



MARLINS OF RALEIGH SWIM TEAM

Welcome To MOR!

The Marlins Of Raleigh (MOR) Swim Team continues to be identified one of the top swim clubs in the nation by USA Swimming. MOR operates a multi-site program with locations throughout Wake and Johnston Counties. The MOR program is popular amongst local swimmers with more than 700 members last year. Enrollment for the 2022-23 year is now open online. Step one for new swimmers is to be assessed by one of our coaches so the swimmer can be assigned to a practice group. *We are excited that you have chosen to join our families at the **Marlins Of Raleigh Swim Team!***

New Swimmer Assessments Required Before Enrollment

If you are joining MOR for the first time, you will need to be assessed to be placed in the correct practice group by one of the coaches. After the assessment, go to the MOR website and you will start the enrollment process by clicking on the site and group the swimmer has been assigned to. Assessment opportunities can be scheduled throughout the year by emailing:

North Raleigh Sites:

Central Raleigh Sites:

Silverton Site:

Clayton/Smithfield Sites:

Contact Cara Cameron - coachcara45@aol.com

Contact Jonathan Watson - 01silversurfer@bellsouth.net

Contact Lindsay Takkunen - coachlindsaymor@gmail.com

Contact John Fischetti - jfischetti@aol.com

How To Enroll Online With MOR

- ★ **New and Returning Swimmers**—Enrollment will open for 2022-23 on June 30, 2022, for both returning and new swimmers. Returning swimmers will have their spot guaranteed if they enroll by July 24, 2022.

STEP 1: Get assessed by a MOR Coach.

STEP 2: Go to the Marlins Of Raleigh website—www.marlinsofraleigh.com.

STEP 3: Click on the “2022-23 Enrollment” button.

STEP 4: Scroll down to the bottom and click “Continue or check status”. Follow the prompts to create an account.

RETURNING SWIMMERS PLEASE NOTE: Do not forget to update your t-shirt sizes!

STEP 5: Use your credit card or send in a check payable to “MOR” for the non-refundable \$120 per swimmer enrollment fee by July 24, 2022. After July 24, the enrollment fee increases to \$140. Payment should be mailed to: Marlins Of Raleigh Swim Team, 4904 Waters Edge Drive, Suite 295, Raleigh, NC 27606.

USA Swimming Membership

On September 1, 2022, USA Swimming is beginning a new registration process which will require all members to register online. It is mandatory that all MOR swim team members complete this process within a 2-week window of starting with the team. A link will be available that will enable all team members to register to be members of USA Swimming. The USA Swimming fee (formerly included in the MOR enrollment fee) is \$78 per athlete and will be charged by USA Swimming at the time of registration.

Returning Swimmers

Please make sure to sign up under your current account password and when prompted, select **RENEW**. Please make sure to update your t-shirt size.

Team T-Shirts & Swim Caps

All swimmers receive two MOR t-shirts and a silver latex swim cap annually as part of their enrollment fee. During the online enrollment process, please be sure to select the swimmer’s current size choosing from **Youth-Small, Youth-Medium, Youth-Large, Adult-Small, Adult-Medium, Adult-Large, Adult-XL, or Adult-2XL**. These are the only sizes available even though Team Unify lists others. If a size other than those above is selected, we will choose the next available larger size.

DUES COMMITMENT - MOR AGE GROUP PROGRAM – 12 & UNDER SWIMMERS

AGE GROUP 1 PRACTICE GROUP DESCRIPTION³

AG1 is an entry level group for young, beginning swimmers who can swim 25 yards unassisted in at least 2 strokes. For those unable to complete this requirement, we direct you to the MOR Lesson Program. The AG1 coaches focus on teaching beginning stroke technique in a fun team environment.

