



RSA at the Bluffs Practice Groups: Monthly Commitment

RSA offers hybrid practice groups at its satellite location at Sunset Bluffs in Fuquay-Varina. 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. Practice groups remain peer based within our Practice Group Placement Philosophy.

Minnow Practice Group

The Minnow group is capped at 24 athletes and includes athletes as young as 6 and as old as 9. Three* practices are offered weekly. Coaches recommend that a Minnow athlete attend at least two practices each week. Water time for the Minnow 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 12. This facilitates forming sub-groups within the practice group to optimize instruction for athletes of various skill levels.

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

Bluegill Practice Group

Bluegill group is capped at 24 athletes and includes athletes between the ages of 8 and 11 years old. Four* practices are offered weekly. Coaches recommend that a Bluegill athlete attend at least three practices each week. Water time for the Bluegill 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 12. This facilitates forming sub-groups within the group to optimize instruction for athletes of various skill levels.

Meet participation is encouraged for the Bluegill group, but 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

The Bowfin group includes athletes between the ages of 11 and 14, *primarily in middle school*, and is capped at 24 athletes. Practice is offered five* times weekly. Coaches recommend that Bowfin athletes attend four practices a week. Water time for the Bowfin 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 12. This facilitates forming sub-groups within the group to optimize instruction for athletes of various skill levels.

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. The overall 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

Bass is the practice group for athletes 14 to 19 years old, **primarily high school athletes**, and is capped at 24 athletes per group. Practices are offered six* times per week with 1 hour of water time for each practice.

Meet participation is encouraged for the Bass group, especially those planning to swim for their high school teams, but 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.**

2020-2021 RSA at The Bluffs Practice Schedule

2020-2021 RSA at the Bluffs Practice Schedule effective September 8, 2020							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Minnow		5:30pm-6:30pm		5:30pm-6:30pm		10:00am-11:00am	
Bluegill	5:30pm-6:30pm		5:30pm-6:30pm		5:30pm-6:30pm	9:00am-10:00am	
Bowfin	4:30pm-5:30pm	4:30pm-5:30pm	4:30pm-5:30pm	4:30pm-5:30pm	4:30pm-5:30pm		
Bass	3:30pm-4:30pm	3:30pm-4:30pm	3:30pm-4:30pm	3:30pm-4:30pm	3:30pm-4:30pm	8:00am-9:00am	

Please note the practice schedule for all groups is subject to change based on season, taper and meet schedules. 09/04/201h

2020-2021 RSA at The Bluffs Monthly Dues

RSA at The Bluffs Practice Group	Total Annual Dues if Swimming for the Full Year	Monthly Payment 1 st Child*	2 nd Child (85%)	3 rd Child (75%)
Minnow at The Bluffs	\$1,740.00	\$145.00	\$123.00	\$109.00
Bluegill at The Bluffs	\$1,920.00	\$160.00	\$136.00	\$120.00
Bowfin at The Bluffs	\$2,340.00	\$195.00	\$166.00	\$146.00
Bass at The Bluffs	\$2,400.00	\$200.00	\$170.00	\$150.00

Please note the 4th child receives a 35% discount on monthly dues.

An annual registration fee of \$160.00 will be charged at the time of registration. This fee is not applicable to monthly dues.