

Potomac Marlins - Ft. Belvoir Program Converter

2021-22 POTOMAC MARLINS PROGRAMS

FORT BELVOIR PROGRAMS

Program Name	CODE	Ages	PRACTICES	MONTHS	LENGTH	=	CODE	Program name
Senior Gold	SG	13-18	6+ / week	11 month	90 + min.	=	SN	Senior National
Senior Prep Gold	SPG	11-18	5 / week	11 month	90 min.	=	SN	Senior National
Senior Silver	SS	13-18	4 / week	11 month	90 min.	=	SN	Senior National
Senior Silver	SS	13-18	4 / week	9 month	90 min.	=	SN	Senior National
Senior Silver	SS	13-18	3 / week	9 month	90 min.	=	SN	Senior National
Age Group Aerobic Development	AGAD	9-12	4 / week	11 month	90 min.	=	AG 1 / JN	Age Group 1 / Junior National
Age Group Aerobic Development	AGAD	9-12	3 / week	11 month	90 min.	=	AG 1 / JN	Age Group 1 / Junior National
Age Group Stroke Development	AGSD	7-11	3 / week	11 month	60 min.	=	AG 3	Age Group 3
Age Group Stroke Development	AGSD	7-11	2 / week	11 month	60 min.	=	AG 4	Age Group 4
Age Group Stroke Development	AGSD	7-11	3 / week	9 month	60 min.	=	AG 3	Age Group 3
Age Group Stroke Development	AGSD	7-11	2 / week	9 month	60 min.	=	AG 4	Age Group 4
Mighty Marlins	MM	5-9	1 / week	9 month	45 min.	=	SS	Shark School
Mighty Marlins	MM	5-9	2 / week	9 month	45 min.	=	SS	Shark School
Silver Conditioning	SC (60)	11-18	2 / week		60 min.	=	AG 1 / AG 2 / JN	Age Group 1 & 2 / Junior National
Silver Conditioning	SC (90)	11-18	2 / week		90 min.	=	AG 1 / AG 2 / JN	Age Group 1 & 2 / Junior National
Silver Conditioning	SC (60)	11-18	3 / week		60 min.	=	AG 1 / AG 2 / JN	Age Group 1 & 2 / Junior National
Silver Conditioning	SC (90)	11-18	3 / week		90 min.	=	AG 1 / AG 2 / JN	Age Group 1 & 2 / Junior National
High School Conditioning	HSC	14-18	2 / week	9 week	60-90 min.			
High School Conditioning	HSC	14-18	3 / week	9 week	60-90 min.			
High School Conditioning	HSC	14-18	2 / week	20 week	60-90 min.			
High School Conditioning	HSC	14-18	3 / week	20 week	60-90 min.			
Home School - New program - Same as FBST current						=	HS	Home School

Please use this chart to determine the approximate Potomac Marlins equivalent program. See the Potomac Marlins web site TEAM INFO / Practice Schedules page for detailed program eligibility information for each level. Consult your FBST Coach for advice as needed OR contact the Potomac Marlins Head Coaches, Bill and Barry Marlin. Potomac Marlins are also conducting weekly Placement Evaluations at Lee District Rec. on Wednesday evenings through August from 6-7 p.m. Please note, it is our intent to set up the programming to duplicate the current FBST program levels as much as possible. The primary purpose of this Conversion Chart is for Registration purposes. Please select the Marlins program that most closely aligns with your FBST program of most recent participation.

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