a Tues or Wed 4:15-5:30)(Local competition is recommended with coach approval)
Each Session Cost: **\$135**

Bronze 3- For swimmers ages 7-12 years old with some previous experience and novice competitive swimming ability. Participants will need to be able to practice 50 yard events. It is designed for swimmers to attend **3 - 4** practices each week. (Mon & Thur 4:15-5:15)(Tues & Wed 4:15-5:30)(Local competition is recommended)
Each Session Cost: **\$140**

Silver 1- This class is for swimmers ages 9-14 years old with some previous experience and intermediate competitive swimming ability. Participants will need to be able to practice 50-100 yard events. Swimmers may attend any **3** of the following practices per week. (*Mon & *Thurs 5:00-6:15, Tues & Wed 4:15-5:30) (Local competition is recommended) (* dry land training also on these days.)
Each Session Cost: **\$135**

Silver 2- This class is for swimmers ages 9-12 years old with some previous experience and intermediate competitive swimming ability. Participants will need to be able to practice 50-100 yard events. Swimmers may attend any **4** of the following practices per week. (*Mon & *Thurs 5:00-6:15, Tues & Wed 4:15-5:30 & Fri 4:00-5:30)(Local competition is recommended) (* dry land training also on these days.)
Each Session Cost: **\$140**

Gold 1- This is a competitive group designed for 13-18 year olds with some previous experience and intermediate and above competitive swimming ability. Designed for swimmers to attend any **4** of the six practices offered each week. (*Mon & *Thur 6:00-7:30, Tues & Wed 5:30-7:00, Fri 4:00-5:30 and *Sat 10:15-12:15) Local competition is recommended. (* dry land training also on these days.)
Each Session Cost: **\$140**

High School Training Program: This is a **3** day per week "Fall Training Program" designed for intermediate level 13-18 year olds who want to improve their overall competitive swimming skills. It will focus on developing the proper stroke technique of the competitive strokes and other basic fundamentals of competitive swimming. Designed for swimmers to attend any **3** of the six practices offered each week. (*Mon & *Thur 6:00-7:30, Tues & Wed 5:30-7:00, Fri 4:00-5:30 and *Sat 10:15-12:15) Local competition is recommended. (* dry land training also on these days.) Each Session Cost: **\$135**

West Mobile Marlins

Swimmer's legal name : _____ (_____)
Last First Middle Preferred

Age: _____ Birthday: _____ Male _____ Female _____

School attending: _____ Grade: _____

Parents Name : _____ Phone: (H) _____ (C) _____

Address: _____ City: _____ State: _____

Zip code: _____ Print E-mail address: _____

Summer league team affiliation: _____ # of years competitive experience _____

Please list any known medical conditions or learning disabilities: _____

Bronze 1: \$130 _____
Bronze 2: \$135 _____
Bronze 3: \$140 _____
Silver 1: \$135 _____
Sliver 2: \$140 _____
Gold 1: \$140 _____
High School Training: \$135 _____

***Required** USA Swimming Insurance - \$56. _____
(if not currently registered for 2010)

Total Enclosed \$ _____

Return your registration to Coach Evans or mail it to : Marlins at
7571 Branchwood Dr. Mobile Al. 36695 (Checks payable to: W.M.M.)
You will be notified by e-mail or phone to confirm your registration.

*****United States Swimming insurance is required by all participants not currently registered for 2010. The cost is \$56. (good through Dec. 2011) Multi-swimmer family discount:** First 2 oldest **regular price**, third swimmer **half price**, all additional swimmers are at **no charge**. For more information go to www.westmobileswimclub.com/marlins or contact Brian Evans @ 639-9714 or brianevans2@bellsouth.net

