



Raleigh Swimming Association

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 our mission of 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 Locations

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, Sunset Ridge North (North) in Holly Springs, Willis R. Casey Aquatic Center at NC State University and O.T. Sloan Pool in Sanford.

- 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.
- Willis R. Casey Aquatic Center is located at 2611 Cates Avenue in Raleigh.
- O.T. Sloan is located at 1420 Bragg Street in Sanford (select summer weekends only).

New Athlete Evaluations

New athletes are evaluated by our coaching staff to ensure proper practice group placement. Evaluations are held by appointment throughout the swim year. Group evaluations are held at the Sonner facility in July; the dates are posted online under the Swim Team tab. Please email eval@swimrsa.org to schedule an individual evaluation or to inquire about the evaluation process. Individual 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 (See the full Placement Philosophy beginning on page 6.)

Many factors influence practice group placement. Factors considered include:

- Training Ability and Technique
- Leadership
- Commitment

- Maturity
- Meet Results
- Practice Group Size

RSA Coaching Staff

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.

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 Medalist 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 college student; and Maddie, a rising high schooler. When away from the pool, Brent enjoys spending time with his family in the Virginia mountains or hitting the links.

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 25th 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.

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 (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.

Coach Tyler's primary responsibilities are the direction of RSA's dryland program and coordination of RSA's social media.

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.

Elliot Hunt, Operations Manager and Lead Coach

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

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. He leads the SeaStar practice groups and evaluates athletes for RSA's introductory groups, as well as managing RSA's lesson program, Wahoo Swim Academy. Coach Elliot is passionate about growing Wahoo Swim Academy, and providing outreach lessons to our community.

Coach Elliot likes to spend his free time biking, reading, and playing video games.

Amy Hess, Head Developmental Coach

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Originally from Dallas, Texas where she swam for the Dallas Mustangs, Coach Amy joined RSA in 2022. She earned her B.A. in psychology and minors in health management and anthropology while swimming at Southern Methodist University from 2015-2019. While at SMU, Coach Amy was a member of the 2016 AAC Championship team and was named to the American Athletic All Conference Academic Team from 2017-2019.

Following graduation, Coach Amy spent a year in France as an au pair before returning to the States to coach for the Mustangs at the Bronze level (developmental level). In addition, Coach Amy was the Assistant Coach for Bishop Lynch High School, whose girl's program won the first girl's swimming state championship in school history this year.

Coach Amy leads the Blackfin, Mackerel and Nova practice groups and assists with the PreSenior and Wahoo practice groups. Coach Amy coordinates evaluations for potential Sonner athletes who are over six years old.

Coach Amy has never strayed too far from the pool deck, having been a swim lesson instructor, a summer league coach, a swim camp counselor at SMU, a USAS swim coach and a swimmer. Off the pool deck, Coach Amy enjoys Masters swimming, reading, knitting, traveling, and spending time with her family.

John Hinton, Site Lead for the Bluffs and Lead Coach

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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. Now the Site Lead for Bluffs programming, Coach John develops Bluffs programming and leads the Bluffs practice groups. In addition, Coach John coordinates evaluations for potential Bluffs athletes.

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.

David Cairns, Lead Coach and Lesson Instructor

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Coach David joined RSA in 2020. He grew up in Durham and swam for Carolina Aquatic Club, formerly Duke Aquatics, from the time he was eleven years old until he graduated from high school. He also swam for his high school, Cardinal Gibbons.

Coach David attended Salisbury University in Maryland, graduating with a Communications degree. While at Salisbury University, he swam distance freestyle (1000 and the mile) and the 100 and 200 Butterfly. His favorite stroke is freestyle.

Coach David coaches the younger swim team athletes, working primarily with the Dolphin, Jack, and SeaStar practice groups. He also teaches swim lessons in Wahoo Swim Academy.

In his free time, he enjoys watching sports with friends, playing video games and reading.

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 coaches the introductory swim team group athletes, leading the Seahorse practice groups. He also teaches lessons in Wahoo Swim Academy. 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.