Age Range of Group	Practices Offered Per Week	Dryland Focus
5-8 years	3	Stretching; teamwork; cheers; self-talk

Payment Information

Sessions	Session 1 (Sept-Nov)	Session 2 (Dec-Feb)	Session 3 (Mar-May)	Session 4 (June/July)
Price Per Session	\$450¹	\$450¹	\$450¹	\$220
Pay By	September 25, 2022	December 25, 2022	March 25, 2023	May 25, 2023

* AG1 swimmers who participate during the summer months of June & July will be charged \$220.

* AG1 swimmers must OPT OUT by the 10th of November, February or April to prevent being charged for the next session if they will not be participating.

AGE GROUP 2 PRACTICE GROUP DESCRIPTION³

AG2 is an entry level group that targets new 9-12-year-old swimmers and those advancing from AG1. At a minimum, these swimmers will have knowledge of three of the four competitive strokes and can perform a forward start from a block. Coaches focus on teaching proper technique while creating a fun, team environment. Mastery of starts and turns is emphasized at this level.

Age Range of Group	Practices Offered Per Week	Dryland Focus
9-12 years	4	Stretching; calisthenics; balance exercises

AGE GROUP 3 AND AGE GROUP 4 PRACTICE GROUP DESCRIPTION³

The AG3 and AG4 groups are for advanced swimmers usually with previous swim team experience. Coaches begin teaching race strategies dryland training for strength building is introduced. Coaches place swimmers into these groups based on technical proficiency and training capabilities demonstrated by the swimmers. Beginning training sets are introduced with an emphasis on fun and swim meet participation.

Group	Age Range	Practices Offered Per Week	Dryland Focus
AG3	10 & Under	6	Stretching; core work; running
AG4	10-12	6	Stretching; core work; running; goalsetting

2022-23 Age Group Program - Financial Information

Practice Group	Annual Enrollment Fee	Monthly Installments	Annual (\$) Total Most Advanced Swimmer	Sibling Discounted Installments
AG1	\$120 until 7/24/2022; \$140 after 7/24/2022	\$450 per session ¹ \$220 for Session 4	\$1570	Siblings (brothers and sisters of the highest enrolled swimmer) receive a 20% discount off the total rate of their assigned group.
AG2	\$120 until 7/24/2022; \$140 after 7/24/2022	\$220 ²	\$1980	
AG3 & AG4	\$120 until 7/24/2022; \$140 after 7/24/2022	\$275 ²	\$2475	

¹AG1 dues are paid for sessions that the swimmer is enrolled in (see due dates above in AG1 section above).

²Dues for MOR swimmers in AG2, AG3, and AG4 groups are paid in nine installments; with two non-refundable installments collected in September (see Financial Policies Page which follows). Dues cover swimming from September through July but are paid in 9 installments— [Sept (2), Oct (1), Nov (1), Dec (1), Jan (1), Feb (1), Mar (1), and Apr (1)].

³MOR will utilize all means available to us to provide swim training and valuable content as described in the practice group explanations.

DUES COMMITMENT - MOR SENIOR PROGRAM – 13 & OVER SWIMMERS

SENIOR-1 PRACTICE GROUP DESCRIPTION³

This program is for swimmers ages 13 & Over who need an additional level of instruction prior to moving from AG4 to Senior-2, for those who are late starters to competitive swimming, or for those with alternative commitments. Coaching focus is on stroke development, race strategies and preparation for high school swimming.

Age Range of Group	Practices Offered Per Week	Dryland Focus
13 and older	Up to 6 practices/wk	Calisthenics, running, stretching

The Senior-1 program is considered an annual program and swimmers in the program will pay in nine monthly installments with two installments due in the first month which are non-refundable.

SENIOR-2 & SENIOR-3 PRACTICE GROUP DESCRIPTION³

This program is for experienced 13-over swimmers moving into Senior swimming and preparing for State and Regional competition. Coaching focus remains on proper stroke technique and developing endurance and speed. Race strategies for swim meet competition are taught to maximize performance, therefore regular swim meet participation is a requirement for being placed in these groups.

