



# Raleigh Swimming Association

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[www.swimrsa.org](http://www.swimrsa.org)

## Thank you for your interest in our swim team!

Raleigh Swimming Association (RSA) provides affordable, exceptional aquatic programming tailored to the individual. RSA's flagship program, the swim team, was founded in 1960. Our technique-based program is designed to promote stroke efficiency and speed. In addition, we employ the highest caliber coaching staff committed to providing a safe, healthy, positive environment that fosters good sportsmanship, teamwork, and leadership.

At RSA, we teach and develop the four competitive strokes and emphasize the importance of streamlining, kicking, body position and body awareness. RSA's program is designed to give each athlete the opportunity to excel, the confidence to succeed and the chance to swim in college.

At RSA, we are more than just a swim team. Our organization is a place where swimming is the medium through which swimmers are molded, friendships are fostered, character is nurtured and dreams come true. Join us in our vision.

## RSA Practice Facility

RSA's swim team trains at our facility, the William H. Sonner Aquatic Facility (Sonner), as well as Sunset Bluffs (the Bluffs) in Fuquay-Varina and Sunset Ridge North (North) in Holly Springs.

Sonner is conveniently located near Crossroads Mall, just off I-440, at 1013 Jones Franklin Road in Raleigh, NC. Sunset Bluffs is located at 100 Caverly Court in Fuquay-Varina, NC. Sunset Ridge North is located at 215 Kingsport Road in Holly Springs, NC.

## New Athlete Evaluations

New athletes are evaluated by our coaching staff to ensure proper practice group placement. Evaluations are held by appointment. Please email [eval@swimrsa.org](mailto:eval@swimrsa.org) to schedule an individual evaluation or to inquire about the evaluation process. Evaluations are conducted primarily at the Sonner Aquatic Facility (1013 Jones Franklin Road, Raleigh, NC 27606) throughout the year and, during the summer months, additionally at Sunset Ridge North (215 Kingsport Road, Holly Springs, NC 27540).

## Practice Group Placement Philosophy

Many factors influence practice group placement. Factors considered include:

- Training Ability and Technique
- Leadership
- Commitment
- Maturity
- Meet Results
- Practice Group Size

**The full Practice Group Placement Philosophy begins on page 5.**

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## **RSA Coaching Staff**

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The coaching staff at RSA boasts a wide breadth of experience, a strong commitment to helping young student-athletes grow and a genuine passion for the sport of swimming.

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### **Brent St. Pierre, Head Coach**

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Coach Brent became the Head Coach of RSA in April of 2013. Coach Brent grew up in Cary, is a former RSA swimmer, a graduate of Cardinal Gibbons High School and a graduate of East Carolina University. He began his coaching career at his alma mater, East Carolina, serving as assistant coach from 1994-1997. Coach Brent left East Carolina to coach for ten years at CCA of Roanoke, Virginia where he was named the Senior Coach of the Year in 2005. After leaving CCA, Coach Brent coached at NOVA of Virginia Aquatics from 2007 to 2013 where he was a four-time recipient of the Virginia Senior Coach of the Year award. In 2016, Coach Brent was a finalist for the 2016 Fitter and Faster Coach of the Year Award. During his career, Coach Brent has coached 2 Rhodes scholars, as well as multiple National Age Group record holders and Olympic Trials qualifiers, including participating in the early development of Olympic Gold Medalist Townley Haas and Olympic hopeful Claire Curzan.

Coach Brent and his wife, Babette, an Athens Drive High School graduate, live in Fuquay-Varina with their three children: Christopher, a college student; Andrew, a rising senior in high school; and Maddie, a middle schooler. When away from the pool, Brent enjoys spending time with his family in the Virginia mountains or hitting the links.

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### **Megan Onstott, Head Age Group Coach**

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Coach Megan joined RSA in the fall of 2015. Megan grew up in Austin, Texas. She was a National Merit Scholar and 2008 Olympic Trials qualifier, where she finished 25<sup>th</sup> in the 200M Breaststroke. She earned a BS in Sociology while swimming for Texas A&M University from 2009 through 2012. Coach Megan was named to the Academic All-Big 12 First Team, was a member of two Big 12 Championship teams, was named Team Captain as a Senior and attended the 2012 Olympic Trials for the 200M Breaststroke and the 400IM.

Coach Megan was an Assistant Age Group Coach at Athens Bulldog Swim Club before becoming the Head Age Group Coach at Carolina Aquatic Team (formerly Duke Aquatics). She was a 2015 NC Swimming Zones coach, as well as a 2015 and 2016 National Diversity Select Camp coach. Coach Megan has coached North Carolina state champions, Age Group Sectional champions, Futures qualifiers and Junior National qualifiers while at RSA.

Off the pool deck, Coach Megan is passionate about giving back to the community. She is actively involved with several local organizations including Duke Children's Hospital and Ronald McDonald House. When she is not at the pool, Coach Megan enjoys spending time with her friends and family, fishing, gardening, raising chicks and playing with her dog, Champ.

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### **Tyler Shepherd, Associate Head Coach**

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Coach Tyler swam for TYDE and STAR Aquatics. He earned his undergraduate degree in Exercise Science with minors in Biology and Psychology from Appalachian State University in 2012 (Go Mountaineers!). While at Appalachian, Coach Tyler spent his summers as the Head Coach of the Midway Summer Swim Team.

At Appalachian, Coach Tyler was a Research Assistant in the Neuromuscular Lab, as well as a Strength and Conditioning Intern with the football, baseball and volleyball programs. After graduation, he earned his certification as a Strength and Conditioning Specialist from the National Strength and Conditioning Association and worked as a personal trainer and wellness coach in Wake Forest, NC. Concurrently, Tyler completed his

Masters Degree at Southeastern Baptist Theological Seminary. After graduation, Coach Tyler moved to Winston-Salem as an Assistant/Head Coach for the Westwood Swim Club summer league team and the Head Coach of the RJ Reynolds (RJR) Men's Swimming and Diving team. At RJR, Coach Tyler was a two-time high school Coach of the Year. Coach Tyler also coached at TYDE as an Assistant Coach and as a Lead Coach for the Senior Performance and Senior Competitive groups, respectively.

Away from the pool, Coach Tyler enjoys anything outdoors or sports related, as well as reading. Coach Tyler and his wife, Elspeth, have a daughter, Eleanor.