Susan Pearson, Lead Coach and Lesson Instructor

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Coach Susan joined RSA in the fall of 2021 as a lesson instructor and in-water coach. Prior to joining RSA, Coach Susan taught lessons for the City of Raleigh for ten years and coached the Millbrook Marlins Squirt Squad for seven years.

Coach Susan moved to Raleigh as a child and attended Broughton High School and East Carolina University. In addition to her time teaching for the City of Raleigh, Coach Susan spent over ten years in Europe ministering to children and their families walking in trauma as refugees. Swimming was the medium through which she was able to reach the children.

Coach Susan coaches the introductory swim team practice groups, leading the Tarpon groups. She also teaches lessons in Wahoo Swim Academy. Coach Susan is a trainer and entertainer at heart, helping children so what they do better and have fun doing it.

In her free time, Coach Susan loves to travel, read, eat good food and spend time with friends.

Aly Tetzloff, Lead/Assistant Coach

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Coach Aly attended Auburn University and graduated with a Bachelor's degree in Psychology and a Sports Coaching minor in 2019. She was the Team Captain for the 2018-2019 season. While at Auburn, Coach Aly earned three individual school records (100 Butterfly SCY, 100 Butterfly LCM and 100 Backstroke SCY). She was also part of two record-holding relay teams, the 200 Medley and the 400 Medley. Coach Aly is a 7-time NCAA Division 1 All-American and a 3-time SEC Champion. She also attended Olympic Trials in 2016 and 2021. At the 2021 Olympic Trials, she paced 8th in the 100 Butterfly. Coach Aly currently trains with Wolfpack Elite.

Coach Aly was born and raised in Crown Point, Indiana. She started swimming competitively when she was six years old and earned several Age Group titles. She was the 2014 Indiana High School State record-setting Champion in the 100 Butterfly.

Coach Aly leads the Senior Silver and Mako practice groups and assists primarily with the Cobia, Nova, and Senior Gold practice groups. She is also responsible for coordinating college recruitment and placement.

Away from the pool, Coach Aly enjoys watching SEC college football, listening to her vinyls, coming up with new recipes and spending time outdoors hiking, laying out in the sun or playing sand volleyball.

Caleb Treadwell, Lead/Assistant Coach

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Coach Caleb attended SUNY New Paltz for his undergraduate studies and Wesleyan University for his Masters degree.

Coach Caleb was an Age Group Coach for HAWKS before becoming a collegiate Assistant Coach at Wesleyan University from 2018 to 2020. At Wesleyan University, he led the sprint group, dryland and strength training. While at Wesleyan, Coach Caleb also coached at Middlesex Aquatic Club as an Age Group/Senior Coach where he led an age group practice group and a senior practice group, as well as implementing a dryland program. In 2020, Coach Caleb moved to Albion College as an Assistant Coach where he coached six Division III All-Americans.

Coach Caleb leads the Cobia practice group and assists with the Barracuda and Senior Gold practice groups.

In 2021, Coach Caleb moved to Raleigh to coach for RSA and to Volunteer Coach for NC State University's swim team.

Jacob Cole, 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 was the Assistant Head Coach for Lifetime Fitness for a year and a half.

Coach Jacob co-leads the Jack practice group and assists with the Dolphin practice group, as well as the younger swim team practice groups.

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.

Maddie Duracinsky, Assistant Coach

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Coach Maddie was born in Germany, after which her family moved frequently before settling in Holly Springs. She attended USMA-West Point where she swam the 100 Free, 200 Free and 500 Free. Unfortunately, training (officer and swimming) injuries forced Coach Maddie to leave her swimming and military career. She joined *Point Me to the Water*, an aquatics program in Holly Springs where she coached and taught lessons.

Coach Maddie has been swimming since she was eight years old, swimming competitively for HCAC until middle school and for MOR until she graduated from high school. She graduated from Southern Wake Academy.

Coach Maddie assists with all the Bluffs practice groups.

