



MARLINS OF RALEIGH SWIM TEAM

Office Phone: (919) 851-3000 Website: 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 four consecutive years. MOR is a multi-site program with locations throughout Wake and Johnston Counties. Due to the success of our program, 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. If you are a new swimmer, you must first be assessed by one of our coaches to 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

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 you will 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
Central Raleigh Sites:	Contact Lizzy Ring Benov – coachlizzy07@gmail.com
Silverton Site:	Contact Austin Goldstein – morcoachAustin@gmail.com
Clayton/Smithfield Sites:	Contact John Fischetti – jfischetti@aol.com

How To Register Online For the Marlins of Raleigh Swim Team [MOR] – New and Returning Swimmers

- STEP 1: Go to the Marlins of Raleigh website—www.marlinsofraleigh.com;
- STEP 2: Click on the “2020-21 Registration” button;
- STEP 3: Scroll down to the bottom of the page 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 \$155 per swimmer (until July 27) or \$170 per swimmer (after July 27) for the registration fee. Please note that registration may show “PENDING APPROVAL” prior to activation in late August.

Convenient Practice Locations

- ◆ **Central Raleigh Sites:**
NC State University, Pullen Aquatic Center, and St. Mary’s School pools are just 7 minutes from Crossroads Mall in Cary and close to neighborhoods near the center of Raleigh as well;
- ◆ **North Raleigh Sites:**
Ravenscroft School, Optimist Park, Millbrook Aquatic Center, and the Greenway Club are convenient to all of North Raleigh and Wake Forest;
- ◆ **Clayton Sites:**
The Riverwood Golf & Athletic Club and the Smithfield Recreation & Aquatic Center are 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.

Returning Swimmers

Please make sure to sign up under your current account password and when prompted, select RENEW. Your current coach will inform you about your 2020-21 group assignment. **Please 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 before your first practice.**

T-Shirt & Swim Caps

All swimmers receive a MOR t-shirt and swim cap annually. During the online registration, 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 1³

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

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

Payment Information

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, 2020	December 25, 2020	March 25, 2021

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

AGE GROUP 2³

AG2 is an entry level group that targets new 8-12 year old swimmers and those advancing from AG1. These swimmers will have knowledge of three of the four competitive strokes and can perform a forward start from a block. Coaching focus is on providing feedback on proper technique and turns while having fun with teammates and mastering skills in fun and creative ways.

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

AGE GROUP 3-BLACK AND AGE GROUP 3-SILVER³

AG3 groups are for advanced swimmers with previous team swimming experience. Swimmers are learning race strategies as well as increasing dryland emphasis. Swimmers are placed by coaches into these groups based on technical proficiency and training capability. Coaching focus is on technique and skill mastery while doing so at an accelerated training pace.

Age Range of Group	Practices Offered Per Week	Dryland Focus
9-12 years	6	Stretching; core work; running

2020-21 Age Group Program – Financial Information

Practice Group	Registration	Monthly Installments	Annual (\$) Total Most Advanced Swimmer	Sibling Discounted Installments
AG1	\$155 until 7/27/20 \$170 after 7/27/20	\$420 per session ¹	\$1480	Siblings (brothers and sisters of the highest enrolled swimmer) receive a 20% discount off the total rate of their assigned group.
AG2	\$155 until 7/27/20 \$170 after 7/27/20	\$210 ²	\$1890	
AG3-Black/Silver	\$155 until 7/27/20 \$170 after 7/27/20	\$255 ²	\$2295	

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

²Parents of MOR swimmers in AG2, AG3-Black and AG3-Silver 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 11 months of swimming but are paid in 9 installments.

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

MOR SENIOR PROGRAM – 13 & OVER SWIMMERS

PRE-SENIOR³

This program is for swimmers age 13-Over who need an additional level prior to moving from AG3 to Senior, for those who are late starters to swimming and for those with alternative commitments. Coaching focus is on technique 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 Pre-Senior 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.

SENIOR³

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. Mental strategies for swim meet competition are taught in order to maximize performance.

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

SENIOR ELITE³

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
14 and older	9 practices/wk	Calisthenics, running, stretching; med balls and weight training

Seasonal weight training fees may be assessed when utilized.

2020-21 Senior Program – Financial Information

Practice Group	Registration	Monthly Installments	Annual (\$) Total Most Advanced Swimmer	Sibling Discounted Installments*
Pre-Senior	\$155 until 7/27/20 \$170 after 7/27/20	\$265 ¹	\$2385	Siblings (brothers and sisters of the highest enrolled swimmer) receive a 20% discount off the total rate of their assigned group.
Senior	\$155 until 7/27/20 \$170 after 7/27/20	\$305 ²	\$2745	
Senior Elite	\$155 until 7/27/20 \$170 after 7/27/20	\$330 ²	\$2970	

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 15th of the month prior to stopping swimming or you will be responsible for the upcoming monthly charges.

²Parents of MOR Senior and MOR Senior Elite level swimmers pay annual program dues in nine installments with two non-refundable installments collected in September (see Financial Policies Page which follows).

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

FINANCIAL POLICIES FOR THE 2020-21 SEASON

All financial questions go to marlinsfinances@gmail.com.

REGISTRATION

1. A non-refundable registration fee of **\$155** (paid by July 27) or **\$170** (paid after July 27) allows a **new** swimmer to try out MOR for a 2-week period when joining between August and March.
2. The registration fee goes towards payment for an athlete's USA Swimming registration/insurance, a MOR swim cap, and a MOR t-shirt.
3. For all new swimmers, registration fees must be paid prior to beginning the 2-week trial period.

