

.**MARLINS OF RALEIGH SWIM TEAM**

**Office Phone: (919) 851-3000 Website:** [**www.marlinsofraleigh.com**](http://www.marlinsofraleigh.com)

**Mailing Address: 4904 Waters Edge Dr. Suite 295. Raleigh, NC 27606**

**Enrolling with MOR**

The Marlins Of Raleigh (MOR) Swim Team is the only swim team in the Triangle to be named a Podium Club by USA Swimming. This means that MOR has been named a Gold Medal Club for five consecutive years. MOR is a multi-site program with convenient locations throughout Wake and Johnston counties. Due to the success of our program and the 2021 Olympic Games, there is a high level of interest, and our groups fill quickly. We urge you to register NOW to reserve your spot for the fall so we can add you to our team. *We are excited that you have chosen to join our families at the* ***Marlins Of Raleigh Swim Team!***

**New Swimmer Assessments REQUIRED**

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 listed below. After the assessment, go to the MOR website and click on the site and group the coach has assigned you to. Assessment opportunities can be scheduled by emailing:

North Raleigh Sites: Contact Cara Cameron – [coachcara45@aol.com](mailto:coachcara45@aol.com)

Central Raleigh Sites: Contact Jonathan Watson – 01silversurfer@bellsouth.net

Silverton Site: Contact Lindsay Takkunen-coachlindsaymor@gmail.com

Clayton/Smithfield Sites: Contact John Fischetti – [jfischetti@aol.com](mailto:jfischetti@aol.com)

**How To Register Online for the Marlins Of Raleigh Swim Team [MOR]**

* **New and Returning Swimmers**

**Registration will open June 28, 2021, for both returning and new swimmers. Returning swimmers will have their spot guaranteed as long as they register by July 15, 2021.**

STEP 1: Go to the Marlins Of Raleigh website—www.marlinsofraleigh.com.

STEP 2: Click on the “2021-22 Registration” button.

STEP 3: 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 4: Use your credit card or send in a check for $160 per swimmer (until July 26) or $175 per swimmer (after July 26) for the registration fee. Note that registration may show “PENDING APPROVAL” prior to activation in late August.

* **Returning Swimmers**

Please sign up under your current account password and when prompted, select **RENEW**. Your current coach will inform you about your 2021-22 group assignment. Register by July 15, 2021, to guarantee your spot. **Make sure to update your t-shirt size**.

* **Transfer Swimmers**

If you are joining MOR and coming from another USA Swimming Club, if asked to choose RENEW, NEW or CHANGE, choose “**CHANGE**”. A transfer form is available on the MOR website under the **LINKS** tab and in the registration section and **must be mailed to the team office [4904 Waters Edge Drive, Suite 295, Raleigh, NC 27606] before your first practice**.

**Convenient Practice Locations**

* **Central Raleigh practice locations:** **Pullen Aquatic Center**, **St. Mary’s School, and NC State University** pools are just 7 minutes from Crossroads Mall in Cary and close to neighborhoods near the center of Raleigh and Midtown Raleigh.
* **North Raleigh practice locations: Ravenscroft School, Optimist Park, Millbrook Aquatic Center**, **Wood Valley Swim Club** and the **Greenway Club** are convenient to all of North Raleigh and Wake Forest.
* **Clayton practice location: The Riverwood** **Golf & Athletic Club** is accessible from eastern Wake County, Clayton, Garner and Johnston County.
* **Cary practice location:** The **Silverton Swim Club** is accessible to all locations in Cary, Apex and Morrisville.

**T-Shirts & Swim Caps** **(included with registration)**

All swimmers receive two MOR t-shirts and a silver latex swim cap annually. 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.

**MOR AGE GROUP PROGRAM – 12 & UNDER SWIMMERS**

**AGE GROUP 1**

MOR’s **AG1** group is the first entry level group for young beginning swimmers who can swim 25 yards unassisted. Our coaching focus is on teaching proper stroke technique in a fun team environment.