Off the pool deck, she enjoys watching movies, swimming, and spending time with friends and family. Coach Maddie loves looking at the National Days calendar, **every day**. Her favorite book is The Rainbow Fish. Her passion is playing Kan Jam.

Practice Group Placement Philosophy

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.

Sonner Practice Groups: Annual Commitment

Nova Practice Group

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.

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

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 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

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 one hour and fifteen minutes or one hour and thirty minutes per practice. Dryland exercise for the Wahoo group is offered two* times each week for thirty minutes each session.

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

Mackerel Practice Group

The Mackerel group includes athletes between the ages of 11 and 14, *primarily in middle school*, and is capped at 26 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

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

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 36 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 goals of this group are to hone the skills necessary to compete in the 13-14 age group and to move into the PreSenior or Senior Silver group.

PreSenior Practice Group

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 goals of the PreSenior group are to enable athletes to compete at the 13-14 Age Group Champs and to prepare for Senior level meets.

Senior Silver Practice Group

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 32 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.

Senior Gold Practice Group

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 15-19. Practices are offered ten* times weekly with the expectation that seven of those practices will be attended. The group is capped at 35 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.

Sonner Practice Groups: Introductory Groups: Monthly Commitment

Tarpon Practice Group (Early, Late and Evening)

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 TH are **three different practice groups** within the Tarpon group.

Seahorse (1 & 2) Practice Group

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 on Tuesdays and Thursdays and an hour long on Saturdays; practices are offered three* times per week. Seahorse athletes may participate in select meets based on the Lead Coach's recommendation.

Participation in a limited number of meets is available for the Seahorse group based on the 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.

SeaStar (1 & 2) Practice Group

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 on Tuesdays and Thursdays and an hour long on Saturdays; practices 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, 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.

Sonner Practice Groups: Monthly Commitment

Jack Practice Group

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 18 athletes. Practices for this group are offered four* times a week with an hour of water time. Dryland exercise is offered two* times weekly for fifteen minutes during each 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, increase the athlete's fitness level, and foster a life-long love of swimming.

Mako Practice Group

Mako is the monthly commitment group for **middle school athletes** and is capped at 16 athletes. 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, increase the athlete's fitness level, and foster a life-long love of swimming.

Blackfin Practice Group

Blackfin is the monthly commitment group for **high school athletes** and is capped at 20 athletes. 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.

***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.**

Bluffs Practice Groups: Monthly Commitment

Some of RSA's groups train primarily at our 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 provide training 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

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 and caps the group at 24. In-water instruction is paired with on-deck instruction for the athletes. Practices are one hour 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, and prepare athletes to move to the next level of swimming in the Sunfish practice group.

Sunfish Practice Group

Sunfish is a monthly commitment group for **elementary school athletes**, primarily eight to ten years old, who are new or in their first few years of year-round swimming or are multi-sport athletes who want to take time off during holidays or for other sports. The group is capped at 28 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, increase the athlete's fitness level, and foster a life-long love of swimming.

Bluegill Practice Group

Bluegill is a monthly commitment group for **elementary school athletes**, primarily nine to eleven years old, who want to swim throughout the year and compete in meets, but may want to take limited time off during the holidays or for other sports. The group is capped at 28 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. Technique work is expanded, as well as yardage, as athletes prepare for the next level.

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

Bowfin is the monthly commitment group for eleven to thirteen year olds, primarily **middle school athletes**, and is capped at 28 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. Athletes are introduced to anaerobic training and sprinting.

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, prepare the athletes for the next level of swimming, increase the athlete's fitness level and foster a life-long love of swimming.

Redtail Practice Group

Redtail is the monthly commitment group for thirteen to fifteen year-olds and is capped at 28 athletes. Practices for this group are offered six* times weekly, typically with an hour and thirty minutes of water time, in addition to

two* thirty minute dryland practices weekly. Coaches recommend that Redtail athletes attend four to five 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. Athletes are introduced to anaerobic training and sprinting.