Group	Age Range	Practices Offered Per Week	Dryland Focus
Senior 2	13-14	6	30min 3x/wk
Senior 3	15&Over	6	30min 3x/wk

SENIOR ELITE PRACTICE GROUP DESCRIPTION³

This program is the top-level in the Marlins Of Raleigh Senior Program. Through nine practices per week, the Senior Elite group has an expectation that swimmers will commit to training that prepares them to perform at the Sectional and National levels.

Age Range of Group	Practices Offered Per Week	Dryland Focus ⁴
15 and older	9	30-45min 3x/wk & weights

2022-23 Senior Program - Financial Information

Practice Group	Annual Enrollment Fee	Monthly Installments	Annual (\$) Total Most Advanced Swimmer	Sibling Discounted Installments
Senior 1	\$120 until 7/24/2022; \$140 after 7/24/2022	\$275 ¹	\$2475	Siblings (brothers and sisters of the highest enrolled swimmer) receive a 20% discount off the total rate of their assigned group.
Senior 2&3	\$120 until 7/24/2022; \$140 after 7/24/2022	\$325 ²	\$2925	
Senior Elite	\$120 until 7/24/2022; \$140 after 7/24/2022	\$350 ²	\$3150	

¹Two monthly installments are due the first month you participate which are non-refundable. To opt out you must email marlinsfinances@gmail.com by the 10th of the month prior to stopping swimming or you will be responsible for the upcoming monthly charges.

²MOR Senior 1, 2, 3, and MOR Senior Elite level dues are paid in nine installments with two non-refundable installments collected in September (see Financial Policies Page which follows). Dues cover swimming from September through July but are paid in 9 installments– [Sept (2), Oct (1), Nov (1), Dec (1), Jan (1), Feb (1), Mar (1), and Apr (1)].

³MOR will utilize all means available to us to provide swim training and valuable content as described in the practice group explanations.

⁴Dryland charges for Senior Elite may vary by site and are not included in the dues.

FINANCIAL POLICIES FOR THE 2022-23 SEASON

All financial questions go to marlinsfinances@gmail.com.

ENROLLMENT

1. A **non-refundable** enrollment fee of **\$120** is due by July 24, 2022 for all swimmers new and returning who wish to enroll in the MOR swim program. After July 24, the enrollment fee increases to \$140.
2. All swimmers must register online with USA Swimming and pay the \$78 charge to USA Swimming at the time of registration within two weeks of enrolling with MOR. The mandatory \$78 covers an athlete's USA Swimming registration/insurance as well as a copy of Splash magazine and permits swimmers to participate in swim meets. A link to the online registration location will be sent out on September 1, 2022 to all MOR swimmers. Swimmer and family information will be requested, and the \$78 fee can be paid by credit card. Any MOR swimmer who has not registered with USA Swimming between September 1-14 (or within two weeks of enrollment with MOR after September 14) will be unable to practice until USA Swimming registration has been verified as complete.
3. New swimmers must notify the MOR bookkeeper and their primary coach if they intend to drop the program no later than September 18, 2022 or else the swimmer will be billed the dues owed. All swimmers must enroll with MOR and pay the enrollment fee before beginning any practices. Swimmers beginning with the MOR program after September 18 have a 2-week window to try out the program and then they are obligated to pay dues based on the first of the month in which they enroll.

DUES POLICIES

1. Annual Dues cover swimming for eleven (11) months (September 1 → July 31). Dues for **AG2, AG3, AG4, SR-1, SR-2, SR-3 and Senior Elite** are billed in nine (9) installments with two installments due in September. MOR does not pro-rate for early withdrawal within a month.

Example: For an AG2 swimmer, the family account would receive their September 1st bill which would show September dues of \$220 PLUS a pre-payment of the last month of dues (\$220) = \$440 for the first month. Following the first month, your MOR account would be billed \$220 monthly (October through April). **Swim meet fees are billed in addition to your monthly bill.** After payment of nine dues installments, swimmers can continue in the program through July without paying additional dues.

