



# Cincinnati Marlins

2020 Long Course Season -  
New Member Info



## Our Mission

The Cincinnati Marlins is a comprehensive swimming program dedicated to providing highly qualified coaching and state of the art facilities to help develop swimmers who commit themselves to reaching their potential.

With the principals of education, discipline, leadership, teamwork and respect for their team, our goal is to Lead the Nation in developing champions in the water and in life.

We value our members, families, staff and competitors. We will create a positive and encouraging environment. We are committed to helping each athlete strive to achieve their full potential. We are honored you are considering the Cincinnati Marlins!

Work Hard, Dream Big!



## Why Choose The Marlins?

The Marlins offer a comprehensive swimming program designed to develop swimmers of all levels, from beginners to national team members. We are one of the most prestigious swimming teams in the country, and have placed 18 swimmers on Olympic teams- who have brought home 23 medals. Marlin swimmers have set 15 World Records, 19 American Records, and won 60 National Championships.

We pride ourselves on intentional development of swimmers of all ages, who will carry their success in the pool to all aspects of their lives.



## Locations

We have 6 great facilities in Greater Cincinnati.

1. Keating Natatorium on St. Xavier High School campus (Main Location) - 616 W North Bend Rd, Cincinnati, OH 45224
2. Sycamore High School - 7400 Cornell Rd, Montgomery, OH 45242
3. Northern Kentucky University - Kenton Drive, Newport, KY 41099
4. Oak Hills High School- 3200 Ebenezer Road, Cincinnati, Oh 45248
5. West Clermont High School - 4104 Bach-Buxton Rd, Batavia, OH 45103
6. Walnut Hills High School - 1515 Jonathan Ave. Cincinnati, OH 45207



## Important Dates

### Open House Dates:

West Clermont: Mon March 9 from 6-7p

NKU: Tues March 10 from 6-7p

\*Keating: Wed March 11 from 6-7p

This location is also for those interested in swimming at Walnut Hills

Sycamore: Thurs March 12 from 6-7p

March 1st- Online Registration Opens

### First Day of Practice

Mon, April 6th - All groups begin practice.



# Program Overview

## Red Program (Age 13 and under)

**Red 4** Ages 5-7 who can complete one length unassisted

**Red 3** Advanced 7-8s, 9-10s with some experience

**Red 2** Advanced 9-10s, Experienced 11-12s

**Red 1** Advanced 11-12s, Experienced 13-14s

## Blue Program (Age 13 and over)

**Blue 2** Advanced 13-14s, plus Elite 12 year olds with coaches invite

**Blue 1** Elite 14 Year olds, plus experienced 15 and over swimmers

**National** Elite 15 and over swimmers competing at National level meets

# Red Groups

## Red 4

For ages 5-7. 3 practices per week for 60 minutes, plus dryland.

\*Swimmers must be able to demonstrate the ability to swim one length unassisted for safety purposes.

Introduction to competitive swimming focusing on learning the strokes and having fun!

## Red 3

For ages 7-10. 4 practices per week for 75 minutes, plus dryland.

\*Focus will be on all four competitive strokes, starts, turns, and streamline.

Goals are a legal 100 IM and learning what makes us swim fast!

## Red 2

For ages 9-12. 5 practices per week for 90 minutes, plus dryland.

\*Proficient in all four strokes with continual reinforcement of technique.

Introduction to racing strategies, goal setting, and endurance training. Team participation and competing at meets are emphasized.

## Red 1

For ages 11-14. 5 practices per week for 105 minutes, plus dryland.

\*Top level of Age Group (14 and under) swimming.

Advanced technique, race strategy, and goal setting with preparation for joining Blue (Senior) Program.

Time management and strong team commitment emphasized. Complete 10 x 100 @ 1:30 or 10 x 100 IM @ 1:45.

# Blue & National Groups

## Blue 2

For ages 13-14, and elite 11-12 by coach invitation. 6 practices per week for 105-120 minutes, plus dryland.

\*Swimmers will be introduced to a higher level of training and endurance, while focusing on proper mechanics.

Time management and strong team commitment emphasized. Complete 10 x 100 @ 1:20, or 10 x 100 IM @ 1:35.