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| **Age Range of Group** | **Practices Offered Per Week** | **Dryland Focus** |
| 5-8 years | 3 | Stretching; coordination skills |

**Payment Information**

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| --- | --- | --- | --- |
| ***Sessions*** | **Session 1 (Sept-Nov)** | **Session 2 (Dec-Feb)** | **Session 3 (Mar-May)** |
| ***Price Per Session*** | **$420** | **$420** | **$420** |
| ***Pay No Later Than*** | September 25, 2021 | December 25, 2021 | March 25, 2022 |

* *AG1 swimmers who participate during the summer months of June & July will be charged $220.*
* *To opt out of the next AG1 session, notify* [*marlinsfinances@gmail.com*](mailto:marlinsfinances@gmail.com) *and your coach by the 15th of the month prior to the start of the next session or you will automatically be signed up and billed for the next session.*

**AGE GROUP 2**

**AG2** is an entry level group that targets new 8–12-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. Our coaching focus is on providing feedback on proper technique and turns while having fun with teammates and mastering skills in cutting edge and creative practices.

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| **Age Range of Group** | **Practices Offered Per Week** | **Dryland Focus** |
| 8-12 years | 4 | Stretching; calisthenics |

**AGE GROUP 3 AND AGE GROUP 4**

The **AG3** and **AG4** groups are for advanced swimmers ages 9-12 with previous swim team experience. Swimmers are learning race strategies as well as increasing dryland emphasis. Swimmers are placed by coaches into these groups based on age, technical proficiency, and training capability. Our coaching focus is on technique and skill mastery at an accelerated training pace to prepare for state level competition.

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| **Group** | **Age Range** | **Practices Offered Per Week** | **Dryland Focus** |
| AG3 | 10 & Under | 6 | Stretching; core work; running |
| AG4 | 11-12 | 6 | Stretching; core work; running |

**2021-22 Age Group Program – Financial Information**

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| --- | --- | --- | --- | --- |
| **Practice Group** | **Registration** | **Monthly Installments** | **Annual ($) Total**  **Most Advanced**  **Swimmer** | **Sibling Discounted**  **Installments** |
| **AG1** | $160 until 7/26/21  $175 after 7/26/21 | **$420 per session1** | **$1480** | Siblings (brothers and sisters of the highest enrolled swimmer) receive a 20% discount off the total rate of their assigned group. |
| **AG2** | $160 until 7/26/21  $175 after 7/26/21 | **$2102** | **$1890** |
| **AG3 & AG4** | $160 until 7/26/21  $175 after 7/26/21 | **$2552** | **$2295** |

**1**Parents of **AG1** swimmers pay by sessions that the swimmer is enrolled in (see due dates above for AG1).

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

**MOR SENIOR PROGRAM – 13 & OVER SWIMMERS**

**SENIOR-1**

**Senior 1** is for swimmers ages 13-over who need an additional level prior to moving from **AG4** to **Senior-2**, for those who are late starters to swimming, and for those with alternative commitments. Our coaching focus is on teaching technique and preparation for high school swimming.

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| **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**

**Senior 2 and 3** are for experienced 13-over swimmers moving into Senior swimming and preparing for State and Regional competition. Our 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. Some MOR sites will combine **SR2** and **SR3** into one group.

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| --- | --- | --- | --- |
| **Group** | **Age Range** | **Practices Offered Per Week** | **Dryland Focus** |
| Senior 2 | 13-14 | 6 | 30min 3x/wk |
| Senior 3 | 15-16 | 6 | 30min 3x/wk |

**SENIOR ELITE**

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.

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| **Age Range of Group** | **Practices Offered Per Week** | **Dryland** |
| 15 and older | 9 | 30-45min 3x/wk |

*Seasonal weight training fees may be assessed when utilized.*

**2021-22 Senior Program – Financial Information**

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| --- | --- | --- | --- | --- |
| **Practice Group** | **Registration** | **Monthly Installments** | **Annual ($) Total**  **Most Advanced**  **Swimmer** | **Sibling Discounted**  **Installments\*** |
| **Senior 1** | $160 until 7/26/21  $175 after 7/26/21 | **$2651** | **$2385** | Siblings (brothers and sisters of the highest enrolled swimmer) receive a 20% discount off the total rate of their assigned group. |
| **Senior 2 & 3** | $160 until 7/26/21  $175 after 7/26/21 | **$3052** | **$2745** |
| **Senior Elite** | $160 until 7/26/21  $175 after 7/26/21 | **$3302** | **$2970** |

**1**Two monthly installments are due the first month you participate which are non-refundable. To opt out you must email [marlinsfinances@gmail.com](mailto:marlinsfinances@gmail.com) by the end of the month prior to stopping swimming or you will be responsible for the upcoming monthly charges.

