

# COACHES

## Mike Kremer – Senior Coach

Mike Kremer joined the Merritt Swim Team in 2013 as a coach at the Eldersburg location. Mike began coaching in 1984 while attending graduate school. He began swimming at age 5 and continued through college, swimming 4 years at Dartmouth College, where he was co-captain his senior year. While at Dartmouth, he set several school records and qualified for the NCAA Division I Championships. Coach Mike was an assistant coach at RMSC (Rockville, MD) and MAC (Frederick, MD) before becoming head coach at Carroll County YMCA (CCY; Westminster, MD) in 1994.

During his 12 years as coach Mike developed and grew the CCY team from 30 – 40 swimmers to 145 swimmers with numerous YMCA National Qualifiers. In 2006 a new pool was built in Hampstead, MD and Mike formed the Carroll Aquatics Tiger Sharks (CATS) swim team. In 7 years at CATS, many swimmers qualified for State, Sectional, and Junior National (NCSA) swim meets. In his first year at MAS, swimmers again qualified for meets up to and including NCSA.

Coach Mike received his bachelor's and master's in engineering from Dartmouth College before working for 9 years with IBM. In 1993, Mike left IBM to open a State Farm Insurance Agency in Westminster where he continues to provide life planning, insurance, and financial services for clients.

## Andrew Snyder – Team Administrator & Coach

Andrew started his competitive swimming career at the age of 6 in Ossining NY. He continued to swim through high school and in college on the Division I team at Towson University. Throughout his career he competed in distance freestyle events and the 400 IM. During his time at Towson University Andrew taught stroke technique to Special Olympic athletes and to children on the Autism spectrum at the Towson Merritt. Since 2018, Andrew has been teaching private and semiprivate swim lessons at the Towson and Eldersburg locations. Starting in 2019, he began coaching for Merritt Swimming and doing the administrative work for the team. He coached the York Manor Swim team in the Freestate Summer league during the summers of 2018 and 2019 and really enjoyed getting to know the swimmers and watching them improve in the pool. Andrew hopes to greatly improve all the swimmers he works with and help them enjoy the sport as much as he does.

# HEAD COACH

## Andrew Barranco

Andrew is the Head Coach and founder of Merritt Swimming as well as the Regional Operations & Aquatics Manager for Merritt Clubs. He oversees Merritt Swimming,

swim team. In addition, he oversees Merritt Clubs operations for all 8 clubs as well as the aquatics department with a team of 250 employees.

He graduated from Frostburg State University with a B.S degree in Recreation Management. He has coached internationally for the United States Olympic Committee in England, Belgium, Germany, Canada, Brazil, Japan, China, Greece, Mexico, and the Netherlands. Before starting MAS in 2004, he was the Head Coach of Pine Ridge Swim Team in 2004 and 2005, an Assistant Coach for Dundalk Eastfield Swim Club for three years, as well as an Assistant Coach for Hillcrest Swim Club.

He has also gained experience working with college swimmers as an assistant coach for Loyola University. He has been the long-time coach of Jessica Long (2004, 2008, 2012, 2016, and 2021 Paralympian), winner of the 77th Annual Sullivan Award-Top Amateur Athlete in the Country, 2006 Paralympian of the Year and ESPY Award winner.

**Assistant Coaches: Andrew Snyder, Amber Barranco, Mike Kremer, Lilianna Bowman, Tana King, and Sarah Ames.**

## PRACTICE SCHEDULE

### MANTAS

For swimmers eight and under who can swim 25 yards of freestyle and backstroke. Swimmers will continue to work on freestyle and backstroke fundamentals and be introduced to breaststroke and butterfly. The focus of this group is on developing basic introductory skills. Must tryout.

**Tuesdays** at 6:00 – 6:30 PM  
**Thursdays** at 4:30 – 5:00 PM  
**Saturdays** at 11:30 AM – 12:00 PM

### JUNIOR MARLINS

For swimmers 7 – 10 years old. The purpose of this level is to work on the development of all four competitive strokes. In addition to stroke technique, swimmers work on turns and starts. Must tryout.

**Mondays** at 6:00 – 7:00 PM **Wednesdays** at 6:00 – 7:00 PM  
**Thursdays** at 5:00 – 6:00 PM **Saturdays** at 12:00 – 1:00 PM

### MARLINS

For swimmers 8 – 13 years old. At this level, swimmers have an understanding of good practice habits and are capable of swimming all four competitive strokes legally. Swimmers continue to focus on stroke technique while starting to work on harder training sets. Must tryout.

