



# Raleigh Swimming Association

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

## Welcome to Raleigh Swimming Association's Swim Team!

Raleigh Swimming Association (RSA) is an organization dedicated to providing affordable, exceptional aquatic programming tailored to the needs of 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 perfect all four competitive strokes and emphasize the importance of streamlining, kicking, body position and body awareness. RSA's program is designed to give every 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 trains at our facility, the William H. Sonner Aquatic Facility (Sonner). Sonner is conveniently located near Crossroads, just off I-440, at 1013 Jones Franklin Road in Raleigh, NC.

## New Athlete Evaluations

New athletes are evaluated for group placement by our coaching staff to ensure appropriate group placement. Evaluations are held every Tuesday and Thursday at 7:15 pm, with the exception of the summer months, (June through August). Summer group evaluation dates are posted on the website. Please email [eval@swimrsa.org](mailto:eval@swimrsa.org) to RSVP for a Tuesday or summer evaluation.

Individual evaluations may be scheduled by emailing [eval@swimrsa.org](mailto:eval@swimrsa.org) or by calling (919) 859-4881. All evaluations are conducted at the Sonner Aquatic Facility (1013 Jones Franklin Road, Raleigh, NC 27606).

## 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 returned to RSA as the Head Coach 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, VA. Prior to coaching at RSA, 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. Coach Brent is also a 2016 finalist for the 2016 Fitter and Faster Coach of the Year Award.

Coach Brent and his wife, Babette, an Athens Drive High School graduate, live in Holly Springs with their three children: Christopher (high school), Andrew (middle school) and Maddie (elementary school). When away from the pool, Brent enjoys spending time with his family in the Virginia mountains or hitting the links...Brent's other passion.

### **Gavin Spake, Head Age Group Coach**

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Coach Gavin, a native North Carolinian, spent his college years right here in North Carolina, swimming under Dave Allen and Todd DeSorbo at UNC-Wilmington (UNCW). During his time at UNCW, Gavin helped the Seahawks win three CAA championship titles. His story is the embodiment of hard work and dedication, as he began his career at UNCW as a walk-on and became one of UNCW's most decorated distance swimmers.

In 2011, Coach Gavin began his coaching career at Cape Fear Aquatic Club (CFAC) in Wilmington, North Carolina, helping to build the Y-based Age Group program. As Head Coach of CFAC, Gavin has coached numerous Age Group Champs and Age Group Sectionals qualifiers. Coach Gavin was a 2016 15-18 Boys Zones Coach, part of a staff that led the NC Swimming Zones team to their first victory since 2001. Coach Gavin's on-deck energy is infectious; he personifies the Wahoo Way of encouraging and celebrating our athletes.

Coach Gavin's favorite stroke is butterfly because "it is the hardest to master." In his spare time, Coach Gavin likes to fish and spend time with his black lab, Haven, and her puppy, Bear, a lab-Australian Shepherd mix.

### **Megan Onstott, Head Assistant Coach and Lead Coach**

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Coach Megan joined RSA in the fall of 2016. Megan grew up in Austin, Texas and trained with Nitro Swimming. She was a National Merit Scholar and 2008 Olympic Trials qualifier, where she finished 25<sup>th</sup> in the 200M Breaststroke. She signed with the University of Wisconsin out of

high school, then transferred to Texas A&M University, where she swam from 2009 through 2012. While at Texas A&M, she 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. Out of the pool, Coach Megan excelled in the classroom. She was a Dean's List student and actively participated in community service, graduating with a BS in Sociology.

Coach Megan was an Assistant Age Group Coach at Nitro Swimming and 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 multiple athletes at the state and national level.

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. When she is not at the pool, Coach Megan enjoys spending time with her friends and family, fishing and playing with her dog, Champ.

### **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, adults and individuals with disabilities 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 group.

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 dogs, Buddie and Buckie.

### **Megan Baldwin, Lead Coach**

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Coach Megan joined RSA in August 2015. She grew up in Bath, North Carolina, where she swam for East Carolina Aquatics (ECA) for seven years. Coach Megan also swam for Washington High School, where she was Team Captain during her junior and senior years. Megan is a record holder for ECA and for Washington High School. Prior to coaching at RSA, Megan coached at ECA.