Meet participation is highly encouraged for athletes in the Redetail group, but participation is optional. Additional yardage, specific race work, and volume training are introduced. Training focuses on learning how to race every event and introducing longer races. The goals of this group are to promote good swimming technique, prepare the athletes for high school swimming and training, increase the athlete's fitness level, and foster a life-long love of swimming.

Bass Practice Group

Bass is the monthly commitment group for **high school athletes** and is capped at 16 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

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, 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.

The majority of dryland instruction for the Sonner athletes occurs in the Sonner Gym which features a state-of-the-art Rogue squat rack system, vertical challenger, exercise bikes and other swimmer-centric dryland equipment. The equipment offers opportunities for athletes eight years old to eighteen years old. Additional dryland equipment is housed at our Bluffs facility for our Bluffs athletes.

Athlete Service

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

Enrollment (formerly RSA's Registration)

To enroll with RSA's swim team, please use the online enrollment tool located on the home page of our website, www.swimrsa.org. RSA charges an Enrollment Fee of \$125.00 at the time of enrollment; this fee 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 the athlete's lead coach or to laura.hubbard@swimrsa.org. This information is required by USA Swimming and must be received to complete the enrollment process.

Please note enrollment (RSA 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

Dues are assessed on a monthly basis and payable eleven months of the year (no August payment). 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. **Note the 1st child is determined by the highest dues.**

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, 2022. 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 billing@swimrsa.org to take advantage of the dues discount

2022-2023 RSA Dues Schedule

	Practice Group	Total Annual Dues (11 payments)	Monthly Payment 1 st Child*	Monthly Payment 2 nd Child (85%)	Monthly Payment 3 rd Child (75%)	Monthly Payment 4 ^{th+} Child (65%)
Annual Commitment	Nova	\$1,991.00	\$181.00	\$154.00	\$136.00	\$118.00
	Dolphin	\$2,266.00	\$206.00	\$175.00	\$155.00	\$134.00
	Wahoo	\$2,640.00	\$240.00	\$204.00	\$180.00	\$156.00
	Mackerel	\$2,640.00	\$240.00	\$204.00	\$180.00	\$156.00
	Barracuda	\$2,772.00	\$252.00	\$214.00	\$189.00	\$164.00
	Cobia	\$2,893.00	\$263.00	\$224.00	\$197.00	\$171.00
	PreSenior	\$3,190.00	\$290.00	\$247.00	\$218.00	\$189.00
	Senior Silver	\$3,300.00	\$300.00	\$255.00	\$225.00	\$195.00
	Senior Gold	\$3,421.00	\$311.00	\$264.00	\$233.00	\$202.00
Introductory	Tarpon (9 months)	\$1,260.00	\$ 140.00	n/a: \$140.00	n/a: \$140.00	n/a: \$140.00
	Seahorse	\$1,540.00	\$140.00	\$119.00	\$105.00	\$91.00
	SeaStar	\$1,595.00	\$145.00	\$123.00	\$109.00	\$94.00
	Minnnow	\$1,672.00	\$152.00	\$129.00	\$114.00	\$99.00
	Sunfish	\$1,848.00	\$168.00	\$143.00	\$126.00	\$109.00
	Bluegill	\$2,145.00	\$195.00	\$166.00	\$146.00	\$127.00
	Bowfin	\$2,244.00	\$204.00	\$173.00	\$153.00	\$133.00
	Jack	\$2,310.00	\$210.00	\$179.00	\$158.00	\$137.00
	Redtail	\$2,365.00	\$215.00	\$183.00	\$161.00	\$140.00
	Mako	\$2,508.00	\$228.00	\$194.00	\$171.00	\$148.00
Monthly Commitment	Bass	\$2,519.00	\$229.00	\$195.00	\$172.00	\$149.00
	Blackfin	\$2,519.00	\$229.00	\$195.00	\$172.00	\$149.00

Fees In Addition to Dues

USA Swimming Membership Fee:

USA Swimming membership is required for all RSA swim team athletes with the exception of Tarpons. Between June 2022 and September 1, 2022, USA Swimming will be updating their registration system to enable all potential members to self-register. On September 1, 2022, all RSA swim team members will be expected to register via the USA Swimming Registration portal (through a link from RSA's website or directly through USA Swimming). Evidence of registration (a copy of the registration confirmation or a screenshot of a confirmation message) should be sent to USAreg@swimrsa.org within twenty-four hours of registration with USA Swimming.

