

Meet The Coaches

Andrew Barranco is the Head Coach of Merritt Athletic Swimming as well as the Regional Aquatics Director for Merritt Athletic Clubs. In addition to overseeing Merritt Athletic Swimming at both the Towson and Eldersburg locations, he oversees Merritt's five aquatic facilities. He has coached internationally for the United States Olympic Committee in England, Belgium, Germany, Canada, Brazil, Japan and China. 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 been the coach of Jessica Long (2004-2008 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

Jane Watkins
Jared Welsh
Amanda Shomgard
Chelsea Sounders

Tryouts

All new swimmers must tryout. If you cannot make one of the below times please contact Andrew Barranco at abarranco@merrittclubs.com to arrange a time.

Tuesday, July 20th 7:30pm
Wednesday August 4th 6:00pm
Tuesday August 24th 7:30pm

Season starts Monday, September 6th!

Pricing

Manta Group

Practices offered twice a week

One Month

\$75/members or \$90/non-members

September-December

\$220/members or \$235/non-members

January-May

\$275/members or \$285/non-members

Jr. Marlins/Marlins

Practices offered 1-4 times a week

One Month

\$75/members or \$90/non-members

September-December

\$255/members or \$295/non-members

January-May

\$315/members or \$370/non-members

Jr. Rays/Sr. Rays

Practices offered 3-7 times a week

One Month

\$80/members or \$95/non-members

September-December

\$290/members or \$330/non-members

January-May

\$360/members or \$410/non-members

Prices do not include USA Swimming registration fee.

Merritt Athletic Swimming

Year Round Swim Team



1.800.new.shape
1.800.639.7427
www.merrittclubs.com

**MERRITT
ATHLETIC
CLUBS**
Where Your Future Takes Shape



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 5:30-6:00pm
Wednesdays 5:30-6:00pm



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.**

Group 1:
Mondays 5:00-6:00pm
Fridays 5:00-6:00pm
Saturdays 12:00-1:00pm
Sundays 4:30-5:30pm

Group 2:
Tuesdays 7:15-8:15pm
Thursdays 7:15-8:15pm
Fridays 5:00-6:00pm
Sundays 4:30-5:30pm



Marlins

For swimmers 8-12 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, Wednesdays and Fridays 4:00-5:30pm
Sundays 4:30-6:00pm

Group 2:
Tuesdays 7:15-8:45pm
Thursdays 7:15-8:45pm
Saturdays 11:30am-1:00pm
Sundays 4:30-6:00pm



Junior Rays

For swimmers 10 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.**

Mondays, Wednesdays and Fridays 4:00-5:30pm
Tuesdays and Thursdays 6:45-8:50pm
Saturdays 9:45-12:15pm
Sundays 4:30-6:00pm



Senior Rays

For swimmers 12 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 and Wednesdays 4:00-6:30pm
Tuesdays and Thursdays 6:45-8:50pm
Fridays 4:00-6:00pm
Saturdays 9:45-12:15pm
Sundays 4:30-6:00pm.

Ask about our other programs!

Merritt Athletic Clubs has a wide variety of Aquatics programs available, from Swim Lessons and Clinics to Tri-Club and Aqua Aerobics!

Contact

Andrew Barranco at

abarranco@merrittclubs.com

or **443.904.6603** for more
information about
aquatics!

Registration Form

Name _____

Date of Birth _____

Parent's Name _____

Address _____

City/State/Zip _____

Email _____

Home Phone _____

Cell Phone _____

Team Level: Manta Jr. Marlins Marlins Jr. Rays Sr. Rays

Group Number _____ T-Shirt Size _____ Youth / Adult

I acknowledge and accept the risks inherent in the use of the Merritt Athletic Clubs' services and facilities, including participation in any birthday party or club rental. The undersigned assumes the sole risk if injury, accident, death, loss, cost or damage to his or her person or property which might arise from the use of Merritt Athletic Clubs' services and facilities. The undersigned further agrees that Merritt Athletic Clubs, its instructors, employees, servants, and agents, shall not be liable to the undersigned for any claims, demands, injuries, damages, actions or causes of action whatsoever to the undersigned's person or property arising out of or in connection with the use of the services and facilities of the Merritt Athletic Clubs, and further including any pre-existing physical condition or impairment.

The undersigned, his or her heirs, personal representatives, executors, representatives and assigns do hereby release and discharge Merritt Athletic Clubs, its instructors, employees, servants, and agents from all claims, demands, injuries, damages, actions or causes of action and from all acts of active or passive negligence on the part of the club, its servants, instructors, agents or employees. The undersigned further agrees to abide by all policies and procedures of Merritt Athletic Clubs and, which policies and procedures may be posted at the facility, issued orally and/or published, and which may be amended from time to time at management's sole discretion.

Signature _____

Date _____