



*Guiding and Developing Champions in the Pool and Beyond!*

*Marauder Aquatic Club is a competitive swimming club that competes in USA swimming meets. At Marauder, we strive to teach proper technique and racing strategies vital for great competitive swimming, while at the same time offering year round swimming, top notch coaching, and competitive opportunities for those that are looking to take it to the next level in the sport.*

### ***Competitive Team***

*Our Seasonal and Year Round Competitive Swim Teams are a member of USA Swimming and Middle Atlantic LSC. We offer 6 training groups with swimming competition in both Local and Regional Level Meets.*

### ***Training Groups***

#### **Beginner**

- Ages 8 and under swimmers who have little or no competitive experience
- Older inexperienced swimmers may be in the group at coaches' discretion
- Must be able to complete, at least, 25 yards independently with little or no stopping
- Some prior knowledge or freestyle and backstroke
- Attend at least two practices per week
- Attend 2 USA invitational meets

#### **Novice**

- Ages 9 and under who have some competitive swimming experience and are deemed ready by coaching staff
- Older inexperienced swimmers may be in the group at coaches' discretion
- Must be able to complete a 25 of each stroke
- Attend at least 3 practices per week
- Attend 2 USA invitational meets

### **Black**

- Ages 9-13 with knowledge of all 4 swimming strokes, however in need of technique improvement and conditioning and are deemed ready by coaching staff
- Younger swimmers may be in the group at coaches' discretion
- Attend 3 practices per week
- Must be able to swim a 50 yards of each stroke and 100 IM
- Attend 3 select USA invitational meets

### **Black Elite**

- Ages 9-13 with knowledge of all 4 swimming strokes, however in need of technique improvement and conditioning and are deemed ready by coaching staff
- Younger swimmers may be in the group at coaches' discretion
- Must be able to swim a 50 of each stroke, 100 of at least 2 strokes, and a 200 IM
- Attend 3 practices a week
- Attend 3 select USA invitational meets

### **Gold**

- For Swimmers 6th to 12th grades, younger if deemed ready by coaching staff
- Younger swimmers may be in the group at coaches' discretion
- Attend 4 practices a week
- Must be able to swim a 50 of each stroke, 100 of at least 2 strokes, and a 200 IM
- Minimum B USA motivational cut time with in age group
- Attend 3 select USA invitational meets

### **Gold Elite**

- For Swimmers 6th to 12th grades, younger if deemed ready by coaching staff
- Younger swimmers may be in the group at coaches' discretion
- Attend 5 practice a week
- Must be able to swim a 100 of each stroke, 200 of at least 2 strokes, and a 200 IM
- Minimum A USA motivational cut time with in age group
- Attend 3 select USA invitational meets
- Swimmers will have a leadership component where they are expected to volunteer at one USA meet per season to assist with younger team mates

*Visit [www.Marauderaquaticclub.org](http://www.Marauderaquaticclub.org) to Learn more about our program*