For athletes registering after September 1st, evidence of registration with USA Swimming should be sent to USAreg@swimrsa.org within twenty-four hours of enrollment with RSA.

The fee for USA Swimming Membership is \$78.00 and is charged by USA Swimming at the time of registration.

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 or van, 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 May.

Facility Maintenance Fee:

To offset the costs of maintaining practice facilities, each athlete is charged a monthly facility maintenance fee of \$9.00. The fee is not charged to monthly athletes during leave months. **Note Tarpon athletes are excluded from the Facility Maintenance Fee requirement.**

Monthly Payment

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 25th 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 enrollment, prorated dues charges for the enrollment month will be applied to the account for processing in the next invoice.

Dues are prorated according to the following schedule:

Enrollment between the 1 st and the 7 th of the month:	100% monthly dues due for the enrollment month
Enrollment between the 8 th and the 14 th of the month:	75% monthly dues due for the enrollment month
Enrollment between the 15 th and the 21 st of the month:	50% monthly dues due for the enrollment month
Enrollment between the 22 nd and the end of the month:	25% monthly dues due for the enrollment month

Enrollment 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 enrollment. In addition, credits will be applied to the balance when the enrollment processes. The TeamUnify system does not allow ACH processing of enrollment fees.

Late Fees

The total balance reflected on the monthly invoice is due on the 1st of the month and is past due after the 5th 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 commitment 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

RSA offers a Dues Reduction Program to enable members to volunteer at various venues or refer a friend or family member to reduce a member's 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 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. If you are interested in participating in dues reduction, please contact our Dues Reduction Coordinator at duesreduction@swimrsa.org.

Early Withdrawal and Leave

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 billing@swimrsa.org by the 20th 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 July), 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. *If the athlete rejoins RSA within six (6) months of withdrawal, one (1) of the two (2) months of withdrawal penalty dues will be credited to the member's account.*

Example 1: Joe Smith sends an email regarding his Nova athlete, Sam, to billing@swimrsa.org on May 17th 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 \$181.00. Nova dues for May have already been paid. The Smith family will owe $\$76 + \$42 + \$181 = \299 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 on May 17th 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 \$290.00 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 \$580.00. The Jones family will owe $\$76 + \$42 + \$580 = \698 to withdraw from the program. **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 'pause' or 'take a leave,' but will be returning in the current swim year, a written notice of leave must be provided to billing@swimrsa.org by the 20th 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 billing@swimrsa.org by the 20th 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 billing@swimrsa.org by the 20th 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

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

- Brent St.Pierre, Head Coach brent.stpierre@swimrsa.org
- Megan Onstott, Head Age Group Coach megan.onstott@swimrsa.org
- Tyler Shepherd, Associate Head Coach tyler.shepherd@swimrsa.org
- Amy Hess, Head Developmental Coach amy.hess@swimrsa.org
- John Hinton, Site Lead for the Bluffs john.hinton@swimrsa.org
- Laura Hubbard, Director of Operations laura.hubbard@swimrsa.org
- Elliot Hunt, Operations Manager elliott.hunt@swimrsa.org

For Questions About Enrollment, USA Swimming Registration and Financial Obligations:

- Cyndi Catella, Office Administrator cyndi.catella@swimrsa.org
- Laura Hubbard, Director of Operations 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.

Sample practice schedules for Sonner and the Bluffs follow.

