



Arkansas Marlins Newsletter

Training Schedules



Year-Round

From now until June 1, at Safety Before Skill in Little Rock;

OFF for Spring Break: Saturday, March 16 through Sunday, March 24

Group	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Level 1	OFF	6:30-7:15 pm	OFF	6:00-6:45 pm	6:00-6:45 pm	OFF	OFF
Level 2	6:30-7:30 pm	6:30-7:30 pm	OFF	6:30-7:30 pm	6:30-7:30 pm	OFF	OFF
Level 3	7:00-8:30 pm	7:00-8:30 pm	6:00-7:00 am (optional)	7:00-8:30 pm	7:00-8:30 pm	OFF	7:00-9:00 am
High School Conditioning	7:00-8:30 pm	OFF	6:00-7:00 am (optional)	7:00-8:30 pm	7:00-8:30 pm	OFF	7:00-9:00 am
Mature Marlins	6:30-8:00 pm	OFF	6:00-7:00 am	OFF	7:00-8:30 pm	OFF	7:00-8:30 am



Summer Marlins

Monday, June 3 through summer season at Maumelle Aquatic Center

Group	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
USA/AAU AM	OFF	--	7:00-8:30 am	7:00-8:30 am	7:00-8:30 am	7:00-8:30 am	Swim Meets
USA/AAU PM	OFF	6:00-8:00 pm	--	Dryland 8:00-9:00 pm	--	--	--
Mini Marlins + Level 1 AM	OFF	--	8:45-9:15 am	8:45-9:15 am	8:45-9:15 am	8:45-9:15 am	Swim Meets
Mini Marlins + Level 1 PM	OFF	6:00-6:45 pm	8:00-8:30 pm	8:00-8:30 pm	8:00-8:30 pm	--	--
Level 2 & 3 AM	OFF	--	8:00-8:45 am	8:00-8:45 am	8:00-8:45 am	8:00-8:45 am	Swim Meets
Level 2 & 3 PM	OFF	6:45-7:30 pm	8:30-9:15 pm	8:30-9:15 pm	8:30-9:15 pm	--	--
Mature Marlins	OFF	Join USA/AAU or Level 3 Practice Times					

Coach Communication Policies

- To provide undivided attention and timely feedback to our swimmers, the **coaches will be shifting to the north side of the pool deck** at Safety Before Skill during practice time. This will allow coaches to focus fully on the athletes' needs and will allow athletes to focus on the coaches' instructions.
- Parents are invited to sit on the **south side of the deck** and watch all practices!
- If you have any questions or would like to discuss something with the coaching staff, please arrive 5-10 minutes **early or wait until practice has concluded** to speak with the coaches.

Meet Schedule

Date	Sanction	Meet Name	Host	Location
April 26-28	USA	2024 Long Course Opener	AquaHawgs	Fayetteville, AR
May 17-19	USA	2024 Spring Splash Invite	Dolphins	Little Rock, AR
June-July	CASL	~5 to 6 Saturday morning meets	Various	Central AR
June 28-30	USA	Mary Grace Tucker Memorial Invite	Dolphins	Little Rock, AR
July 18-21	USA	ARSI Long Course Championship	AquaHawgs	Fayetteville, AR
July TBD	CASL	Meet of Champions	TBD	TBD
July 25-28	AAU	Junior Olympic Nationals	--	Greensboro, NC

* Additional meets/dates may be added for AAU, Summer Marlins, and USA Long Course season.

Helpful Links

[AAU Swimming Website \(National\)](#)

[AAU Junior Olympic Qualifications](#) *Note: AAU and USA times count for JO qualification, but CASL times do not.*

[Arkansas USA Swimming Website \(State\)](#) *Note: Only USA meet times count for ARSI Championship qualification*

[USA Swimming Goal Times](#) *Note: Swimmers must achieve a "BB" time in at least one event to qualify to State*

[Arkansas Swimming Rules and Regulations](#)

[Central Arkansas Swim League Website](#) *Note: 2024 Summer schedule is not yet available*

New Marlins Records!

Since the February record book update, **more new records** have been set in March!

Silas Renno:

- 25.98 in 50y Free (BB)
- 58.05 in 100y Free (BB)
- 2:12.92 in 200y Free (B)
- 1:07.91 in 100y Back (B)
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Timothy Renno:

- 36.18 in 50y Free (B)
- 45.32 in 50y Breast (BB)
- 1:38.15 in 100y Breast (BB)

Boys 10U 200y Free Relay in 3:16.26

Girls 11-12 200y Medley Relay in 2:42.84

Girls 11-12 200y Free Relay in 2:23.93

Boys 13-14 200y Medley Relay in 2:31.63

Boys 13-14 200y Free Relay in 1:58.41

Boys 13-14 400y Free Relay in 4:33.09

Congratulations to all our State Swimmers! *Bralynn Binkley, Benjamin Cummings, Elizabeth Cummings, Cannon Dallas, Crimson DuVall, KJ Hamada, Ellis Knipscheer, Johnathyn Madden, Timmy Madden, Silas Renno, Timothy Renno, Ara Sobek, and Cadence Watson. Your Marlins family is incredibly proud of you!*