**Summer League and Sailfish** (May, June and the beginning of July)

From beginner to the seriously advanced we have you covered. If you are very young or a beginner up to an older intermediate, the solution is simple, swim summer league with your team. You still can participate in any USA swim meet during the summer league season. The only difference would be your training with different coaches if you are not swimming with the Marlins. The normal monthly billing for Sailfish practice for all swimmers is suspended for May and June.

For the advanced and senior athlete there are highly recommended Sailfish training opportunities. The training done during the summer lays the groundwork for the following school year! This includes the team training trip to the Olympic Training Center at the end of June. Must be at least 12 years old.

 The second practice each weekday involves a combination of dry land and swimming. For example; start the day with your early AM summer league practice, and then head over to the MAD training facility for a 45 minute dry land workout on Monday, Wednesday and Friday. On Tuesday and Thursday, the second swim practice is either in late morning or the afternoon/evening.

2018 June 4- July 13 Schedule for Jr advanced at Sendero Springs

| Swim | Dry Land | Swim |
|---|---|---|
| **Monday-Friday,** | **Monday /Wednesday /Friday,** | **Tuesday/Thursday** |
| 7:00-8:30AM swim practice, | 9:30-10:15AM Mad Dry land | 11:30Am- 1:00PM swim practice |

2018 June 4- July 13 Schedule for Senior advanced at Sendero Springs/Stone Oak

| Swim | Dry Land | Swim |
|---|---|---|
| **Monday-Friday,** | **Monday /Wednesday /Friday,** | **Tuesday/Thursday** |
| 7:00-8:30AM Sendero swim, | 9:30-10:15AM MAD dry land or  3:30- 4:15PM MAD dry land | 6:00-7:30PM Stone Oak swim |

2018 June 4- July 16 Schedule for all Sailfish at Sendero Springs/Stone Oak/Rattan

| Swim | Dry Land | Swim |
|---|---|---|
| **Monday /Wednesday /Friday** | **Monday /Wednesday /Friday,** | **Tuesday/Thursday** |
| 7:30-9:00AM Rattan swim, | 9:30-10:15AM Mad Dry land or 3:30- 4:15PM MAD dry land | 6:00-7:30PM Stone Oak swim |

**Tuesday/Thursday**

8:30-10:00AM Sendero swim