**2**Parents of MOR swimmers in **Senior 1, 2, 3 and Elite** groups pay annual program dues in nine installments; with two installments collected in September which are non-refundable (see Financial Policies Page which follows). **Dues cover swimming from September through July, but are paid in nine (9) installments as follows: [Sept (2), Oct (1), Nov (1), Dec (1), Jan (1), Feb (1), Mar (1), Apr (1)].**

**FINANCIAL POLICIES FOR THE 2021-22 SEASON**

***All financial questions go to marlinsfinances@gmail.com.***

**REGISTRATION**

1. A **non-refundable** registration fee of **$160** (paid by July 26) or **$175** (paid after July 26) allows a **new** swimmer to try out MOR for a 2-week period when joining between August and March. There is no 2-week trial for returning swimmers.
2. The registration fee goes towards payment for an athlete’s USA Swimming registration/insurance, a MOR swim cap, and two MOR t-shirts.
3. For all new swimmers, registration fees must be paid prior to beginning the 2-week trial period.
4. If a new swimmer opts out after the 2-week free trial, no other dues are charged. New swimmers who continue with MOR after the 2-week free trial will be billed based on the first day they attend practice.

**DUES POLICIES**

1. Annual Dues cover swimming for eleven (11) months (September🡺July). 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 1 bill which would show September dues of $210 PLUS a pre-payment of the last month of dues ($210) = $420 for the first month. Following the first month, your MOR account would be billed $210 monthly through April (swim meet fees are billed in addition to your monthly bill). Your swimmer will continue in the program through July with only swim meet fees as an addition.*

1. **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.
   1. Accounts 60 days past due: Swimmers are not eligible to participate in swim meets.
   2. Accounts 90 days past due: Swimmers are not eligible to participate in practices.
2. All new swimmers joining the program after their 2-week trial period are responsible for dues starting the first day of their tryout. There is no 2-week trial for returning swimmers.
3. **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

1. 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 registration fee of $160 (by July 26th) or $175 (if after July 26th) once a swim year only.
2. For AG1 swimmers participating in June/July, the fee for the summer is $220.
3. Swimmers will be automatically enrolled for their next session. 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 at* [*marlinsfinances@gmail.com*](mailto:marlinsfinances@gmail.com) *by the 15th of the month prior to the start of the next session (Nov. 15, Feb 15, and May 15).*

**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**

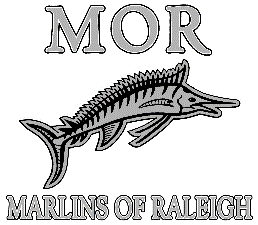
1. Parents of swimmers who cease participation with the Marlins Of Raleigh program prior to April will be responsible for paying the monthly group fee for the months in which the swimmer is enrolled plus a one-month penalty (which is the additional installment paid in September). Parents must contact their child’s coach and the team bookkeeper at [marlinsfinances@gmail.com](mailto: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 15th 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 working at snack booths at the PNC Arena, Red Hat Amphitheatre, and other venues, selling poinsettias during the holidays and participation in the 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)
   1. Click “Use for Fees Associated with Your Account” (**aka Auto Pay**)
      1. Members are charged on first of the month entire account balance.
      2. Members are charged 2.95% plus $.30 processing fee: or
   2. Click “**On Demand** Payments”
      1. Members must decide when payment is made.
      2. Payments must be made by the 25th of the month.
      3. Members are charged 2.95% plus $.30 processing fee per transaction.
3. **Pay by Automatic Checking (ACH)/Bank Draft**
   1. Members set up payments from their checking account with their bank.
   2. Members charged $1.25 per transaction.
   3. Fees are drafted on the first of the month.