2. **Dues and meet entry fee payments are due by the 25th of each month.** A \$25 late fee is automatically assessed by our accounting software if payments are not received by the last day of the month. Families paying by autopay are responsible for ensuring the monthly transactions are successful.
 - a. Accounts 60 days past due: Swimmers are not eligible to participate in swim meets
 - b. Accounts 90 days past due: Swimmers are not eligible to participate in practices
3. All new swimmers joining the program are responsible for dues starting in the month their initial two weeks begin. There is no two week tryout period for returning swimmers.
4. **Sibling Discounts:** Families receive a 20% discount for additional siblings (brothers and sisters) who join the program. The highest-level swimmer will pay the full dues amount while subsequent siblings in the family will receive a 20% discount off annual dues.

AG1 SESSION PROGRAM

1. The **AG1** program at all sites is divided into four sessions:
 - ▶ SESSION 1 - September to November.
 - ▶ SESSION 2 - December to February.
 - ▶ SESSION 3 - March to May.
 - ▶ SESSION 4 - June and July.
2. Parents of AG1 swimmers must pay the full session rate by the due date indicated. Prior to the first session of participation, parents must submit the annual enrollment fee of \$120 and pay the \$78 USA Swimming online registration fee once per year only.
3. For AG1 swimmers participating in the June and July session, the fee is \$220.
4. Swimmers will be automatically enrolled for their subsequent sessions. If a swimmer does not wish to enroll for the next session, families *must opt out by sending an email to their coach and the team bookkeeper (marlinsfinances@gmail.com) by the 10th of the month prior to the start of the next session (Nov. 10, Feb 10, or May 10).*

SITE SPECIFIC PAYMENTS

Riverwood Golf and Athletic Club members (family memberships only) receive a 10% discount on MOR membership dues for the highest-level participant in the program which is deducted over the year

EARLY TERMINATION OF YOUR PROGRAM CONTRACT

1. Parents of swimmers who cease participation with the Marlins of Raleigh program prior to April will be responsible for paying the monthly group fee for the months in which the swimmer is enrolled plus a one-month penalty (which is the additional installment paid in September). Parents must contact their child's coach and the team bookkeeper at marlinsfinances@gmail.com by the end of the month to discontinue enrollment for the next month.
2. If a family in AG1 plans to drop from the program, the swimmer's coach and the team bookkeeper must be notified in writing no later than the 10th of the month prior to the end of the session. There are no refunds for AG1 swimmers who do not complete a session.
3. MOR will utilize all means available to provide valuable content in our training programs as described in this information packet including in-water training, dryland training, Zoom dryland or other opportunities deemed appropriate by our coaching staff.

FUNDRAISING CREDIT

1. Our "MOR Gives Back" program allows families to earn credit toward their dues through MOR Fundraising programs such as staffing snack booths at the PNC during hockey and basketball games, selling poinsettias, and funds raised during our annual Swim-a-Thon. Families may earn credit up to the total amount of their swimmer's dues in the current year. Fundraising credit cannot be used for any fees other than dues.
2. Fundraising credit earned by families between September and February will be credited in the current swim year. Fundraising earned after February will be credited to families in the next fiscal (September 1) year in which a swimmer is enrolled from the family.
3. Should a family leave the MOR program, all fundraising credit that may be due is forfeited.

MOR PAYMENT OPTIONS

1. **Pay by check or cash** delivered to the team office located at 4904 Waters Edge Drive, Suite 295, Raleigh, NC 27606 and due by the 25th of the month.
2. **Pay by Credit Card** (choose a or b)
 - a. **Click "Use for Fees Associated with Your Account" (aka Auto Pay)**
 - i. Members are charged on first of the month entire account balance.
 - ii. Members are charged 2.95% plus \$.30 processing fee; or
 - b. **Click "On Demand Payments"**
 - i. Members must decide when payment is made.
 - ii. Payments must be made by the 25th of the month.
 - iii. Members are charged 2.95% plus \$.30 processing fee per transaction.
3. **Pay by Automatic Checking (ACH)/Bank Draft**
 - a. Members set up payments from their checking account with their bank.
 - b. Members charged \$1.25 per transaction.
 - c. Fees are drafted on the first of the month.



