

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.

Sundays 4:30 – 5:15 PM
Tuesdays 5:15 – 6:00 PM
Thursdays 5:15 – 6:00 PM

NOVICE TRAINING GROUP

For ages 9 – 13 years old. The Novice group is designed for swimmers who are new to the sport and developing their basic skills. Swimmers should be able to complete 50s of each stroke and legal and Freestyle and backstroke. The focus of this group is on practice and development of skills. Swim meet participation is minimal for this group. (Can come up to two days a week).

Wednesdays 7:30 – 8:30 PM
Saturdays 12:00 – 1:00 PM
Sundays 5:30 – 6:30 PM

JUNIOR MARLINS

For swimmers 7 – 10 years old. Stroke development in all four competitive strokes is the purpose of this level. In addition to stroke technique, swimmers work on turns and starts. Must tryout. (Can come up to four days a week).

GROUP 1:	GROUP 2:
Mondays 6:00 – 7:00 PM	Tuesdays 6:00 – 7:00 PM
Wednesdays 6:00 – 7:00 PM	Thursdays 6:00 – 7:00 PM
Saturdays 12:00 – 1:00 PM	Saturdays 12:00 – 1:00 PM
Sundays 4:30 – 5:30 PM	Sundays 4:30 – 5:30 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. (Can come up to five days a week). Senior Marlins will break into their own training group Friday, Saturday and Sunday practices

GROUP 1:
Mondays 5:30 – 7:00 PM
Wednesdays 6:00 – 7:30 PM
Fridays 6:00 – 7:30 PM
Saturdays 1:00 – 2:30 PM
Sundays 5:30 – 7:00 PM

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.

Tuesdays 7:00–8:30PM **Wednesdays** 4:30–6:00PM
Thursdays 7:00–8:30PM **Fridays** 6:00–7:30PM
Saturdays 10:00AM–12:00PM **Sundays** 5:30–7:00PM

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. (Expected to practice 4 – 6 days a week).

JR RAYS 1:
Sundays 5:30–7:00PM
Mondays 4:00–6:00PM
Wednesdays 4:00–6:00PM
Fridays 4:00–6:00PM
Saturdays 10:00AM–12:00PM

JR RAYS 2:
Sundays 5:30–7:00PM
Tuesdays 7:30–9:00PM
Wednesdays 7:00–8:30PM
Thursdays 7:30–9:00PM
Saturdays 10AM–12:00PM

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 are expected to show a high level of commitment to their training. Swimmers continue to progress through repetition of training drills and interval main sets. Swimmers have embraced core training habits to be successful. Swimmers will be placed in groups according to their ability level. Must tryout.

Mondays 4:00 – 6:00PM
Tuesdays 4:00 – 6:30PM
Tuesdays 6:30 – 9:00PM
Wednesdays 4:00 – 6:00PM
Wednesdays 7:00 – 8:30PM
Thursdays 4:00 – 6:30PM
Thursdays 6:30 – 9:00PM
Fridays 4:00 – 6:00PM
Saturdays 9:00AM – 12:00PM

DRYLAND WORKOUTS:
Tuesdays 5:30 – 6:30PM
Tuesdays 6:30 – 7:30PM
Thursdays 5:30 – 6:30PM
Thursdays 6:30 – 7:30PM
Saturdays 9:00 – 10:00AM

Assistant Coaches: Andrew Snyder, Lindsey Hill, Liz Lasker, Genny Fitzgerald, Alexis Arellano, James Riordon, Amy Mergerian, Emily Wolff, Raleigh Krell, Meaghan King and Daniel McLaughlin.

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.

Recent coaching highlights include:

- Head Coach of 2021 Tokyo USA Paralympic Swim Team
- Coach of 2016 Rio Paralympic Swim Team
- Coach for USA team at Para World Championships 2010, 2013, 2015, 2017, 2019, and 2022
- USA 2014 PanPacific Para-Swimming Championships Team Leader
- Being named Team leader of the USA 2013 Worlds Paralympic Team
- Co-Head Coach of the USA Paralympic London 2012 Swim team
- Named Team Leader of the 2011 Para Pan-Pac Swim Team
- Selected Head Coach of the 2011 Parapan American Games, Paralympic Swim Team
- Head Coach of the USA Paralympic Swim Team at the 2010 Greek Open Championships
- Awarded 2010 Paralympic Coach of the year by the United States Olympic Committee

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

Wednesday, June 18 at 6PM

Tuesday, June 24 at 6PM

Wednesday, June 25 at 8:30AM

Thursday, June 26 at 6PM

Wednesday, July 2 at 8:30AM

Wednesday, July 9 at 6PM

Tuesday, July 15 at 6PM

Wednesday, July 23 at 8:30AM

Thursday, July 24 at 6PM

Wednesday, August 6 at 5PM

Individual times can be arranged outside of these open tryout sessions. To schedule your appointment for another day or to attend one of the open tryouts please contact Andrew Barranco at 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



TOWSON | 410.821.0160
merrittclubs.com/merrittswimming