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**TENTATIVE** 2021-22 PRACTICE SCHEDULE

All MOR practice schedules are subject to modification. Schedules for each month are published on the team website prior to the start of each month. While we attempt to keep schedules as similar as possible week-to-week, facility issues, swim meets, and coach conflicts can dictate changes must occur. Some practice groups may also be moved to other facilities during high-capacity times such as during the high school and summer league swim seasons. While we are providing tentative schedules to give families an idea of when and where our groups will swim, everyone should check the team website using the QR code below as the Fall short course season draws closer:

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**CENTRAL RALEIGH PRACTICES**

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

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **GROUP** |  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **Senior**  **Elite** | **AM** | 5:00-6:30am  **SILVERTON** |  | 5:00-6:30am  **SILVERTON** |  | 5:00-6:30am  **SILVERTON** | 6:30-9:30am  **SILVERTON**  +weights |
| **PM** | 3:30-6:00pm  **PULLEN**  +weights | 3:10-6:00pm  **SILVERTON** | 3:30-6:00pm  **PULLEN**  +weights | 3:10-6:00pm  **SILVERTON** | 3:30-6:00pm  **PULLEN** |  |
| **SR2/SR3\*** |  | 3:30-6:00pm  **PULLEN** | 3:30-6:00pm  **PULLEN** | 3:30-6:00pm  **PULLEN** | 3:30-6:00pm  **PULLEN** | 3:30-6:00pm  **PULLEN** | 7:00-9:30am  **ST. MARY’S** |
| **SR1\*** |  | 5:00-6:30am  **ST. MARY’S** | 3:30-5:00pm  **PULLEN** | 5:00-6:30am  **ST. MARY’S** | 3:30-5:00pm  **PULLEN** | 5:00-6:30am  **ST. MARY’S** | 9:00-10:30am  **ST. MARY’S** |
| **AG4** |  | 6:15-8:15pm  **ST. MARY’S** | 5:00-7:00pm  **PULLEN** | 6:15-8:15pm  **ST. MARY’S** | 5:00-7:00pm  **PULLEN** | 6:15-8:15pm  **ST. MARY’S** | 9:30-11:00am  **PULLEN** |
| **AG3** |  | 6:00-8:00pm  **PULLEN** | 6:30-8:00pm  **ST. MARY’S** | 6:00-8:00pm  **PULLEN** | 6:30-8:00pm  **ST. MARY’S** | 6:00-8:00pm  **PULLEN** | 10:30am-12N  **ST. MARY’S** |
| **AG2** |  | 5:00-6:45pm  **ST. MARY’S** |  | 5:00-6:45pm  **ST. MARY’S** |  | 5:00-6:45pm  **ST. MARY’S** | 9:30-11:00am **PULLEN** |
| **AG1** |  |  | 5:30-6:30pm  **ST. MARY’S** |  | 5:30-6:30pm  **ST. MARY’S** |  | 12N-1:00pm  **ST. MARY’S** |

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

**NORTH RALEIGH PRACTICES**

**Sites: Optimist Park Pool, Ravenscroft School, Greenway Club, Wood Valley Swim Club**

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| **GROUP** |  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **Senior Elite** | **A**  **M** | 5:00-6:30am  **RAV/GWC** |  | 5:00-6:30am  **RAV/GWC** |  | 5:00-6:30am  **RAV/GWC** | 6:00-8:30am  **OPT**  +weights |
| **P**  **M** | 3:30-6:00pm **OPT**  +weights | 3:30-6:00pm  **GWC** | 3:30-6:00pm **OPT**  +weights | 3:30-6:00pm  **GWC** | 3:30-5:30pm **OPT** |  |
| **SR3\*** |  | 3:45-5:45pm  **WVSC** | 5:45-7:45pm  **WVSC** | 3:45-5:45pm  **WVSC** | 5:45-7:45pm  **WVSC** | 3:45-5:45pm  **WVSC** | 10:00am-12N  **GWC** |
| **SR2\*** |  | 5:45-7:45pm **WVSC** | **3:45-5:45pm**  **WVSC** | 5:45-7:45pm  **WVSC** | 3:45-5:45pm  **WVSC** | 5:45-7:45pm  **WVSC** | 12N-2:00pm  **GWC** |
| **SR1\*** |  | 4:00-5:30pm  **RAV** | 4:00-5:30pm  **RAV** | 4:00-5:30pm  **RAV** | 4:00-5:30pm  **RAV** | 4:00-5:30pm  **RAV** | 9:30-11:00am  **RAV** |
| **AG4** |  | 6:00-8:00pm  **GWC** | 6:30-8:00pm  **GWC** | 6:00-8:00pm  **GWC** | 6:30-8:00pm  **GWC** | 6:00-8:00pm  **GWC** | 8:00-9:30am  **RAV** |
| **AG3** |  | 5:30-7:00pm  **RAV** | 5:30-7:00pm  **RAV** | 6:15-7:45pm  **RAV** | 5:30-7:00pm  **RAV** | 6:15-7:45pm  **RAV** | 8:00-9:30am  **RAV** |
| **AG2** |  | 4:45-6:15pm  **GWC** |  | 4:45-6:15pm  **GWC** |  | 4:45-6:15pm  **GWC** | 12:30-2:00pm  **RAV** |
| **AG1** |  |  | 5:30-6:30pm **GWC** |  | 5:30-6:30pm **GWC** |  | 9:00-10:00am  **GWC** |