Coach Megan is currently studying Biomedical Engineering at NC State. She is also a member of the NC State Club Swim Team. When she is not swimming or studying, Coach Megan enjoys hanging out with her dogs, Avery and Big Mac, as well as boating and enjoying the beach.

### **Claire Nobles, Assistant Coach**

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Coach Claire grew up in Cary, North Carolina. She joined RSA as an athlete in 2005 when she was eleven years old. Her first year round practices were at a place on Jones Franklin Road called Candler Swim Club, now fondly referred to as Sonner.

Coach Claire attended Duquesne University in Pittsburgh, PA where she swam on their Division 1 swim team from 2012-2016. During her four years, she was a member of five team record-breaking relays. In 2016, she was a member of both the Atlantic 10 Conference Champion 200 free relay and the second place 400 free relay. She graduated from Duquesne with a degree in Athletic Training and is a certified Athletic Trainer (ATC).

Coach Claire began her coaching career in 2007 for the Wellsley Wave neighborhood swim team where she was as a volunteer coach. She continued to coach for the Wellsley Waves and has been the Head Coach for three years. Coach Claire has also taught swim lessons for various groups of children in both the Cary and Pittsburgh areas.

Coach Claire brings incredible passion for the sport of swimming, unique awareness of the intricacies of athlete training and a love for RSA.

### **Brett Dickey, Assistant Coach and Lesson Instructor**

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Coach Brett grew up in Apex and attended Middle Creek High School. He joined RSA as an athlete in 2010 and swam with RSA until he graduated from high school in 2016.

Coach Brett began his coaching career in the TSA summer league. He is the former Head Coach of the Hampton Ridge Swim Team and the 2017 Head Coach of the Brighton Forest Silver Fins Swim Team. Coach Brett is also a Lesson Instructor for Wahoo Swim Academy.

Coach Brett is currently an Engineering student at NC State. He is also a member of the NC State Club Swim Team ; his favorite stroke is freestyle. When he is not swimming or studying, Coach Brett enjoys boating on Lake Gaston, running and spending time with his Golden Retriever, Riley.

## **Annual Commitment Groups**

### **Nova**

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The Nova group is capped at 36 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. We recommend that a Nova athlete attend at least 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 swimmer ratio of 1 to 18. The goals of the Nova group are to build swimmer technique, introduce swimmers to competitive swimming, have fun and enjoy the sport of swimming.

### **Dolphin**

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The Dolphin group is capped at 38 athletes and includes athletes ages 8 to 10. Dolphin practice is offered six\* times weekly with thirty minutes of dryland exercise twice\* weekly. We recommend that Dolphin athletes attend at least three practices a week. The Dolphin group has one hour or one hour and fifteen minutes of water time for each practice. The swimmer-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 swimmers from 10 and under to 11-12 competition, as well as to have fun and enjoy the sport of swimming.

### **Wahoo**

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The Wahoo group is capped at 38 athletes. This group includes athletes who are 9 to 11 years old. Practice is offered a total of six\* times each week. We recommend that Wahoo athletes attend at least four practices each week. Water time for the Wahoo group is one hour and thirty minutes per practice. Dryland exercise for the Wahoo group is offered three\* times each week for thirty minutes each session. The coach to swimmer 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 swimmers.

### **Mackerel**

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The Mackerel group includes athletes between the ages of 11 and 13, *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. We recommend that Mackerel athletes attend at least four practices a week. Water time for the Mackerel group is one hour and fifteen 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**

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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 forty-five minutes per practice with dryland exercise offered three\* times a week for thirty minutes each. This group is capped at 38 athletes, typically ranging in age from 11 to 13 years old. Barracuda has a large age overlap with several groups, but requires a higher 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 swimmers to compete in the 13-14 age group.

