



## Marlins Swim Team training sessions for 2008 – 2009

Please find below the schedule of training sessions for the BSM Swim Team; this schedule will run for the **entire academic year**:

Squad	Squad descriptor	Day / Time of sessions
<b>M1</b>	<b>Marlins Development group 1:</b> this group will include those swimmers who have most of the skills required to train at a competitive level, but lack experience – <i>this group is not for beginners or improvers.</i>	Saturday, Sunday, Monday & Tuesday 13:30 – 14:45
<b>M2</b>	<b>Marlins Competitive group 2:</b> this group will include those swimmers who have limited competitive experience but lack the technique and stamina to compete on a regular basis.	Saturday, Monday & Wednesday 05:30 – 07:00  Saturday & Monday 15:00 – 16:45

**NB:** *Due to limited places, ALL swimmers will be invited to join the squads by Mr. Rogers and swimmers will be assigned their respective groups based on their ability and commitment to the swimming programme.*

*If you are NEW to the school and have some experience at a competitive level please see Mr. Rogers to introduce yourself. For all other students who have an interest in competitive swimming, but have no experience, please speak to Mr. Rogers during your swimming lesson.*

If you have any questions relating to the swim training programme please do not hesitate to speak to Mr. Rogers at any time (he does not bite!)

DAY	M 2	M 1	M 2
Saturday	05:30 – 07:00	13:30 – 15:00	15:00- 17:00
Sunday		13:30 – 15:00	
Monday	05:30 – 07:00	13:30 – 15:00	15:00- 17:00
Tuesday		13:30 – 15:00	
Wednesday	05:30 – 07:00		

More sessions may be added as the year progresses or when competitions require extra training.

Mr. David Rogers W.S.C.A. / A.S.C.A. / B.S.C.T.A.  
BSM Swimming Coach