

# Cincinnati Marlins

## West Short Course Schedule 2010-2011

### Fall Schedule

<u>Group</u>	<u>Swim Time</u>	<u>Dry Land Time</u>
Senior	M-TH 6:45-8:45pm F 4:30-6:30pm Sat @ C 7-9am	M & W 6-6:45pm F 6:30-7:15pm
Minimum of 5 practices per week required.		
Varsity	M & W 6:45-8:45pm F 4:30-6:30pm Sat @ C 9-11am	M & W 6-6:45pm F 6:30-7:15pm
Performance Gold	M, TH, F 5:30-7:15pm T & W 6-7:45pm Sat @ C 9-11am	T 5:15-6pm TH 5:45-5:30pm Sat 8-9am
Minimum of 4 practices per week required.		
Gold	M & F 5:30-7:15pm W 6-7:45pm Sat @ C 9-11am	
Performance Silver	M-TH 6-7:15pm F 5:30-6:45pm Sat @ C Sat 11-12:15pm	T & TH 5:30-6pm Sat 10:30-11am
Minimum of 3 practices per week required.		
Silver	M & W 6-7:15pm F 5:30-6:45pm Sat @ C 11-12:15pm	
Bronze	T & W 5-6pm F 4:30-5:30pm Sat @ C 11:15-12pm	Sat 11-11:15am
Mini Marlins	T & W 5-6pm F 4:30-5:30pm Sat @ C 11:15-12pm	Sat 11-11:15am

\* @ C (At Central/Keating)

#### Important Dates

- Practice begins September 7<sup>th</sup> for Senior, Varsity and Gold groups.
- Practice begins September 13<sup>th</sup> for Silver, Bronze and Mini Marlin groups.
- ALL Saturday practices are held at Central/Keating.**
- AM Practices begin at Central September 28<sup>th</sup>.
- Intra-Squad Meet, team pictures and the team picnic are Saturday October 9<sup>th</sup>!