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#### **Ann Stephenson, Aquatics Fitness Director and Lead Coach**

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Coach Ann joined RSA in the spring of 2014 as RSA's Aquatic Fitness Director. Prior to joining RSA, Ann developed her aquatic instruction method, known as Children's Boot Camp or Swim Express, and ran her own learn-to-swim school. Coach Ann has over twenty-five years of experience teaching children and adults to swim in the Triangle area, as well as providing aquatic boot camp and fitness instruction. In addition to teaching swim lessons and training instructors, Coach Ann is the Lead Coach for the Tarpon practice groups.

Coach Ann is a certified WSIT, a certified ALTS Instructor, a certified Open Water Diver and a certified BSA (Boy Scouts of America) Swim Instructor.

Away from the pool, Coach Ann enjoys spending time with her family and friends at the beach, and with her dog.

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#### **Elliot Hunt, Lead Coach and Lesson Instructor**

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Coach Elliot was born in Raleigh. He graduated from UNC-Chapel Hill with a degree in Political Science in 2018.

Coach Elliot has been swimming for as long as he can remember. He was a member of his neighborhood summer swim team, a captain on his high school swim team and a member of the MOR swim team. After high school graduation, Coach Elliot joined the UNC club swim team, and has, most recently, been a member of RSA's Masters group.

Coach Elliot joined RSA in 2014. He has been teaching swimming lessons and coaching RSA's youngest swim team members since Sonner opened its doors. Coach Elliot is passionate about growing RSA's lesson program, Wahoo Swim Academy, and providing outreach lessons to our community.

Coach Elliot likes to spend his free time working out, reading, and watching movies.

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#### **John Hinton, Lead Coach and RSA at the Bluffs Site Lead**

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Coach John joined RSA in 2018. He attended Raleigh Charter High School. Coach John is a NC State University graduate with a major in Communication.

Coach John started swimming when he was seven years old with the TCC Seahawks in Raleigh, NC. He continued swimming through high school. While at State, Coach John participated in club swimming and club water polo. His favorite events are the 100 backstroke and the 100 butterfly.

Coach John began coaching at Lifetime Fitness in Cary. He coached summer league and developmental year-round swimming prior to joining RSA as the lead coach for the Mackerel and Mako practice groups. In addition to coaching at Sonner, Coach John is the Site Lead for RSA's Sunset Bluffs and Sunset Ridge North programming.

Away from the pool deck, Coach John spends his time weightlifting, hiking, paying too much for coffee and watching basketball. He enjoys anything sports-related and loves anything involving water.

### **Calvin Hazel, III, Lead/Assistant Coach and Lesson Instructor**

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Coach Calvin joined RSA in 2019. He is originally from Greenville, South Carolina (the other Carolina). He is passionate about the University of South Carolina.

Coach Calvin has been swimming since elementary school. He swam for the Team Greenville Terrapins for two years. Track and football were his passions in middle and high school. However, throughout his middle school and high school years, he spent his summers volunteering as a Lesson Instructor to ensure children learned to swim. In 2013, Coach Calvin returned to Team Greenville to coach their Discovery program, a program designed to help young swimmers prepare for competitive swimming. In 2015, Coach Calvin moved to Raleigh to join the City of Raleigh Parks and Recreation Department, pursuing his love of teaching swim lessons.

Coach Calvin works in all areas of RSA's programming, as a Lesson Instructor and a Swim Team Coach. He coaches the younger swim team athletes, working primarily with the Dolphin, Seahorse, SeaStar and Tarpon practice groups. Coach Calvin continues the RSA tradition of advocating for outreach lessons to ensure our community learns to swim.

In his free time, Coach Calvin enjoys reading, listening to music, watching movies, hanging out at coffee shops, hiking and going to concerts.

### **Jacob Cole, Lead/Assistant Coach**

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Coach Jacob was born and raised in Cary. He graduated from Luther College in Decorah, IA in 2017 with a major in mathematics and minors in writing and secondary education.

Coach Jacob has been swimming since before elementary school, starting on the Silverton Sharks in 2002, then swimming for WAVE and the TAC Titans in high school. He also swam for Luther College as a member of the men's swim and dive team from 2014-2016. Coach Jacob coached for Silverton for six years and the Assistant Head Coach for Lifetime Fitness for a year and a half.

Currently, Coach Jacob is a math teacher at Raleigh Charter High School while concurrently pursuing a Masters in STEM Education at NC State University. He spends what little free time he has listening to music, going to concerts, or taking advantage of being a Disney World Annual Passholder and visiting the parks.

### **Carl Weigley, Lead/Assistant Coach**

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Coach Carl joined RSA in the fall of 2019. He grew up in Tacoma, Washington and attended Fresno Pacific University where he earned a degree in Exercise Science.

Coach Carl began swimming when he was five years old and continued competing until he turned 27. His accolades include Washington High School State Champion (2 times) and NAIA National Champion (11 times!), NAIA National Record Holder (8 times!). In addition, Coach Carl qualified for Olympic Trials in 2012 and 2016. He was a semi-finalist (12<sup>th</sup>) in the 100m Butterfly at Trials in 2016.

Coach Carl has extensive coaching experience. He coached at Clovis Swim Club for six years where one of his athletes earned a Junior Pac-Pacific title. He also coached the Spring group at Fresno Pacific for six years where he had 36 NCAA DII All-Americans, 15 NAIA National Champions and 1 NAIA Swimmer of the Meet. In addition, he coached at University of the Pacific for two years, primarily middle distance/distance athletes. While at University of the Pacific, he coached swimmers who broke ten school records and earned fifteen NCAA B Cuts. Currently, Coach Carl continues his role as a Volunteer Assistant Coach at NC State while coaching dryland, leading our Blackfin 2 practice group and assisting with our high school practice groups.

In his free time, Coach Carl enjoys reading, learning about human performance, hiking and playing ultimate frisbee.

## **Practice Group Placement Philosophy**

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Many factors influence group placement: some can easily be explained, while others may be influenced by coaching instinct or experience. Clearly communicating our philosophy for practice group placement enables a better understanding of the decisions that determine placement. RSA strives to place each individual in the group that best fits the athlete's skill set and age. Practice group placement is not an indication of a coach's belief about the athlete's future success. RSA prioritizes each athlete's individual needs and an athlete develops at a unique rate; therefore, athletes in some lower level groups are sometimes faster than those in higher level groups. Overlap always exists.