CENTRAL RALEIGH PRACTICES

Sites: Pullen Aquatic Center, St. Mary's School, NCSU, Silverton

(Schedule Tentative: subject to change once final contracts are negotiated)

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Senior Elite	5-6:30am Silverton 5:00-7:15PM NCSU	3:20-6pm Silverton	5-6:30am Silverton 3:20-5:30pm Silverton + weights	3:20-6pm Silverton	5-6:30am Silverton 3:30-6pm Silverton	6:30-9:00am Silverton + weights
SR2/SR3	4-6pm Pullen	5:30-7:30pm NCSU	4-6pm Pullen	5:30-7:30pm NCSU	4-6pm Pullen	7:00-9:00am St. Mary's
SR1	4-5:30pm Pullen	4:00-5:30pm Pullen	5-6:30am St. Mary's	4:00-5:30pm Pullen	5-6:30am St. Mary's	7:30-9:00am Pullen
AG4	6:45-8:15pm St. Mary's	5:30-7:30pm Pullen	6:45-8:15pm St. Mary's	5:30-7:30pm Pullen	6:45-8:15pm St. Mary's	9:00-10:30am Pullen
AG3	6:00-7:30pm Pullen	6:30-8:00pm St. Mary's	6:00-7:30pm Pullen	6:30-8:00pm St. Mary's	6:00-7:30pm Pullen	9:00-10:30am Pullen
AG2	5-6:45pm St. Mary's		5-6:45pm St. Mary's		5-6:45pm St. Mary's	10:30-12N Pullen
AG1		5:30-6:30pm St. Mary's		5:30-6:30pm St. Mary's		11:00-12N St. Mary's

NORTH RALEIGH

Sites: Optimist Park, Ravenscroft, Greenway Club, Wood Valley

(Schedule Tentative: subject to change once final contracts are negotiated)

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Senior Elite	5-6:30am Ravenscroft 3:30-6pm Optimist/weights	3:30-6pm Optimist	5-6:30am Ravenscroft 3:30-6pm Optimist/weights	3:30-6pm Optimist	5-6:30am Ravenscroft 3:30-5:30pm Optimist	6-8:30am Optimist/ weights
SR3	3:45-5:45 Wood Valley	3:45-5:45 Wood Valley	3:45-5:45 Wood Valley	3:45-5:45 Wood Valley	3:45-5:45 Wood Valley	10am-12N Ravenscroft
SR2	5:45-7:45pm Wood Valley	5:45-7:45pm Wood Valley	5:45-7:45pm Wood Valley	5:45-7:45pm Wood Valley	5:45-7:45pm Wood Valley	
SR1	4:00-5:30pm Greenway	4:00-5:30pm Greenway	4:00-5:30pm Greenway	4:00-5:30pm Greenway	4:00-5:30pm Greenway	10:30am-12N Greenway
AG4	5:00-7:00pm Ravenscroft	5:00-7:00pm Ravenscroft	5:00-7:00pm Ravenscroft	5:00-7:00pm Ravenscroft	5:00-7:00pm Ravenscroft	7-8:30am Ravenscroft
AG3	6:30-8:15pm Ravenscroft	6:30-8:15pm Ravenscroft	6:30-8:15pm Ravenscroft	6:30-8:15pm Ravenscroft	6:30-8:15pm Ravenscroft	9:00-10:30am Greenway
AG2	5:30-7:15pm Greenway		5:30-7:15pm Greenway		5:30-7:15pm Greenway	9:00-10:30am Greenway
AG1		5:30-6:30pm Greenway		5:30-6:30pm Greenway		10-11am Ravenscroft

*Some workouts may be held prior to school if schedule dictates.

