

# Cincinnati Marlins

## South Short Course Schedule 2010-2011

### Fall Schedule

<u>Group</u>	<u>Swim Time</u>	<u>Dry Land Time</u>
Senior	M-F 6:30-8:30pm *Sat @ C 7-9am	T & Th 5:45-6:30pm
Minimum of 5 practices per week required.		
Varsity	M, W, F 6:30-8:30pm *Sat @ C 9-11am	
Performance Gold	M-F 6:30-8:15pm *Sat @ C 9-11am	T & Th 5:45-6:30pm Sat 8-9am
Minimum of 4 practices per week required.		
Gold	M, W, F 6:30-8:15pm *Sat @ C 9-11am	
Performance Silver	M-F 6:30-7:45pm *Sat @ C 11-12:15pm	M & W 6-6:30pm Sat 10:30-11am
Minimum of 3 practices per week required.		
Silver	M, W, F 6:30-7:45pm *Sat @ C 11-12:15pm	
Bronze	T, TH, F 5:45-6:30pm Sat 9:00-10:00am	
Mini Marlins	M, W, F 5:45-6:30pm Sat 9:00-10:00am	

\* @ 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 at Central begin September 28<sup>th</sup>.
- Intra-Squad Meet, team pictures and the team picnic are Saturday October 9<sup>th</sup>!