Upward group movement is not meant to be a reward, but rather a next step in development. Additionally, fall group placement does not dictate an athlete's group placement for the entire year. Coaches are continuously evaluating their athletes and will move them based on the best interests of the athletes. **The coaching staff has the final discretion regarding an athlete's practice group placement.**

Some of the important factors driving practice group placement are:

- Training Ability and Technique
  - Does the athlete practice at the same level as the athlete races?
  - Does the athlete make the technical changes requested by the coach?
- Leadership
  - Are the athlete's actions positively influencing others in the group?
- Commitment
  - How frequently does your athlete attend practice?
  - How frequently does your athlete participate in meets?
  - How is swimming prioritized as a sport?
- Maturity
  - How old is the athlete?
  - Is the athlete emotionally ready for the next level of training?
  - Is the athlete physically ready for the next level of training?
  - How well does the athlete deal with change?
- Meet Results
  - How do the athlete's results translate to training needs?
  - How do the athlete's results translate to meet qualifications?
- Group Size
  - What is the maximum number of athletes allowed in a practice group to ensure appropriate lane space and the ability to effectively coach the athletes under the caveat of ensuring internal movement is allowed for developing athletes?

RSA realizes that changes in practice groups can impact family routines. Practice group moves can affect schedules, carpools, team dues, coaches and expectations. Hopefully, the Practice Group Placement Philosophy provides information to aid families in anticipating practice group movement and the factors determining when a move will occur. The coaching staff makes every effort to provide considerable advance notice of any upcoming practice group placement changes.

## Practice Groups: Annual Commitment

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### Nova Practice Group

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The Nova group is capped at 30 athletes and includes athletes as young as 6 and as old as 9. Typically, Nova athletes have four\* practice opportunities each week with dryland exercise twice\* a week for fifteen minutes. The coaching staff recommends that a Nova athlete attend two practices each week. Water time for the Nova group is one hour per practice. In order to maximize stroke instruction within the group, RSA maintains a coach to athlete ratio of 1 to 18.

The goals of the Nova group are to build technique, introduce athletes to competitive swimming, have fun and enjoy the sport of swimming.

### Dolphin Practice Group

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The Dolphin group is capped at 36 athletes and includes athletes ages 8 to 10. Dolphin practice is offered five\* times weekly with thirty minutes of dryland exercise twice\* weekly. The coaching staff recommends that Dolphin athletes attend three practices a week. The Dolphin group has one hour or one hour and fifteen minutes of water time for each practice. The athlete-coach ratio is maintained at 1 coach for every 19 athletes. This facilitates forming sub-groups within the Dolphin group to optimize instruction for athletes of various skill levels.

The overall goals of the Dolphin group are to transition athletes from 10 and under to 11-12 competition, as well as to have fun and enjoy the sport of swimming.

### Wahoo Practice Group

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The Wahoo group is capped at 33 athletes. This group includes athletes who are 9 to 11 years old. Practice is offered a total of six\* times each week. The coaching staff recommends that Wahoo athletes attend four practices each week. Water time for the Wahoo group is generally one hour and thirty minutes per practice. Dryland exercise for the Wahoo group is offered two\* times each week for thirty minutes each session. The coach to athlete ratio in this group is maintained at 1 coach per 19 athletes to ensure that each athlete gets adequate technique attention.

Overall, the goal of the Wahoo group is to provide tailored training to the more advanced age group athlete.

### Mackerel Practice Group

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The Mackerel group includes athletes between the ages of 11 and 14, **primarily in middle school**, and is capped at 24 athletes. Mackerel practice is offered six\* times weekly with thirty minutes of dryland exercise three\* times weekly. The coaching staff recommends that Mackerel athletes attend four practices a week. Water time for the Mackerel group is one hour and fifteen minutes or one hour and thirty minutes per practice.

Intensity is increased from the Dolphin group, but technique remains an integral part of the group. The overall goal of the Mackerel group is to refine the skills necessary to move into the Cobia group or the Barracuda group.

### Barracuda Practice Group

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The Barracuda group practices six\* times each week. We recommend that athletes attend five practices during most weeks of the year. Water time for the Barracuda group is one hour and thirty minutes to one hour and forty-

five minutes per practice with dryland exercise offered three\* times a week for thirty minutes each. This group is capped at 34 athletes, typically ranging in age from 11 to 13 years old. A 10 year-old athlete may be eligible for placement in the Barracuda group if the athlete has qualified for the NC Age Group Champs Meet (SC and/or LC) in the 11-12 age group in two different strokes (or one stroke and an IM event) and the athlete receives a recommendation from the coaching staff.

Barracuda has a large age overlap with several groups, but requires the highest skill level. Though intensity is increased, technique is still an integral part of the group. Technique work is focused largely on precise parts of any given stroke or skill. The goal of this group is to prepare athletes to compete in the 13-14 age group.

### **Cobia Practice Group**

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The Cobia group is offered seven\* practices weekly. The coaching staff recommends that athletes attend five practices during most weeks of the year. Water time for the Cobia group is one hour and thirty minutes to one hour and forty-five minutes per practice. At the direction of the Cobia Lead Coach, Cobia athletes should attend one PreSenior practice weekly. Dryland exercise is offered three\* times a week for thirty minutes each session. This group is capped at 30 athletes, typically ranging in age from 12 to 14 years old.

Though intensity is increased, technique is still an integral part of the group. Technique work is focused largely on precise parts of any given stroke or skill. The goal of this group is to hone the skills necessary to compete in the 13-14 age group and move into the PreSenior or Senior Silver group.

### **PreSenior Practice Group**

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The PreSenior group is offered seven\* practices weekly. The coaching staff recommends that athletes attend five practices during most weeks of the year. The PreSenior group is capped at 34 athletes. Water time for this group is typically two hours daily with thirty minutes of dryland exercise three\* times weekly. Athletes in this group are between the ages of 13 and 15 and are highly committed to swimming. A twelve year-old athlete may be eligible for placement in the PreSenior group if the athlete has qualified for the NC Age Group Champs Meet (SC and/or LC) in the 13-14 age group in two different strokes (or one stroke and an IM event) and the athlete receives a recommendation from the coaching staff.

Pace is emphasized and anaerobic training is introduced. The goal of the PreSenior group is to enable athletes to compete at the 13-14 Age Group Champs and to prepare for Senior level meets.