CLAYTON-RIVERWOOD GOLF & ATHLETIC CLUB

(Schedule Tentative: subject to change once final contracts are negotiated)

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Senior Elite	3:45-6:45pm +weights Riverwood	5:15-6:15am Riverwood 4-6:30pm Riverwood	3:45-6:45pm +weights Riverwood	5:15-6:15am Riverwood 4-6:30pm Riverwood	3:45-6:15pm Riverwood	7-9am+wts Riverwood
SR2/SR3	4:15-6:15pm Riverwood	4-6pm Riverwood	4:15-6:15pm Riverwood	4-6:30pm Riverwood	4:15-6:15pm Riverwood	7-9am Riverwood
SR1	4:15-6pm Riverwood	4:15-6pm Riverwood	4:15-6pm Riverwood	4:15-6pm Riverwood	4:15-6pm Riverwood	7-8:30am Riverwood
AG4	4:15-6pm Riverwood	4-6pm Riverwood	4:15-6pm Riverwood	4-6pm Riverwood	4:15-5:45pm Riverwood	7-8:30am Riverwood
AG3	6:15-7:45pm Riverwood	6-7:45pm Riverwood	6:15-7:45pm Riverwood	6-7:45pm Riverwood	6:15-7:45pm Riverwood	9-10:15am Riverwood
AG2	5:45-7:30pm Riverwood		5:45-7:30pm Riverwood		6:15-7:30pm Riverwood	9-10:15am Riverwood
AG1		6-7pm Riverwood		6-7pm Riverwood		9-10am Riverwood

SILVERTON

(Schedule subject to change once final contracts are negotiated)

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Senior Elite	5-6:30am Silverton 3:30-6pm Pullen + weights	3:10-6pm Silverton	5-6:30am Silverton 3:30-6pm Pullen + weights	3:10-6pm Silverton	5-6:30am Silverton 3:30-6pm Pullen	6:30-9:30am Silverton + weights
SR1	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	10:30am-12N
AG4	5:00-7:00pm	5:30-7:00pm	5:00-7:00pm	5:30-7:00pm	5:00-7:00pm	9:00-10:30am
AG3	6:30-8:00pm	6:30-8:00pm	6:30-8:30pm	6:30-8:00pm	6:30-8:30pm	9:00-10:30am
AG2	5:00-6:45pm	OFF	5:00-6:45pm	OFF	5:00-6:45pm	10:30-11:45am
AG1	OFF	5:30-6:30pm	OFF	5:30-6:30pm	OFF	11:45am-12:45pm

Schedule Information

All published practice times are tentative until confirmation by facility management. Start dates and times vary by facility and will appear in communication from the MOR coaches after registration has been completed.

The practice schedule for the long course season starting in April 2023, will be announced in early Spring, 2023.

MOR strives to keep practice times consistent; however, members should check e-mail updates and the MOR website for schedule changes that do occur because of swim meets, facility closures, weather events, etc.

Convenient Practice Locations

- ◆ **Central Raleigh Sites:**
The St. Mary's School, Pullen Aquatic Center, and NC State University are quickly reached from areas inside the Raleigh Beltline, Garner, East Raleigh and just 7 minutes from Crossroads Mall in Cary.
- ◆ **North Raleigh Sites:**
The Greenway Club, Wood Valley Swim Club, Ravenscroft School, Optimist Park, and Millbrook Aquatic Center are convenient to all of North Raleigh and Wake Forest.
- ◆ **Clayton Sites:**
The Riverwood Golf & Athletic Club is accessible from eastern Wake County, Clayton, Garner and Johnston County.
- ◆ **Cary Site:**
The Silverton Swim Club is accessible to all locations in Cary, Apex and Morrisville.