**Group 1:**  
**Mondays** at 7:00 – 8:30PM **Wednesdays** at 7:00 – 8:30PM  
**Fridays** at 4:30 – 6:00PM **Saturdays** at 1:00 – 2:30PM

**Group 2:**  
**Tuesdays** at 6:30 – 8:00PM **Thursdays** at 6:00 – 7:30PM  
**Fridays** at 4:30 – 6:00PM **Saturdays** at 1:00 – 2:30PM

## SENIOR MARLINS

Senior Marlin swimmers commit to attending at least four practice a week in order to stay in this group. Swimmers have a strong stroke technique base to build from. Swimmers are challenged in this group with harder training sets that continue to refine their strokes while exposing them to harder sets.

**Mondays** at 7:00 – 8:30PM  
**Tuesdays** at 6:30 – 8:00PM  
**Wednesdays** at 7:00 – 8:30PM  
**Thursdays** at 6:00 – 7:30PM  
**Fridays** at 4:30 – 6:00PM  
**Saturdays** at 10:00 AM – 11:30AM

## JUNIOR RAYS

For swimmers 13 years and older. Swimmers have a strong stroke technique base to build from. Swimmers are challenged in this group with harder training sets that continue to refine their stroke while exposing them to interval and longer distance sets. Swimmers can choose from any of the below times to attend. Must tryout.

**Jr Rays 1:**  
**Mondays** at 4:00 – 5:30PM **Wednesdays** at 4:00 – 5:30PM  
**Fridays** at 6:00 – 7:30PM **Saturdays** at 1:00 – 2:30PM

**Jr Rays 2:**  
**Tuesdays** at 4:00 – 5:30PM **Thursdays** at 7:00 – 8:30PM  
**Fridays** at 6:00 – 7:30PM **Saturdays** at 1:00 – 2:30PM

## RAYS/SENIOR RAYS

Rays our required to attend at least four practice a week and SR rays must attend at least five practice a week. This group is for swimmers 14 and older. Swimmers have a strong stroke technique base to build from. Swimmers are challenged in this group with harder training sets that continue to refine their stroke while exposing them to interval and longer distance sets. Swimmers can choose from any of the below times to attend. Must tryout.

**Mondays** at 4:00 – 6:00PM  
**Tuesdays** at 4:00 – 6:00PM  
**Wednesdays** at 4:00 – 6:00PM  
**Thursdays** at 7:00 – 9:00PM  
**Fridays** at 6:00 – 8:00PM  
**Saturdays** at 10:00 – 11:30AM

**Dryland times will be offered to select swimmers based on space and announced at a later date.**

## PRICING

Season starts Thursday, September 4, 2025 and runs through Thursday, May 21, 2026.

The attached schedule is from September to May, summer 2026 information and dates will be sent out in the spring.

### **MANTAS/NOVICE**

*First payment due August 10*  
\$691 Members • \$769 Non-Members

*Second payment due January 10*  
\$691 Members • \$769 Non-Members

### **JR MARLINS, MARLINS, SR MARLINS**

*First payment due August 10*  
\$879 Members • \$1,099 Non-Members

*Second payment due January 10*  
\$879 Members • \$1,099 Non-Members

### **JR, RAYS, SR RAYS**

*First payment due August 10*  
\$979 Members • \$1,175 Non-Members

*Second payment due January 10*  
\$979 Members • \$1,175 Non-Members

## TRY OUT DATES

Friday, June 27 at 3PM

Saturday, July 12 at 11AM

Tuesday, August 5 at 7PM

To arrange a tryout outside of the above times or during the season please e-mail us at [abarranco@merrittclubs.com](mailto:abarranco@merrittclubs.com).

## ABOUT THE SWIM TEAM

Merritt Swimming is a year round swim team that has grown to three practice locations: Towson, Eldersburg and Canton. The locations combine with over 200 swimmers ages 5 – 18. Practices work on improving stroke form, endurance, and speed of swimmers. Merritt Swimming was awarded the Rising Club award 2013 – 2014 season by MD Swimming.

# 2025 – 2026 YEAR ROUND SWIM TEAM



ELDERSBURG | 410.549.8855  
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