



Ezra Mancari with Coach Abbey. 2 new team records!
8 & U 25 Free (14.53) and 25 Back (17.87)



Cal Kollet and Olivia Hooff showing the love!
2023 PVS 14 & U JOs finalists!

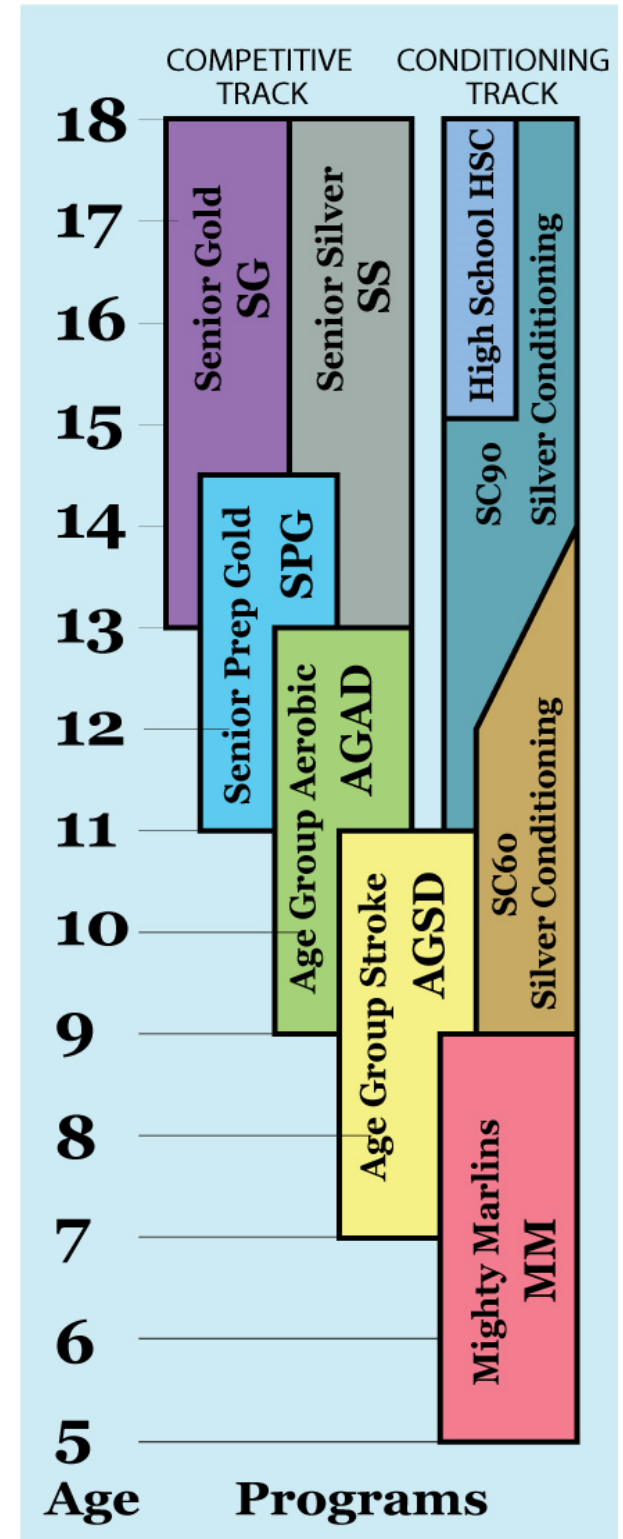


Taran Heron and Coach Reid Owen.
New 9-10 200 Breast team record. PVS 14 & U JOs!

2023-2024 PROGRAM PROGRESSION CHART

See Potomac Marlins web site for base eligibility requirement details for each program level.