## Blue 1

For HS-age swimmers. 6 practices per week for 120 minutes, plus dryland.

\*Dedicated swimmers who are striving to improve and excel in the sport. Group will train at a high level with emphasis on endurance, technique, advanced race strategies, and speed. Time management, positive role models, and a commitment to practice attendance emphasized.

## National

6 practices for 120 minutes (or more, in some cases) plus 3 mornings per week, plus dryland.

\*The National Group is the highest group on the Marlins. By invitation of the head coach only. The National Group will strive for success on a national level. Comprehensive training program, growing the Marlins great history, clearly defined goals, time management skills, desire to work hard to achieve goals, and being positive role model/leaders are all part of being in the National Group.

## High School Post Season Conditioning

Noncompetitive program (no meets/volunteering). Practice in April and May. Offered at Keating, NKU and Walnut Hills





## Volunteering

- All Marlin families volunteer at meets hosted by the Cincinnati Marlins. This helps our team run some of the most competitive and exciting meets in the region and is a fun way for families to get involved and support our swimmers.
- Volunteer requirements can vary from meet to meet, however 2 sessions are typical for most home meets.
- Parents whose oldest child is 8 and under only work one session at home meets.



## Team Benefits

- The Marlins employ a highly qualified coaching staff and provides state of the art facilities for its swimmers.
- All Swim Meet fees are included in your dues, as well as your child(s) USA Swimming registration, 2 team caps and 3 team t-shirts.
- A dedicated Beacon Orthopaedic physical therapist available on-site at Saturday practices and all home meets.
- Professional dryland training implemented by Scott Goodpaster of Cincinnati Functional Fitness.
- Online individual account access and meet sign ups.
- Option to pay dues by credit card or through ACH Debit. (Must have a card on file.) Accounts debited on 1st of each month.
- Dues Assistance programs available. Contact the office for details.

***WORK HARD, DREAM BIG***

# Dues Schedule

Group	Monthly Dues	Location
Red 4	\$120 x 3 Payments	Keating, Sycamore, Walnut Hills HS
Red 3	\$140 x 3 Payments	Keating, Sycamore, NKU, Walnut Hills HS, West Clermont HS
Red 2	\$202 x 3 Payments	Keating, Sycamore, NKU, Walnut Hills HS, West Clermont HS
Red 1	\$265 x 3 Payments	Keating, Sycamore, NKU, Walnut Hills HS, West Clermont HS
Blue 2	\$278 x 3 Payments	Keating, NKU
Blue 1	\$392 x 3 Payments	Keating, NKU
National	\$439 x 3 Payments	Keating
High School Post Season Conditioning	\$350 x 2 Payments	Keating, NKU and Walnut Hills HS
College / Returning Alumni	\$150 payable upon registration. Non-returning Marlin college swimmers \$300. Does not include Meet Fees.	Keating & NKU

# Financial Details

- \$100.00 Registration Fee for each new swimmer. Dues are all-inclusive and **include meet fees**, USA Swimming registration, professional dryland training, access to Beacon Orthopaedic therapist, **team caps and shirts**.
- Dues are charged on Apr 1, May 1, June 1. Registration fee due upon signup.
- \$100 fine for volunteering sessions missed (if not made up).
- Volunteer Signups for the entire season will be communicated & posted online in late April / early May. This is a new feature, and we hope provides flexibility in planning.
- No prorated fees (joining midseason) or multi-swimmer discounts for long course.
- Must have credit card on file. 2.95% cc fee if dues paid by Credit Card. Dues may be paid by a bank draft/ACH to avoid the 2.95% cc processing fee.
- Meet Fees are included with dues. Please sign up **only** for meets you intend to swim, members will be charged for events not swum. The Marlins pre-pay entries to events we attend, so expense is incurred by the team once entries are sent...typically a few weeks before the event. (Exception: Injuries).

## High School Post Season Conditioning

- \$100.00 Registration Fee for each new swimmer due upon signup.
- Dues charged on April 1 and May 1.
- No meets and no volunteering sessions.
- No prorated fees for joining late or multi-swimmer discount for long course.
- Must have Credit Card on file. 2.95% cc fee if dues paid by cc. Dues may be paid by a bank draft/ACH to avoid the 2.95% cc processing fee.