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

**SILVERTON**

**Site: Silverton Swim Club**

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| **GROUP** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **SR1** | 7:00-8:30pm  **SILVERTON** | 7:00-8:30pm  **SILVERTON** | 7:00-8:30pm  **SILVERTON** | 7:00-8:30pm  **SILVERTON** | 7:00-8:30pm  **SILVERTON** | 10:30am-12N  **SILVERTON** |
| **AG4** | 6:30-8:30pm  **SILVERTON** | 7:00-8:30pm  **SILVERTON** | 6:30-8:30pm  **SILVERTON** | 7:00-8:30pm  **SILVERTON** | 6:30-8:30pm  **SILVERTON** | 10:30am-12N  **SILVERTON** |
| **AG3** | 5:00-7:00pm  **SILVERTON** | 5:30-7:00pm  **SILVERTON** | 5:00-7:00pm  **SILVERTON** | 5:30-7:00pm  **SILVERTON** | 5:00-7:00pm  **SILVERTON** | 9:00-10:30am  **SILVERTON** |
| **AG2** | 5:00-6:45pm  **SILVERTON** | **OFF** | 5:00-6:45pm  **SILVERTON** | **OFF** | 5:00-6:45pm  **SILVERTON** | 9:00-10:15am  **SILVERTON** |
| **AG1** | **OFF** | 5:30-6:30pm  **SILVERTON** | **OFF** | 5:30-6:30pm  **SILVERTON** | **OFF** | 12N-1:00pm  **SILVERTON** |

**CLAYTON**

**Site: Riverwood Golf & Athletic Club**

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| **GROUP** |  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **Senior Elite** | **A**  **M** |  | 5:15-6:15am  **RIV** |  | 5:15-6:15am  **RIV** | 5:00-6:30am  **RAV/GWC** | 7:00-9:00am  **RIV**  +weights |
| **P**  **M** | 3:45-6:45pm **RIV**  +weights | 4:00-6:30pm  **RIV** | 3:45-6:45pm **RIV**  +weights | 4:00-6:30pm  **RIV** | 3:45-6:15pm  **RIV** |  |
| **SR2 & SR3** |  | 4:15-6:15pm  **RIV** | 4:00-6:00pm  **RIV** | 4:15-6:15pm  **RIV** | 4:00-6:30pm  **RIV** | 4:15-6:15pm  **RIV** | 7:00-9:00am  **RIV** |
| **SR1\*** |  | 6:15-7:45pm  **RIV** | 6:15-7:45pm  **RIV** | 6:15-7:45pm  **RIV** | 6:15-7:45pm  **RIV** | 6:15-7:45pm  **RIV** | 7:00-8:30am  **RIV** |
| **AG4** |  | 4:15-6:00pm  **RIV** | 4:00-6:00pm  **RIV** | 4:15-6:00pm  **RIV** | 4:00-6:00pm  **RIV** | 4:15-5:45pm  **RIV** | 7:00-8:30am  **RIV** |
| **AG3** |  | 6:15-7:45pm  **RIV** | 6:00-7:45pm  **RIV** | 6:15-7:45pm  **RIV** | 6:00-7:45pm  **RIV** | 6:15-7:45pm  **RIV** | 7:00-8:30am  **RIV** |
| **AG2** |  | 5:45-7:30pm  **RIV** | **OFF** | 5:45-7:30pm  **RIV** | **OFF** | 6:15-7:30pm  **RIV** | 7:00-8:15am  **RIV** |
| **AG1** |  | **OFF** | 6:00-7:00pm  **RIV** | **OFF** | 6:00-7:00pm  **RIV** | **OFF** | 7:00-8:00am  **RIV** |

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, 2022, will be announced in early Spring, 2022.

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