

## About The Marlins

Marietta Marlins has a 24-year history under its founding head Coach **Dr. Yit Aun Lim**. The Marlins grew from the *Holly Springs Waves*--a Marietta summer league team. Under Coach Lim's leadership the Marlins develop qualifiers for Olympic Trial, Sr. & Jr. National USAS, GA State Age-Group & Sr. top-ten finishers. Swimmers graduate to swim for: UGA, Florida State, USC, Alabama, University of Kentucky, and many others.

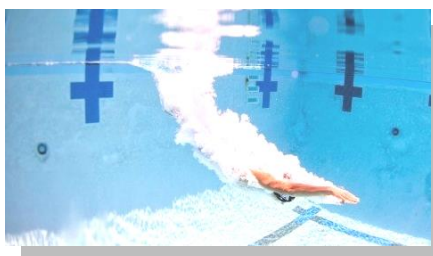


Marlins enjoy close ties with collegiate NAIA swimming through **Life University** where Coach Lim professor of performance physiology and nutrition.

## Coaching Staff:

### Head Coach Lim

Asst. Coach Larissa Joassaint  
Asst. Coach Caitlin Roth  
Asst. Coach Michelle Mobley



## How to Join

1. Schedule a tryout with **Coach Lim** 678-773-8383
2. Try outs are often scheduled during practice breaks or after practice.
3. We want to see you swim all strokes recommend a training group.
4. Based on group assignment, fill out forms at [mymariettamarlins.com](http://mymariettamarlins.com)

## Training Groups

### Discovery 1, 2, 3 Non-

competitive fun program to prepare swimmers for swimming technique.

**Developmental 3, 2, 1** First competitive swimming begins, stroke construction/correction, and adaptive physical conditioning.

**Junior 2, 1** Competitive swimming, stroke perfection, aerobic and strength conditioning. Junior 1 swimmers achieve GA qualifying times.

**Giant** Swimmers are prepared for high school competition, GA Age-Group/Sr. State competition.

**National** Achieve a Sr. Sectional cut; swim with High Performance

**High Performance** By invitation, athletes swim at the highest level at mandatory double sessions.



*"Where Dreams Become Reality"*

# Marlins Swimming

[mymariettamarlins.com](http://mymariettamarlins.com)



## Practice Locations

### Mountain View Aquatic Center

2650 Gordy Parkway  
Marietta, GA 30066

### Cherokee County Aquatic Center

1200 Gresham Mill Parkway  
Holly Springs, GA 30115

## Mission and Vision

### Mission

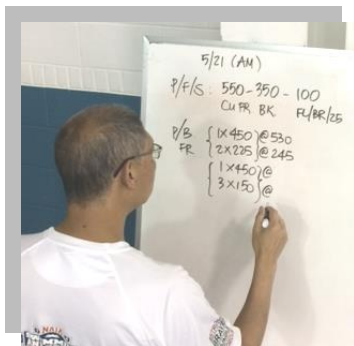
To create a nationally recognized swimming environment that teaches and trains all levels of swimmers, emphasizing individual progress, team unity, and family participation.

### Vision

The Marlins swim program seeks to provide an opportunity for all swimmers, regardless of age or ability, to reach their highest potential in an environment, "**Where Dreams Become Reality.**"

### Welcome to the Marietta Marlins

Whether you're a new swimmer or a returning swimmer, we're glad you're here and we want to do all we can to make this a wonderful and successful experience for every swimmer and their family. We're a coach-run, family-focused, not-for-profit organization. Family involvement and team participation is key to the success of your swimmer and the success of the organization.



## Get to know us...

Use our web site to get better acquainted with the Marlins:

[mymarietamarlins.com](http://mymarietamarlins.com)

- Practice Locations & Schedules
- Swim Meet/Special Event Schedule
- Contacts via: Phone, Text, Email
- How to Join/Coaching Fees/Forms
- Technique Videos & Swimming Gear
- Team Records & Top Times
- Parent Page
- Swim Links
- Constant Contact:



### -Our Affiliations:



## Training & Practice

We urge swimmers to be 10 min. early to practice. Practices vary in length from training group to training group: single session 45 min. practices for youngest swimmers to 2 hour double session for our highest performing swimmers. We offer up to 11 training opportunities to build great kids who swim fast—**Where Dreams... Become Reality.**

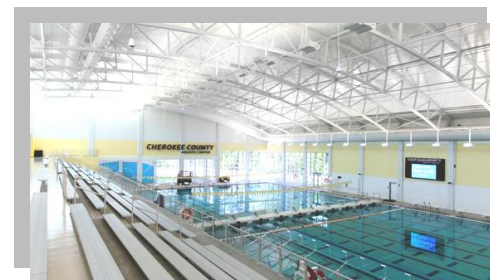
revised 3/25/18



### Mountain View Aquatic Center



### Cherokee County Aquatic Center



### Marlins Sports Foundation

250 Brookview Place  
Woodstock, GA 30188  
(678) 899-6888

### Accounting & Financials

Marietta Marlins, Inc.  
P. O. Box 669503  
Marietta, GA 30066