### **Senior Silver Practice Group**

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Senior Silver is a bridge group from Cobia and PreSenior to Senior Gold, as well as an alternative for athletes interested in pursuing their swimming goals at a lesser intensity than Senior Gold. Athletes in this group are in high school and are between 14 and 19 years old. Practices are offered ten\* times weekly with the expectation that seven of those practices will be attended. The group is capped at 30 athletes. Water time for the Senior Silver group varies. Five sprint practices are offered weekly, in addition to 2 weekend practices of two hours each and up to three morning practices of one and one-half hours each. At the direction of the Lead Coach, Senior Silver athletes should attend two Senior Gold practices weekly. Dryland exercise is offered three\* times weekly for forty-five minutes each practice.

The overall goals of the Senior Silver group are to facilitate the growth of swimmers to their maximum potential, to enable the athletes to qualify for Senior Champs and to prepare for Senior level swimming. Like Senior Gold

athletes, athletes in the Senior Silver Group are highly committed to swimming and are expected to act as role models for the entire swimming program at RSA.

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### Senior Gold Practice Group

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Senior Gold practices introduce race specific training and offer high intensity workouts. Athletes in this group are in high school and range in age from 14-19. Practices are offered ten\* times weekly with the expectation that seven of those practices will be attended. The group is capped at 33 athletes. Water time for the Senior Gold group includes morning and afternoon practice opportunities. Water time varies from ninety minutes (mornings) to two hours (typical afternoons) to two hours and fifteen minutes (summer/holiday mornings). Dryland exercise is offered three\* times weekly: two sessions of forty-five minutes and one session of sixty minutes.

The overall goal of the Senior Gold group is to facilitate the growth of athletes to their maximum potential. Athletes in the Senior Gold Group are highly committed to swimming and are expected to act as role models for the entire swimming program at RSA.

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### Practice Groups: Monthly Commitment

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#### Tarpon Practice Group (Early, Late and Evening)

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Tarpon is a preschool entry-level group for swimming at RSA. This group is designed to teach three to five year-old athletes how to properly swim freestyle and backstroke, as well as to introduce other competitive strokes. Since technique is the primary focus, the group is capped at 16 athletes per practice group with a low coach to swimmer ratio of 1 coach per 4 athletes. Coaches provide in-water instruction to athletes. Practices are forty-five minutes long and are offered two\* times per week. Tarpon athletes may participate in select meets based on the Lead Coach's recommendation.

The goals of the Tarpon group are to foster a lifelong love of swimming, introduce young athletes to swim team and prepare them for the Seahorse group. Tarpon Early TH, Tarpon Late MW and Tarpon Evening MW are **three different practice groups** within the Tarpon group.

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#### Seahorse (1 & 2) Practice Group

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Seahorse is a school-aged entry-level group for swimming at RSA. This hybrid group aims to teach five and six year-old athletes how to properly swim the four competitive strokes. Since technique is the primary focus, each subgroup is capped at 16 athletes with a low coach to staff ratio of 1 coach per 5 athletes. In-water instruction is paired with on-deck instruction for the athletes. Practices are forty-five minutes long and are offered three\* times per week. Seahorse athletes may participate in select meets based on the Lead Coach's recommendation.

The goals of the Seahorse group are to foster a lifelong love of swimming, introduce young athletes to the swim team, acclimate to the larger pool decks and prepare for the next level of swimming. Seahorse 1 and Seahorse 2 are **two different practice groups** within the Seahorse practice group.

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#### SeaStar (1 & 2) Practice Group

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SeaStar is a school-aged entry-level group for swimming at RSA. This group aims to teach six and seven year-old athletes how to properly swim the four competitive strokes. Since technique is the primary focus, each subgroup is capped at 12 athletes with a low coach to staff ratio of 1 coach per 6 athletes. In-water instruction is paired with on-deck instruction for the athletes. Practices are forty-five minutes long and are offered three\* times per week.

Participation in select meets is encouraged for the SeaStar group, but participation is optional. The goals of the SeaStar group are to foster a lifelong love of swimming, acclimate to the larger pool decks, introduce athletes to competitive swimming, if desired, and prepare athletes to move to the next level of swimming. SeaStar 1 and SeaStar 2 are **two different practice groups** within the SeaStar practice group.

### Jack Practice Group

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Jack is the monthly commitment group for **elementary school athletes**, athletes primarily between the ages of 8 and 10 years old, who want to swim throughout the year, but may want to take time off during holidays or for other sports. The group is capped at 16 athletes. Practices for this group are offered four\* times a week with an hour of water time. Dryland exercise is offered two\* times weekly, one fifteen minutes session and one thirty minutes session.

Meet participation is encouraged for the Jack group, but participation is optional. The goals of this group are to promote good swimming technique and prepare the athletes for the next level of swimming (if desired), increase the athlete's fitness level and foster a life-long love of swimming.

### Mako (1 & 2) Practice Group

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Mako is the monthly commitment group for **middle school athletes** and is capped at 12 athletes per practice group. Practices for this group are offered four\* times weekly with one hour and fifteen minutes of water time and thirty minutes of dryland exercise two\* times weekly.

Meet participation is encouraged for athletes in the Mako group, but participation is optional. The goals of this group are to promote good swimming technique and prepare the athletes for the next level of swimming (if desired), increase the athlete's fitness level and foster a life-long love of swimming. Mako 1 and Mako 2 are **two different practice groups** within the Mako practice group.

### Blackfin (1 & 2) Practice Group

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Blackfin is the monthly commitment group for **high school athletes** and is capped at 20 athletes for the Blackfin 1 practice group and 12 athletes for the Blackfin 2 practice group. Practices are offered six\* times per week with an hour of water time per practice and forty-five minutes of dryland exercise two\* times weekly.

Meet participation is encouraged for the Blackfin group, especially those planning to swim for their high school teams, but participation is optional. This group is ideal for swimmers who are not interested in the commitment level of the Senior Silver or Senior Gold groups and want to improve their skills for the high school swimming season OR other athletes who want to cross-train during their chosen sport's offseason or maintain a high fitness level. The overall goals of this group are to promote good swimming technique, prepare the athletes for high school swimming and promote a life-long love of swimming. Blackfin 1 and 2 are **two different practice groups** within the Blackfin practice group.

**\*Note: No practices are offered on meet weekends if all athletes are eligible to attend the meet. Practices for certain groups will not be offered if all athletes in those groups are eligible to attend the meet. Practice length (water time and/or dryland exercise) may be altered at the discretion of the coaching staff during taper periods, meet weekends and other season transitions.**

## **RSA at the Bluffs Practice Groups: Monthly Commitment**

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RSA offers hybrid practice groups at its satellite location at Sunset Bluffs in Fuquay-Varina (or the alternate site at Sunset Ridge North in Holly Springs in the summer/early fall). These groups range from a group for the new swimmer to the athlete who wants to swim on a swim team throughout the year (but may be new to swimming at a more structured level) to the year-round competitive senior athlete who would like to continue to swim at a less competitive level than Senior Gold or Senior Silver. Practice groups remain peer based within our Practice Group Placement Philosophy.