DUES POLICIES

1. Annual Dues cover swimming for eleven (11) months (September→July). Dues for AG2, AG3 (Black & Silver), Pre-Senior, Senior 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 \$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.

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 after their 2-week trial period are responsible for dues starting in the month of their tryout. There is no 2-week trial 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 of 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 registration fee of \$155 (by July 27th) or \$170 (if after July 27th) once a swim year only.
3. For AG1 swimmers participating in June/July, the fee for the summer is \$220.
4. 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 (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 will be responsible for paying the monthly group fee for the months in which the swimmer is enrolled plus a one month penalty. Parents must contact their coach and the team bookkeeper at marlinsfinances@gmail.com by the 15th of the month in order 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 us in order 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. 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 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.



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TENTATIVE 2020-21 PRACTICE SCHEDULE RALEIGH

(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 Pullen	5-6:30am Silverton 3:30-6pm Pullen + weights	3:10-6pm Pullen	5-6:30am Silverton 3:30-6pm Pullen	6:30-9:30am Silverton + weights
Senior	3:30-6pm Pullen	3:30-6pm Silverton	3:30-6pm Pullen	3:30-6pm Silverton	3:30-6pm Pullen	7-9:30am St. Mary's
Pre-Senior	5-6:30am St. Mary's	5:30-6:45pm NCSU	5-6:30am St. Mary's	5:30-6:45pm NCSU	5-6:30am St. Mary's	9:30-11am Pullen
AG3-Silver	6-8pm Pullen	6:30-8pm NCSU	6-8pm Pullen	6:30-8pm NCSU	6-8pm Pullen	9:30-11am Pullen
AG3-Black	6:15-7:45pm St. Mary's	5:30-7:30pm St. Mary's	6:15-7:45pm St. Mary's	5:30-7:30pm St. Mary's	6:15-7:45pm St. Mary's	9-10:30am St. Mary's
AG2	5-6:45pm St. Mary's		5-6:45pm St. Mary's		5-6:45pm St. Mary's	10:30am-12N St. Mary's
AG1		5-6pm St. Mary's		5-6pm St. Mary's		10:30-11:30am St. Mary's

NORTH RALEIGH

(Schedule 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
Senior*	3:30-6pm Greenway	3:30-6pm Greenway	3:30-6pm Greenway	3:30-6pm Greenway	3:30-6pm Greenway	6:30-9am Greenway
Pre-Senior*	4:00-5:30pm Ravenscroft	4:00-5:30pm Ravenscroft	4:00-5:30pm Ravenscroft	4:00-5:30pm Ravenscroft	4:00-5:30pm Ravenscroft	10:30am-12N Greenway
AG3-Silver	6-8pm Greenway	6:30-8pm Greenway	6-8pm Greenway	6:30-8pm Greenway	6-8pm Greenway	7-8:30am Ravenscroft
AG3-Black	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	8:30-10am Ravenscroft
AG1		5:30-6:30pm Ravenscroft		5:30-6:30pm Ravenscroft		10-11am Ravenscroft

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

CLAYTON

(Schedule 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
Senior	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
Pre-Senior	6:15-7:45pm Riverwood	6:15-7:45pm Riverwood	6:15-7:45pm Riverwood	6:15-7:45pm Riverwood	6:15-7:45pm Riverwood	7-8:30am Riverwood
AG3-Silver	4:15-6pm Riverwood	4-6pm Riverwood	4:15-6pm Riverwood	4-6pm Riverwood	4:15-5:45pm Riverwood	7-8:30am Riverwood
AG3-Black	6:15-7:45pm Riverwood	6-7:45pm Riverwood	6:15-7:45pm Riverwood	6-7:45pm Riverwood	6:15-7:45pm Riverwood	7-8:30am Riverwood
AG2	5:45-7:30pm Riverwood		5:45-7:30pm Riverwood		6:15-7:30pm Riverwood	7-8:15am Riverwood
AG1		6-7pm Riverwood		6-7pm Riverwood		7-8am Riverwood

SMITHFIELD

(Schedule subject to change once final contracts are negotiated)

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pre-Senior	6:30-8:00pm Smithfield	6:30-8:00pm Smithfield	6:30-8:00pm Smithfield	6:30-8:00pm Smithfield	6:30-8:00pm Smithfield	9:00-10:30am Smithfield
AG3-Silver	6:30-8:00pm Smithfield	6:30-8:00pm Smithfield		6:30-8:00pm Smithfield	6:30-8:00pm Smithfield	9:00-10:30am Smithfield
AG 2	6:30-7:45pm Smithfield		6:30-7:45pm Smithfield		6:30-7:45pm Smithfield	9:00-10:15am Smithfield
AG1	6:30-7:30pm Smithfield		6:30-7:30pm Smithfield		6:30-7:30pm Smithfield	

SILVERTON

(Schedule subject to change once final contracts are negotiated)

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pre-Senior	7:15-8:45pm	6:30-8:00pm	7:15-8:45pm	6:30-8:00pm	7:15-8:45pm	9-10:30am
AG3	5:30-7:30pm	6:30-8:00pm	5:30-7:30pm	6:30-8:00pm	5:30-7:30pm	9-10:30am
AG2	6-7:45pm	OFF	6-7:45pm	OFF	6-7:45pm	10:30-12noon
AG1	OFF	5:30-6:30pm	OFF	5:30-6:30pm	OFF	10:30-11:30am

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, 2021, will be announced in early Spring, 2021.

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.