The Cincinnati Marlins have multiple practice groups to allow swimmers of all ages and abilities to progress at the most appropriate level based on age, emotional preparedness, and ability. The Cincinnati Marlins groups will develop each individual to the best of their abilities.

**Pre-Competitive Program Overview**

Our Pre-Comp program is considered an introductory program for swimmers & families looking for swimming 1 day per week with limited meets & volunteering. Ages for each group are general, kids may move up or down groups with coaches permission.

**All swimmers must demonstrate the ability to swim one length unassisted.**

**Pre-Comp 3**
For swimmers ages 5-7. Pre-Comp 3 is an introduction to competitive swimming and will focus on learning all four competitive strokes, turns and starts. This is a swimmers start into being on a competitive swim team. **There will be one practice per week for 45 minutes.**
- Level 1 will have a goal of moving into Red 4
- Limited team offerings and meet schedule.
- Volunteering only at end of season “fun” meet.

**Pre-Comp 2**
For swimmers ages 8-9. Pre-Comp 2 can swim all four competitive strokes and will continue to focus on improving the basic swimming skills in a fun environment. **There will be 1 practice per week for 60 minutes.**
- Level 2 will have a goal of moving into Red 3
- Limited team offerings and meet schedule.
- Volunteering only at end of season “fun” meet.

**Pre-Comp 1**
For swimmers ages 10-12 years old. Pre-Comp 1 will continue to build on the foundational skills established in the four competitive strokes as well as starts and turns. **There will be 1 practice per week for 75 minutes each.**
- Level 3 will have a goal of moving into Red 2.
- Limited team offerings and meet schedule.
- Volunteering only at “fun” end of season meet.
Age Group Overview (Red Program)

The age group program is designed to introduce and refine swimmers' skills. The Marlins Age group program will ensure a strong foundation that leads to long term development of proper swimming, dryland skills and an understanding of being a contributing member of a team. An emphasis on proper stroke mechanics, starts, turns and racing strategies. The Marlins Age Group swimmers will take this skill set into the Senior program. Throughout the program the more practices attended the better experience your swimmer will have and the more success they will enjoy.

Red 4
For swimmers ages 5-7. Red 4 will focus on enhancing proper technique in all four competitive strokes, starts, and turns. This group will have an introduction to dryland working on flexibility and body weight exercises. They will demonstrate an understanding of sportsmanship and basic meet procedures. There will be 3 practices per week available for 60 minutes each plus dryland time.

- Prerequisite: Complete a continuous 25 freestyle and backstroke unassisted

Red 3
For swimmers ages 7-10. Red 3 will focus on the mechanics of all four competitive strokes, starts, turns, streamline, and underwater kicking. These swimmers will understand that they are a part of a team and having respect for the teammates and listening to coaches instruction. An emphasis will be placed towards the goal of a legal 100 IM. There will be 4 practices per week available for 75 minutes each plus dryland time.

- Advanced 7-8 year olds (striving for JO cuts)
- Competitive 9-10 year olds (goal of qualifying for JO meet)

Red 2
For swimmers ages 9-12 years old. Red 2 swimmers will be proficient in all four strokes and will establish proper mechanics on all four strokes. These swimmers will be introduced to more advanced racing strategies and goal setting. More conditioning and endurance work will be emphasized on a consistent basis. They will understand the importance of being a part of a team and expectations of competing at meets. There will be 5 practices offered for 90 minutes each plus dryland time.

- Competitive 11-12 (goal of qualifying for JO meet)
- Advanced 9-10 year olds (JO Qualifiers striving to score @ JOs and Zones)
Red 1
For swimmers ages 11-14 years old. This is our elite level of the age group program. Red 1 will continue to focus on advanced stroke techniques, racing strategies as well as endurance work in preparation for Senior level swimming. These swimmers will work on goal setting, time management skills, and a strong commitment to the team. There will be 5 practices per week for 105 minutes plus dryland time.
- Competitive 13-14 (goal of qualifying for JO meet)
- Advanced 11-12 year olds (JO Qualifiers striving to score @ JOs and Zones)
- Complete a set of 10 x 100 on 1:30, or 10 x 100 IM on 1:45

National Team & Blue Program Overview....

The Senior program offers varying levels of training options to accommodate all swimmers ages 13 & over. Blue 1, Blue 2 and National groups will produce outstanding swimmers and leaders that will be prepared to compete at a state and national level. These swimmers will train at an elite level comprising of a commitment to a supportive team environment in reaching their personal and team goals. Commitment, good time management skills, and a willingness to pursue the highest level of swimming will be required of these groups. As always, consistent practice attendance is necessary to progress through the senior program.

The HS Pre-Season / Post-Season will offer an opportunity for high school swimmers/summer club swimmers, or multi sport athletes an opportunity for some pre-season conditioning to start the season in shape.
- All group placements are at the discretion of the coaching staff.
- The physical, social and emotional maturity of the swimmer is considered.

HS Pre-Season / Post-Season
Swimmers in this group either participate in other sports and are not able to commit to the expectations of the other senior groups, or for swimmers looking to prepare for the high school/summer club season. Two sessions available: Fall (1) Sept & Oct, and / or Spring (2) April & May. This group will train at a high school swimming level with an emphasis on conditioning and proper technique. There will be 4 practices per week for 90 minutes each. No meets or volunteering.
- Kids will have a goal of moving into Blue 2/Blue 1.

Blue 2
Blue 2 swimmers will be introduced to a higher level of training required to excel at the senior level. This group will continue to focus on proper mechanics in all levels of swimming. They will
increase the intensity of training and dryland work to prepare them for the next level of swimming - socially, physically and emotionally. These swimmers will also focus on goal setting and time management skills. There will be 6 practices per week between 105 minutes plus.

- 13-14 JO qualifiers working towards scoring @ JOs & Sectional Qualifiers
- Complete 10 x 100 on 1:20, or 10 x 100 IM on 1:35

Blue 1

Blue 1 swimmers will be dedicated to high school swimmers who are striving to improve and excel in swimming. These swimmers will have goals of successfully competing in meets ranging from high school competition to national meets like sectionals. This group will train at a very high level with an emphasis on endurance while maintaining technique and advanced racing strategies. Time management ability, goal oriented, positive role models/leaders, and a commitment to practice attendance and team success are essential qualities for these swimmers. There will be 6 practices per week for 120 minutes plus 3 mornings and dryland time.

- Sectional qualifiers
- Complete 10 x 100 on 1:15, or 10 x 100 IM on 1:25

National Team

The National Team is the elite group in the Senior program. This group is by coach's invitation only. The national group will strive for success on a national level. This group will have a highly advanced comprehensive training program and grow the Marlins’ great history of excellence at the highest level. These swimmers must have clearly defined goals, time management skills, a willingness and desire to work hard to achieve their goals as a positive, supportive teammate. Positive leaders and swimmers committed to practice everyday will comprise the National Team. There will be 6 practices per week for 120 minutes plus 3 mornings and dryland time.