### **Minnow Practice Group**

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Minnow is a school-aged entry-level group for swimming at RSA. This group aims to teach athletes who are six to nine years old how to properly swim the four competitive strokes. Since technique is the primary focus, RSA maintains a coach to athlete ratio of 1 to 12. In-water instruction is paired with on-deck instruction for the athletes. Practices are forty-five minutes long and are offered three\* times per week.

The goals of Minnow are to foster a lifelong love of swimming, acclimate to the larger pool decks, introduce athletes to competitive swimming, if desired, and prepare athletes to move to the next level of swimming.

### **Sunfish Practice Group**

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Sunfish is a monthly commitment group for **elementary school athletes**, primarily eight to ten years old, who want to swim throughout the year, but may want to take time off during holidays or for other sports. The group is capped at 24 athletes. Five\* practices are offered weekly with an hour of water time, as well as two dryland practices of fifteen minutes each. Coaches recommend that a Sunfish athlete attend at least three practices each week.

Meet participation is encouraged for the Sunfish group, but participation is optional. The goals of this group are to promote good swimming technique and prepare athletes for the next level of swimming (if desired), increase the athlete's fitness level and foster a life-long love of swimming.

### **Bluegill Practice Group**

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Bluegill is a monthly commitment group for **elementary school athletes**, primarily nine to eleven years old, who want to swim throughout the year, but may want to take limited time off during the holidays or for other sports. The group is capped at 24 athletes. Five\* practices are offered weekly; practice length is between one hour and one hour and fifteen minutes per practice. In addition, two dryland practices of thirty minutes each are offered weekly. The coaching staff recommends that Bluegill athletes attend three practices a week.

Meet participation is encouraged for the Bluegill group, but participation is optional. The overall goals of the group are to transition athletes from 10 and under to 11-12 competition, as well as to have fun and enjoy the sport of swimming.

### **Bowfin Practice Group**

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Bowfin is the monthly commitment group for **middle school athletes** and is capped at 24 athletes. Practices for this group are offered six\* times weekly, typically with an hour and fifteen minutes of water time, in addition to two\* thirty minute dryland practices weekly. Coaches recommend that Bowfin athletes attend four practices a

week. Intensity is increased from the Bluegill group, but technique remains an integral part of the group. Technique work is focused largely on precise parts of any given stroke or skill.

Meet participation is encouraged for athletes in the Bowfin group, but participation is optional. The goals of this group are to promote good swimming technique and prepare the athletes for the next level of swimming (if desired), increase the athlete's fitness level and foster a life-long love of swimming.

### **Bass Practice Group**

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Bass is the monthly commitment group for **high school athletes** and is capped at 24 athletes per group. Practices are offered six\* times per week with an hour of water time for each practice. \*Two dryland practices of thirty minutes each are offered weekly.

Meet participation is encouraged for the Bass group, especially those planning to swim for their high school teams, but participation is optional. This group is ideal for swimmers who are not interested in the commitment level of the Senior Silver or Senior Gold groups and want to improve their skills for the high school swimming season OR other athletes who want to cross-train during their chosen sport's offseason or maintain a high fitness level. The overall goals of this group are to promote good swimming technique, prepare the athletes for high school swimming and promote a life-long love of swimming.

**\*Note: No practices are offered on meet weekends if all athletes are eligible to attend the meet. Practices for certain groups will not be offered if all athletes in those groups are eligible to attend the meet. Practice length (water time and/or dryland exercise) may be altered at the discretion of the coaching staff during taper periods, meet weekends and other season transitions.**

### **Dryland Training**

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An integral part of an athlete's training, dryland training takes place on dry land, outside of the water. Dryland training is designed to complement water practices, to build on the in-water skills focus at any given time. In addition, dryland training employs targeted strength and conditioning exercises to increase flexibility, mobility, and strength with the added benefit of reducing the risk of injury.

At RSA, the coaching staff, led by Coach Tyler, builds a targeted plan for each practice group. Outside the pool, especially for the younger athletes, multi-sport play augments strength and conditioning. Examples of these sports include:

- Ballet/dance
- BMX
- Gymnastics
- Jumping rope
- Pilates
- Running
- Skateboarding
- Soccer
- Yoga

For the very young athlete, dryland practice is more fun than training, but teaches the concept of an augmentation to pool (in-water) training. For young athletes, dryland training teaches body awareness,

builds coordination and increases strength. For older athletes, the ultimate goal is to increase speed and stroke rate, improve distance per stroke and become more explosive off the block and off the walls at the turn.

RSA looks forward to incorporating a new state-of-the-art Rogue squat rack system into the dryland program in the fall of 2021. This system offers opportunities for eight year olds to eighteen year olds.

## Athlete Service

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Each athlete is expected to participate in at least one RSA service activity (for example, our annual Food Drive). Athletes in the Barracuda, Cobia, Mackerel, PreSenior, Senior Gold and Senior Silver practice groups are expected to participate in **an additional facility service activity**.

## Financial Information

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### Registration

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To register with RSA's swim team, please use the online registration tool located on the home page of our website, [www.swimrsa.org](http://www.swimrsa.org). The registration fee is per athlete and is **not refundable**.

If your athlete is transferring from another team, please complete a **NC Swimming Athlete Transfer Form**. The completed form may be emailed to [finances@swimrsa.org](mailto:finances@swimrsa.org) or mailed to RSA, 1013 Jones Franklin Road, Raleigh, NC 27606. This information is required by USA Swimming and must be received to complete the registration process.

**Please note registration status may show pending approval prior to activation the second week of August.**

**All memberships are subject to approval by the Board of Directors.**

### Monthly Dues

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Dues are assessed on a monthly basis and payable twelve months of the year. RSA offers discounts for siblings. For example, if a family has four athletes, the lowest of the athletes' dues receives a 35% reduction, the third lowest receives a 25% reduction, the second lowest receives a 15% due reduction, and the first child must be paid in full.