COMPETITIVE TRACK PROGRAMS	
SG	Senior Gold: Ages 13-18. Six to eight 90-120 minute practices per week. For highly committed swimmers who are interested in competing at local, regional and national level events with aspirations of swimming in college and beyond.
SPG	Senior Prep Gold: Ages 11-14. Five 90-120 minute practices per week. Primary focus on cardiovascular, strength, and speed development. Individual technique correction. Preparing for full-time senior swimming competitions.
SS	Senior Silver: Ages 13-18. Three to four 90-120 minute practices per week. Primary focus on cardiovascular, strength, and speed development. Individual technique correction. For swimmers not able to commit to full-time schedules.
AGAD	Age Group Aerobic Development: Ages 9-12. Three to four 90 minute practices per week. Primary focus on conditioning, competition preparation and racing strategy. High level technique instruction & correction provided individually.
AGSD	Age Group Stroke Development: Ages 7-11. Two to three 60 minute practices per week. Primary focus on technique instruction and correction for all 4 strokes, starts and turns. Conditioning sets and competition training initiated.
MM	Mighty Marlins: Ages 5-8. One to three 45 minute practices per week. Focus on basic technique instruction for all 4 strokes, starts and turns. Learning to work in a group setting and introduction to training sets and terminology.
CONDITIONING TRACK PROGRAMS	
SC60	Silver Conditioning 60 minutes: Ages: 9-12/18. Two to three 60 minute practices per week. Focus on general conditioning and stroke technique instruction. USAS meet participation encouraged if interested. Team outfitting included.
SC90	Silver Conditioning 90 minutes: Ages: 11-18. Two to three 90 minute practices per week. Focus on general conditioning and stroke technique instruction. USAS meet participation encouraged if interested. Team outfitting included.
HSC	High School Conditioning: 9th-12th grade. Two to three 90 minute practices per week. 9-week pre-season and 20-week full season options available. Does not include team outfitting package. Can participate in USAS meets.
HOME	Home School Program: Ages 7-14. Offered in three 10-week sessions. Two to three 60 minute practices per week. Focus on general conditioning and stroke technique instruction. Does not include team outfitting.



?? CONTACT US ??

Head Coach & Meet Entries
Bill Marlin

Audrey Moore Primary Coach
Bill.Marlin@verizon.net

Team General Manager
Barry Marlin

Chinquapin Primary Coach
PotomacMarlins@cox.net

Team Communications & Meet Manager
Reid Owen

Cub Run Primary Coach
Reid.Owen@gmail.com

Social Media & Events
Emily Cabral

George Wash. Primary Coach
coachemilypm@gmail.com

Assistant Manager
Ryan Krogel

Franconia Primary Coach
ryan.krogel12@gmail.com

Team Registrar & Billing
Kathy Zoranski

Registrar4Marlins@gmail.com

Contact primary facility coaches for New Member information and placement evaluation set up.

HOW TO REGISTER



Detailed registration instructions are located on the Marlins web site under the TEAM INFO / Registration Info page. A tutorial video produced by the Team registrar is also linked to this section.

Due to a major TEAM UNIFY system upgrade, all returning members are considered NEW this year and must re-establish their account and billing information within the new system during registration.

All NEW members under age 14 are required to have a Placement Evaluation in person or a phone consultation with a current Potomac Marlins coach. The Placement Evaluation schedule & coach contact information is located on the web site TEAM INFO section. Registrations are taken on a first come basis until programs fill. **Register NOW!**



Beck Hasting sets new 15-18 boys team record in 200 yd. Fly at 2023 USA Eastern Zone Sectionals (1:51.11) 3rd place. Congrats Beck! - Coaches Barry & Bill Marlin

ON OUR WEB SITE

Registration Instructions
2023-24 Practice Schedules
Team Fees & Discounts
Payment Policy
Coach Bios and Contact info
Placement Evaluation info
Team Outfitting info
S.C. & L.C. Team Records
Masters Program info

IMPORTANT DATES

June 1, 2023: Registration opens for new members.

June 15, 2023: Early-bird payment deadline.

July 28, 2023: Last day Marlins summer practice.

August 20, 2023: Registration deadline for Batch #1
Outfitting package delivery at Outfitting Day event.

September 11, 2023: First day of full team practice.
(Seniors will begin earlier. TBA).

September 17, 2023: Outfitting Day event and New Parent meeting. (Noon-4:00 p.m. Fair Oaks Mall)

PRACTICE FACILITIES

Audrey Moore Rec. Center
(Springfield/Annandale)

Chinquapin Rec. Center
(Alexandria)

Cub Run Rec. Center
(Chantilly/Herndon)

George Washington Rec. Center
(Mt. Vernon/Ft. Belvoir)

Franconia District Rec. Center
Formerly Lee District Rec. Cen.
(South Alexandria)

South Run Rec. Center
(Fairfax)

2023-24



31st Season



11-12 Girls: Emma Driscoll, Emerson Mancari, Alina Kinder & Caroline Lipscomb

SERIOUSLY PURPLE!



PotomacMarlins.com