

## Registration Form

Please bring this form with you when you come to tryout.

Swimmers Name \_\_\_\_\_

Swimmers Age \_\_\_\_\_

Parents Name \_\_\_\_\_

Swim Level Achieved \_\_\_\_\_

Home Phone \_\_\_\_\_

Email \_\_\_\_\_

How did you hear about the Marlins?  
\_\_\_\_\_

Are there any medical conditions of which we should be aware? \_\_\_\_\_  
\_\_\_\_\_

Thank-you for trying out for the Marlins Swim Team.

For Office Use Below:

Date: \_\_\_\_\_

Recommendation \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Coach \_\_\_\_\_



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## ► Pre-competitive Program Information

**Come discover the sport of competitive swimming with us!**

**Tel: 709-690-3236**  
**Duffy Earle**  
**Head Coach**



**SWIMMING CANADA**  
*Swimming to Win  
Winning for Life*



**NATATION CANADA**  
*Nager pour gagner  
Gagner pour la vie*

### Mount Pearl Marlins Swim

A member of Swimming Newfoundland and Labrador and Swimming Canada

Check us out at:

[www.mountpealmarlins.com](http://www.mountpealmarlins.com)

# Our Discovery Program

The Marlins Pre-competitive program, The Discovery Group, is geared towards swimmers aged 7-12 who have completed Aqua Quest Level 7 and are interested in furthering their skills, moving towards a competitive program. The goals of the program are to build on the technique taught in lessons in all four competitive strokes, and teach the components of competitive swimming such as starts and turns. The program is designed around an atmosphere of fun, following Sport Canada's and the Coaching Association of Canada's recommendations for long term athlete development.

Swimmers in our Discovery program swim two evenings a week for an hour and occasional Saturday mornings. Generally swimmers spend at least a year in our pre-competitive program.

## Our Coaches

Our Discovery Group is run under the guidance of the Marlins Head Coach. We use part time assistant coaches with teaching and competitive swimming experience to break the group of swimmers into smaller groups based on skill level and to provide close attention to each athlete.

## Swimming for Life

Competitive swimming is a very valuable sport. Which builds many valuable skills such as , responsibility, time management, social skills, and general fitness. Swimmers are taught to lead a healthy lifestyle in a team atmosphere where fun is the number one goal! As swimmers progress through our program there are opportunities to compete provincially and nationally. The objective of our program is for all members of the team to reach their full potential, not only in the sport of competitive swimming, but also to help prepare them for other aspects of their life.

## Come On In

Swimmers are invited to come try-out during any of the discovery program sessions, beginning Sept 6th, Tuesdays 5:00-6:00pm, or Thursday's 6:00-7:00pm.

Our Coaches will either invite you to join our program or recommend more lessons.

If you are interested in becoming apart of the Marlins organization email our head coach at [duffy.earle@gmail.com](mailto:duffy.earle@gmail.com) or phone 690-3236.



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[www.mountpealmarlins.com](http://www.mountpealmarlins.com)