For clarification: If a family has a SeaStar athlete, a Nova athlete, a Dolphin athlete, and a Barracuda athlete,

- the Barracuda dues will be paid at 100%,
- the Dolphin dues will be paid at 85% and
- the Nova dues will be paid at 75% and
- the SeaStar dues will be paid at 65%.

**Please note the sibling discount does not apply to Tarpon athletes.**

**The sibling discount applies to siblings only.**

Members have the option of paying the annual dues in full for a 5% discount if paid by October 15, 2021. Upfront dues must be paid via check or cash. Please note that in the event of early withdrawal, **dues paid in advance are not refundable**. Please contact [finances@swimrsa.org](mailto:finances@swimrsa.org) to take advantage of the dues discount.

2021-2022 Dues Schedule

	Group	Total Annual Dues	Monthly Payment 1 <sup>st</sup> Child*	2 <sup>nd</sup> Child (85%)	3 <sup>rd</sup> Child (75%)
Annual Commitment	Nova	\$1,908.00	\$159.00	\$135.00	\$119.00
	Dolphin	\$2,160.00	\$180.00	\$153.00	\$135.00
	Wahoo	\$2,520.00	\$210.00	\$179.00	\$158.00
	Mackerel	\$2,520.00	\$210.00	\$179.00	\$158.00
	Barracuda	\$2,640.00	\$220.00	\$187.00	\$165.00
	Cobia	\$2,760.00	\$230.00	\$196.00	\$173.00
	PreSenior	\$3,180.00	\$265.00	\$225.00	\$199.00
	Senior Silver	\$3,300.00	\$275.00	\$234.00	\$206.00
	Senior Gold	\$3,420.00	\$285.00	\$242.00	\$214.00
***Monthly Commitment	**Tarpon	\$ 891.00 (9 mos)	\$ 99.00	n/a: \$99.00	n/a: \$99.00
	Seahorse	\$1,500.00	\$125.00	\$106.00	\$ 94.00
	SeaStar	\$1,500.00	\$125.00	\$106.00	\$ 94.00
	Minnow at The Bluffs	\$1,740.00	\$145.00	\$123.00	\$109.00
	Sunfish at The Bluffs	\$1,920.00	\$160.00	\$136.00	\$120.00
	Bluegill at The Bluffs	\$2,220.00	\$185.00	\$157.00	\$139.00
	Jack	\$2,304.00	\$192.00	\$163.00	\$144.00
	Bowfin at The Bluffs	\$2,340.00	\$195.00	\$166.00	\$146.00
	Mako	\$2,388.00	\$199.00	\$169.00	\$149.00
	Bass at The Bluffs	\$2,400.00	\$200.00	\$170.00	\$150.00
	Blackfin	\$2,400.00	\$200.00	\$170.00	\$150.00

- \* **Note the 1<sup>st</sup> child is determined by the highest dues.**
- \*\* Note there is no multiple-athlete discount for Tarpon athletes.
- \*\*\* Note monthly commitment athletes may select the months they swim.
- \*\*\*\* Note the fourth child receives a discount of 35% off monthly dues.

## Fees In Addition to Dues

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### Entry Fees:

Meet entry fees are included in the monthly statement if an athlete is entered in a swim meet. If an athlete is entered in a meet (committed via TeamUnify), the athlete must withdraw (scratch) from the meet by the entry deadline via TeamUnify (swimrsa.org) to avoid being charged meet entry fees. If the athlete does not withdraw from the meet prior to the published deadline, the athlete's account will be billed for the entry fees even if the athlete was sick or injured prior to the meet.

### Travel Meet Fees:

Travel meets are meets athletes attend with the coaching staff and chaperones. Although parents may attend, the athletes travel with the staff, stay in accommodations selected by the staff and eat all meals with teammates and staff. Travel is typically by coach bus, but may involve airfare depending upon the meet location. Although travel meets have meet entry fees, additional costs apply. Once an athlete commits to a travel meet and pays the required deposit, the family will be billed for the travel meet, regardless if plans change later.

RSA develops budgets for travel meets and provides an estimate of the costs associated with the travel meet at least sixty (60) days in advance of the meet.

RSA plans to offer two travel meets for athletes thirteen years old and older: a meet in Christiansburg, VA in mid-November and a meet in Jacksonville, FL in June. RSA plans to offer one travel meet for athletes twelve years old and younger (minimum age of nine years and Dolphin practice group) in Christiansburg, VA in mid-May.

### Facility Maintenance Fee:

To offset the costs of maintaining practice facilities, each athlete is charged a monthly facility maintenance fee of \$8.33. The fee is not charged to monthly athletes during leave months. **Note Tarpon athletes are excluded from the Facility Maintenance Fee requirement.**

## Monthly Payment

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The monthly payment includes monthly dues, meet entry fees and ancillary charges (for example, apparel or dinners). Invoices process on the first of each month via a third party (TeamUnify SportsEngine). Billing summaries projecting the payment due are sent via email on or about the 25<sup>th</sup> of each month.

**Dues and other fees billed in the monthly invoice must be paid via an electronic payment method. RSA offers credit card processing through TeamUnify SportsEngine, as well as ACH (bank draft). For each credit card transaction, TeamUnify SportsEngine charges a fee of 2.95% of the balance + \$0.30. There is no third party fee to members for ACH transactions.**

If invoices have processed for the current month at the time of registration, prorated dues charges for the registration month will be applied to the account for processing in the next invoice. **Dues are prorated according to the following schedule:**

Registration between the 1 <sup>st</sup> and the 7 <sup>th</sup> of the month:	100% monthly dues due for the registration month
Registration between the 8 <sup>th</sup> and the 14 <sup>th</sup> of the month:	75% monthly dues due for the registration month
Registration between the 15 <sup>th</sup> and the 21 <sup>st</sup> of the month:	50% monthly dues due for the registration month
Registration between the 22 <sup>nd</sup> and the end of the month:	25% monthly dues due for the registration month

**Registration fees must be paid via credit card through the TeamUnify portal.** Returning members, please note any unpaid balance will be charged to the credit card at the time of registration. In addition, credits will be applied to the balance when the registration processes.

### **Late Fees**

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The total balance reflected on the monthly invoice is due on the 1<sup>st</sup> of the month and is past due after the 5<sup>th</sup> of the month. This balance includes dues and all other fees included in the unpaid balance. A late fee of \$25.00 will be assessed on past due accounts. A late fee of \$100.00 will be assessed monthly if the account is sixty (60) days or more past due.

