

Who are we? The NATO MARLINS is a NATO sports club open to the NATO community as well as the expatriate community in Brussels. Our experienced coaches offer a supportive environment where young athletes develop life-long healthy habits through the enjoyment of the sport of swimming and commitment to the team. Our coaches speak multiple languages including English and French.

EFSL: We are part of the European Forces Swim League (EFSL), which has teams in Belgium, the Netherlands, Germany, Italy, Portugal, Spain and the UK. The majority of our meets are within an hour's drive, with several opportunities to use swimming to see more of Europe. The EFSL Championships for the long distance events are held at the end of November. The EFSL Championships for the short distance events are held at the end of February.

Who: Motivated swimmers from age 6 to 19 who are eager to improve, compete and make friends. The team coaches will evaluate each swimmer's ability to meet the minimum qualification standards of swimming 50 or 100 meters (depending on age) in each of two strokes from freestyle, backstroke, butterfly or breaststroke.

When do we swim? Tuesday, Wednesday, Thursday and Friday evenings. Also Sunday afternoons during the competition season.

Where do we swim? NATO Staff Centre Swimming Pool, Evere.

How to join? Go to our website, select "JOIN NATO MARLINS" and fill out the registration form. We will contact you for an evaluation.



NATO Marlins Competitive Swim Team



**WE LOOK FORWARD TO
WELCOMING YOU TO OUR
PROGRAMME!!!**

<https://www.nato-marlins.com>



NATO MARLINS COMPETITIVE SWIM TEAM 2022-2023



- Evaluation of new swimmers:
25 August 17:30-19:00
28 August 13:00-15:00
8 September 17:30-19:00
- Competition Season
23 August 2022 – 26 February 2023
- Technical Training Season
1 March – 30 June 2023

Information contained in this brochure may be subject to change.

How does this all work?

- Swimmers attend practice consistently and work hard.
- Swimmers attend at least 4 EFSL swim meets.
- Swimmers meet EFSL time standards for each event, based on their age and gender.
- Swimmers are allowed to swim at the two EFSL Championships.
- Swimmers who follow the above program end up with lots of ribbons, medals, trophies, self-esteem and learn a lifetime sport!



Seasonal Breakdown

- **Competition Season:** This is what the competitive swimmers live for! We will offer more than 20 meets over the course of the season. The primary emphasis is on personal growth measured through team spirit, personal best (PB) times earned and Championship events qualification times earned. We have the opportunity to travel to other EFSL clubs' home bases in search of that PB and CHAMPS qualification times!!!
- **Technical Training Season:** We focus on basic swim skills with an emphasis on technique and endurance. There is the possibility of competitive swimming through local Belgian, Dutch and German community friendship meets.



Meets & Champs 2022-2023

- Home meets will be on 25 Sep; 23 Oct; 13 Nov and 15 Jan. *Participation mandatory.*
- Meets at 1 hours' drive: 10 Sep; 17 Sep; 1 Oct; 2 Oct; 8 Oct; 5 Nov; 12 Nov; 10 Dec; 14 Jan; 21 Jan. Several other meets in Germany, Italy, Portugal, Spain, the UK. *Participation optional.*
- Benelux Division Champs: 28-29 Jan, Maastricht. *Participation mandatory.*
- Long Distance Champs: 25-27 Nov, Italy. Short Distance Champs: 25-26 Feb, the Netherlands. *Participation according to qualification times.*

Fees and registration

- To join the club, families need to have access to the NATO Staff Centre, pay for membership of the NATO Sports Centre, and pay for membership of NATO Marlins.
- Parents and swimmers over 12 need a NATO Staff Centre access badge. For families who are not part of the NATO community, the Marlins will request badges.
- Families also need to become members of the NATO Sports Centre run by High Five. You can purchase this membership at the Staff Centre reception.
- The NATO Marlins membership fee for the competition season is 400 euros including a 100-euro registration fee, and 300 euros for the technical training season.
- Volunteer time is required per family to help run swim meets and other activities.