2022-2023 Sonner Sample Practice Schedule

2022-2023 Sonner Tentative Weekly Practice Schedule effective August 24, 2022							
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		5:00pm-5:30pm	5:45pm-6:15pm	7:00pm-7:30pm			
Blackfin	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			
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		6:45pm-7:15pm	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	2:30pm-3:45pm	
Dryland			6:45pm-7:15pm	6:00pm-6:30pm			
Jack	5:15pm-6:15pm		6:00pm-7:00pm	6:45pm-7:45pm		1:30pm-2:30pm	
Dryland	5:00pm-5:15pm		5:30pm-5:45pm				
Mackerel	7:45pm-9:15pm		8:00pm-9:15pm	7:15pm-8:45pm	7:45pm-9:00pm	3:30pm-5:00pm	11:00am-12:30pm
Dryland	7:00pm-7:30pm		7:15pm-7:45pm	6:30pm-7:00pm			
Mako	7:45pm-9:00pm		8:00pm-9:15pm		7:45pm-9:00pm		11:00am-12:15pm
Dryland	7:00pm-7:30pm		7:15pm-7:45pm				
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	6:15pm-6:45pm			6:15pm-6:45pm		
Seahorse 1		5:00pm-5:45pm starts 9/01/22		5:00pm-5:45pm starts 9/01/22		12:00pm-1:00pm starts 9/01/22	
Seahorse 2		6:45pm-7:30pm starts 9/01/22		6:45pm-7:30pm starts 9/01/22		12:00pm-1:00pm starts 9/01/22	
SeaStar 1		6:00pm-6:45pm		6:00pm-6:45pm		11:00am-12:00pm	
SeaStar 2		6:45pm-7:30pm		6:45pm-7:30pm		11:00am-12:00pm	
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 starts 9/01/22		T/H: 2:00pm-2:45pm starts 9/01/22			
Tarpon Late	M/W: 5:00pm-5:45pm starts 8/31/22		M/5:00pm-5:45pm starts starts 8/31/22				
Tarpon Evening		T/H: 6:00pm-6:45pm starts 9/01/22		T/H: 6:00pm-6:45pm starts 9/01/22			
Wahoo	6:15pm-7:45pm	6:00pm-7:30pm	7:00pm-8:30pm	6:00pm-7:30pm	6:30pm-7:45pm	1:00pm-2:30pm	
Dryland		5:30pm-6:00pm		5:30pm-6:00pm			

Note schedule is subject to change at any time. Rev.6/17/22lh

2022-2023 Bluffs Sample Practice Schedule

2022 Tentative RSA at the Bluffs Weekly Practice Schedule effective August 24, 2022							
PRACTICE GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Indicates Change					All practices at Sonner	All practices at Sonner
Minnow		5:15pm-6:15pm		5:15pm-6:15pm		5:00pm-6:00pm	
Bluegill	5:30pm-6:45pm		5:15pm-6:30pm	7:30pm-8:45pm	5:30pm-6:45pm	3:45pm-5:00pm	
Dryland	5:00pm-5:30pm			7:00pm-7:30pm			
Sunfish	6:30pm-7:30pm	6:15pm-7:15pm	6:30pm-7:30pm		6:45pm-7:45pm		1:30pm-2:30pm
Dryland	6:15pm-6:30pm				6:30pm-6:45pm		
Bowfin	7:30pm-8:45pm	7:15pm-8:45pm	7:30pm-8:45pm	6:15pm-7:45pm	7:30pm-8:45pm		2:30pm-3:30pm
Dryland	7:00pm-7:30pm		7:00pm-7:30pm				
Redtail	4:00pm-5:30pm	4:00pm-5:30pm	4:00pm-5:30pm	4:00pm-5:30pm	4:00pm-5:30pm		12:30pm-1:30pm
Dryland	5:30pm-6:00pm				5:30pm-6:00pm		
Bass	3:30pm-4:30pm	3:00pm-4:00pm	3:00pm-4:00pm	3:00pm-4:00pm	3:30pm-4:30pm	5:00pm-6:00pm	
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. 6/17/22h

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