**Meet registration and ancillary charges to accounts will be denied to accounts more than thirty days in arrears. For accounts sixty days or more in arrears, athletes will not be allowed to participate in any part of the program including swim practice, swim meets or other team activities.**

### **Dues Reduction**

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RSA offers a Dues Reduction Program to enable members to volunteer at various venues, refer a friend or family member or purchase gift cards to reduce their monthly dues invoice.

### **Swim Team Referral Program**

RSA offers a referral credit for members who refer new members. If a member family refers a new family to RSA and that family joins the swim team, the referring family will receive a one-time credit toward their dues of \$50.00 per family referred. Please be mindful that group caps may impact referrals. Families being referred should contact [eval@swimrsa.org](mailto:eval@swimrsa.org) to set up an evaluation and note the referring family on the evaluation form.

### **Dues Reduction Venues**

RSA participates in additional dues reduction opportunities, including volunteering at PNC events, NC State events, Koka Booth events and golf tournaments, as well as using the SCRIPS program (a gift card rebate program). If you are interested in participating in dues reduction, please contact our Dues Reduction Coordinator at [duesreduction@swimrsa.org](mailto:duesreduction@swimrsa.org).

### **SCRIPS**

Please contact us at [finances@swimrsa.org](mailto:finances@swimrsa.org) if you are interested in purchasing gift cards to reduce your monthly dues.

### **Early Withdrawal and Leave**

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#### **Annual Commitment:**

An annual commitment athlete who wishes to withdraw prior to the end of the swim year must provide a written Early Withdrawal notice to [finances@swimrsa.org](mailto:finances@swimrsa.org) by the 20<sup>th</sup> of the month for which the member family wishes the withdrawal to be processed. RSA's swim year ends in August (September through August billing). The athlete may not practice with the swim team after the date of the notice.

**If the athlete is in the Nova or Dolphin practice group**, dues for the following month, as well as any additional fees, including uncharged meet fees and any account balance, must be paid in full to fulfill the member's financial commitment to RSA.

**For athletes in all other annual commitment groups**, the lesser of two (2) months of dues or the dues remaining for the swimming year (dues through August), as well as any additional fees, including uncharged meet fees and any account balance, must be paid in full to fulfill the member's financial commitment to RSA. *Families may elect to apply one of the two months of dues owed as a credit toward any future registration fee at RSA for the athlete. Note the credit expires after six months at which time the credit is converted to a payment for the second month of dues owed.*

**Example 1:** Joe Smith sends an email regarding his **Nova athlete**, Sam, to [finances@swimrsa.org](mailto:finances@swimrsa.org) on May 17<sup>th</sup> expressing the desire to execute an early withdrawal from the **Nova** group. The Smith family owes \$76.00 for ancillary fees billed since the last invoice, in addition to meet fees of \$42.00 not reflected on the account yet due to a meet the previous weekend. Nova dues for June are \$159.00. Nova dues for May have already been paid. The Smith family will owe  $\$76 + \$42 + \$159 = \$277$  to withdraw from the program. **Sam will not be able to swim with RSA as of the date of the withdrawal notice.**

**Example 2:** Sally Jones sends an email regarding her **PreSenior athlete**, Suzie, to [finances@swimrsa.org](mailto:finances@swimrsa.org) on May 17<sup>th</sup> expressing the desire to execute an early withdrawal from the **PreSenior** group. The Jones family owes \$76.00 for ancillary fees billed since the last invoice, in addition to meet fees of \$42.00 not reflected on the account yet due to a meet the previous weekend. PreSenior dues are \$265.00 monthly; PreSenior dues for May have already been paid. As the lesser of two months' dues or the balance for the year is two months, the dues portion of the final payment will be \$530.00. The Jones family will owe  $\$76 + \$42 + \$530 = \$648$  to withdraw from the program. ***The family may elect to apply one month of the dues owed as a credit toward future registration for the athlete. This credit will convert to a payment of \$265.00 for the second month of dues owed if the athlete does not reregister within six months.*** Suzie will not be able to swim with RSA as of the date of the withdrawal notice.

#### **Monthly Commitment:**

**For monthly commitment athletes who want to 'suspend' or 'take a leave,' but will be returning in the current swim year**, a written notice of leave must be provided to [finances@swimrsa.org](mailto:finances@swimrsa.org) by the 20<sup>th</sup> of the month for the leave to be processed for that month. Any fees, including uncharged meet fees, and any account balance, must be paid in full to fulfill the member's current financial commitment to RSA. The athlete must also send a written return notification to [finances@swimrsa.org](mailto:finances@swimrsa.org) by the 20<sup>th</sup> of the month preceding the month of return.

**A monthly commitment athlete who wishes to withdraw prior to the end of the swim year must provide a written Early Withdrawal notice to [finances@swimrsa.org](mailto:finances@swimrsa.org) by the 20<sup>th</sup> of the month for which the member family wishes the withdrawal to be processed.** *The athlete may not practice with the swim team after the date of the notice.* Any account balance, as well as any uncharged fees such as meet fees or apparel charges, must be paid in full to fulfill the member's financial commitment to RSA.

## Questions

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**For Questions About Evaluations, Group Dynamics, Swim Team Philosophy and Swim Team Calendar:**

- Brent St.Pierre, Head Coach [brent.stpierre@swimrsa.org](mailto:brent.stpierre@swimrsa.org)
- Megan Onstott, Head Age Group Coach [megan.onstott@swimrsa.org](mailto:megan.onstott@swimrsa.org)
- Tyler Shepherd, Associate Head Coach [tyler.shepherd@swimrsa.org](mailto:tyler.shepherd@swimrsa.org)
- John Hinton, Lead Site Coach for RSA at the Bluffs  
[john.hinton@swimrsa.org](mailto:john.hinton@swimrsa.org)

**For Questions About Registration and Financial Obligations:**

- Claire Watts, Office Manager [claire.watts@swimrsa.org](mailto:claire.watts@swimrsa.org)
- Laura Hubbard, Director of Operations [laura.hubbard@swimrsa.org](mailto:laura.hubbard@swimrsa.org)

**Not Sure Who to Ask? Email any of us or call the office at (919)859-4881. We will make sure your question is answered promptly.**

**Tentative practice schedules for Sonner and RSA at the Bluffs follow.**

## 2021-2022 Sonner Tentative Practice Schedule

2021-2022 Tentative Sonner Master Weekly Practice Schedule effective August 18, 2021							
GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Indicates Change						
Barracuda	6:00pm-7:45pm	5:30pm-7:15pm	6:30pm-8:00pm	5:15pm-6:45pm	6:00pm-7:45pm	9:00am-10:45am	
Dryland		7:15pm-7:45pm	5:45pm-6:15pm		7:45pm-8:15pm		
Blackfin 1	3:00pm-4:00pm	3:00pm-4:00pm	3:00pm-4:00pm	3:00pm-4:00pm	3:00pm-4:00pm	2:30pm-3:30pm	
Dryland		4:00pm-4:45pm		4:00pm-4:45pm			
Blackfin 2	7:45pm-8:45pm	5:30am-6:30am	3:00pm-4:00pm	5:30am-6:30am	8:00pm-9:00pm	2:30pm-3:30pm	
Dryland		4:45pm-5:30pm		7:45pm-8:30pm			
Cobia	7:45pm-9:15pm	7:30pm-9:15pm	4:30pm-6:00pm	7:30pm-9:15pm	7:45pm-9:15pm	10:45am-12:30pm	9:00am-11:00am
Dryland	7:00pm-7:30pm		6:15pm-6:45pm		7:00pm-7:30pm		
Dolphin		7:15pm-8:30pm	5:30pm-6:30pm	6:45pm-7:45pm	5:30pm-6:30pm	2:00pm-3:15pm	
Dryland		6:45pm-7:15pm		6:15pm-6:45pm			
Jack	5:15pm-6:15pm		6:00pm-7:00pm	6:45pm-7:45pm		1:30pm-2:30pm	
Dryland	5:00pm-5:15pm			6:15pm-6:45pm			
Mackerel	7:45pm-9:15pm	7:30pm-9:00pm	8:00pm-9:15pm	7:30pm-9:00pm	7:45pm-9:00pm		11:00am-12:30pm
Dryland	7:00pm-7:30pm		7:15pm-7:45pm	7:00pm-7:30pm			
Mako 1	7:45pm-9:00pm		8:00pm-9:15pm		7:45pm-9:00pm		11:00am-12:15pm
Dryland			7:15pm-7:45pm		7:00pm-7:30pm		
Mako 2		7:15pm-8:30pm		7:45pm-9:00pm	7:45pm-9:00pm		11:00am-12:15pm
Dryland		8:30pm-9:00pm		7:00pm-7:30pm			
Nova	5:15pm-6:15pm		5:30pm-6:30pm		5:30pm-6:30pm	12:30pm-1:30pm	
Dryland	5:00pm-5:15pm				5:15pm-5:30pm		
PreSenior	4:00pm-6:00pm	4:00pm-6:00pm	4:00pm-5:30pm	4:00pm-6:00pm	4:00pm-6:00pm	9:00am-11:00am	9:00am-11:00am
Dryland	6:15pm-6:45pm	6:00pm-6:30pm			6:15pm-6:45pm		
Seahorse 1		5:00pm-5:45pm		5:00pm-5:45pm		11:45am-12:30pm	
Seahorse 2		6:45pm-7:30pm		6:45pm-7:30pm		11:45am-12:30pm	
SeaStar 1		6:00pm-6:45pm		6:00pm-6:45pm		11:00am-11:45am	
SeaStar 2		6:45pm-7:30pm		6:45pm-7:30pm		11:00am-11:45pm	
Senior Gold		5:00am-6:30am	5:00am-6:30am	5:00am-6:30am	5:00am-6:30am	7:00am-9:00am	7:00am-9:00am
	3:15pm-5:15pm	3:30pm-5:30pm		3:15pm-5:15pm	3:30pm-5:30pm		
Dryland	5:30pm-6:15pm		3:30pm-4:30pm		5:30pm-6:15pm		
Senior Silver		5:00am-6:30am		5:00am-6:30am	5:00am-6:30am	7:00am-9:00am	7:00am-9:00am
	3:00pm-4:00pm	3:00pm-4:00pm	3:00pm-4:30pm	3:00pm-4:00pm	3:00pm-4:00pm		
Dryland	4:15pm-5:00pm		4:45pm-5:30pm		4:15pm-5:00pm		
Tarpon Early		T/H: 2:00pm-2:45pm		T/H: 2:00pm-2:45pm			
Tarpon Late	M/W: 5:00pm-5:45pm		M/5:00pm-5:45pm				
Tarpon Evening	M/W: 6:00pm-6:45pm		M/W: 6:00pm-6:45pm				
Wahoo	6:15pm-7:45pm	6:00pm-7:30pm	7:00pm-8:30pm	6:00pm-7:30pm	6:30pm-7:45pm	12:30pm-2:00pm	
Dryland		5:30pm-6:00pm		5:30pm-6:00pm			
Masters	5:15am-6:30am 11:15am-12:30pm		5:15am-6:30am 11:15am-12:30pm		6:30am-7:45am 11:15am-12:30pm	5:45am-7:00am	

## 2021-2022 Bluffs Tentative Practice Schedule

2021 Tentative RSA at the Bluffs Practice Schedule effective August 18, 2021 <small>Note: Practice is at North unless otherwise noted until September 7, 2021.</small>							
PRACTICE GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Indicates Change						All practices at Sonner
<b>Minnow</b>		5:45pm-6:45pm		5:45pm-6:45pm			2:30pm-3:30pm
<b>Bluegill</b>	5:45pm-7:00pm		5:45pm-6:45pm	6:45pm-7:45pm	5:45pm-7:00pm		1:30pm-2:30pm
Dryland	5:30pm-5:45pm		5:30pm-5:45pm				
<b>Sunfish</b>	7:00pm-8:00pm	6:45pm-7:45pm	6:45pm-7:45pm		7:00pm-8:00pm		1:30pm-2:30pm
Dryland	6:45pm-7:00pm				6:45pm-7:00pm		
<b>Bowfin</b>	4:30pm-5:45pm	4:30pm-5:45pm	4:30pm-5:45pm	4:30pm-5:45pm	4:30pm-5:45pm		12:30pm-1:30pm
Dryland			5:45pm-6:15pm		5:45pm-6:15pm		
<b>Bass</b>	3:30pm-4:30pm	3:30pm-4:30pm	3:30pm-4:30pm	3:30pm-4:30pm	3:30pm-4:30pm		12:30pm-1:30pm
Dryland		3:00pm-3:30pm		3:00pm-3:30pm			

Please note the practice schedule for all groups is subject to change based on season, taper and meet schedules. 6/21/21h

Thank you for considering RSA. We hope to see you on deck soon!