### **Cobia**

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The Cobia group is offered six to seven\* practices weekly. It is recommended that athletes attend five practices during most weeks of the year. Water time for the Cobia group is one hour and forty-five minutes per practice. Dryland exercise is offered three\* times a week for thirty minutes each session. This group is capped at 22 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**

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The PreSenior group is offered six to seven\* practices weekly. It is recommended 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 two hours daily with thirty minutes of dryland exercise three\* times weekly. Swimmers in this group are between the ages of 13 and 15 and are highly committed to swimming. 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

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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 **must be in high school** and range in age from 14-19. Practices are offered nine to twelve\* times weekly with the expectation that seven of those practices will be attended. The group is capped at 20 athletes. Water time for the Senior Silver group varies. Five sprint practices of one hour duration are offered weekly, in addition to 2 weekend practices of two hours each and up to five morning practices of one and one-half hours each. At the direction of the Lead Coach, Senior Silver athletes should attend one Senior Gold practice and one PreSenior practice weekly. Dryland exercise is offered three\* times weekly: two sessions of thirty minutes and one session of sixty minutes. 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

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Senior Gold practices introduce race specific training and offer high intensity workouts. Athletes in this group **must be in high school** and range in age from 14-19. Practices are offered nine to twelve\* times weekly with the expectation that seven of those practices will be attended. The group is capped at 31 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 four\* times weekly: two sessions of thirty minutes and two sessions of one hour. The overall goal of the Senior Gold group is to facilitate the growth of swimmers 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.

## Monthly Commitment Groups

### Tarpon (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 swimmers 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 from September through May. The goals of the Tarpon group are to foster a lifelong love of swimming, introduce young swimmers to swim team and prepare them for the Sea Star group. Tarpon Early, Tarpon Late and Tarpon Evening are three different practice groups within the Tarpon group.

### SeaStar

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Sea Star is the school-aged entry-level group for swimming at RSA. This group aims to teach young swimmers between the ages of 5 and 8 how to properly swim the four competitive strokes. Since technique is the primary focus, the group is capped at 26 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. The goals of this group are to introduce young swimmers to swim team, foster a lifelong love of swimming, introduce athletes to competitive swimming, if desired, and to prepare athletes to move to the next level of swimming.

## **Jack**

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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 35 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 thirty minutes per session. Meet participation is encouraged for the Jack group, but 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 2)**

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Mako is the monthly commitment group for **middle school athletes**, athletes primarily between the ages of 11 and 13 years old, and is capped at 16 athletes per practice group. Practices for this group are offered three\* times weekly with one hour and fifteen minutes of water time and thirty minutes of dryland exercise. Meet participation is encouraged for the Mako group, but 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 (M,W,F) and Mako 2(T, Th, S) are two different practice groups within the Mako practice group.

## **Blackfin**

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Blackfin is the monthly commitment group for **high school athletes**. The group is capped at 15 athletes. Practices are offered six\* times per week with a minimum of 1 hour of water time for each practice and 30 minutes of dryland exercise three\* times weekly. Meet participation is encouraged for the Blackfin 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.

**\*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 and meet weekends and other season transitions.**

## **Athlete Service**

Each athlete is expected to participate in at least one RSA service activity. Athletes in the Barracuda, Cobia, Mackerel, PreSenior, Senior Gold and Senior Silver practice groups are expected to participate in an additional facility service activity. All athletes are welcome to participate in any RSA service activity for which minors are eligible.

## Financial Information

### 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 \$155 for each athlete. The fee includes USA Swimming registration and insurance, a red silicone RSA swim cap and a RSA team t-shirt.

For athletes new to USA Swimming, please provide a [NC Swimming Athlete Proof of Age Form](#) or other proof of age (birth certificate or passport). If your athlete is transferring from another team, please complete a [NC Swimming Athlete Transfer Form](#). Completed forms may be emailed to [finances@swimrsa.org](mailto:finances@swimrsa.org) or mailed to RSA, P.O. Box 488, Cary, NC 27512. This information is required by USA Swimming and must be received to complete the registration process.

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

### Dues and Other Fees

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Dues are assessed on a monthly basis and payable twelve months of the year. If a family has two athletes, the lower of the athletes' dues receives a 15% discount. For families with three athletes, the lowest of the athletes' dues receives a 25% reduction, the second lowest receives a 15% due reduction, and the third must be paid in full. Please note that the multi-child discount does not apply to Tarpon athletes. **Note the family discount applies to siblings only.**

Dues and other fees billed in the monthly invoice must be paid via an electronic payment method. RSA offers credit card processing through TeamUnify via a third party processor, as well as ACH (bank draft). The first payment may be made via check or cash if invoices have processed for the current month at the time of registration. Registration fees must be paid via credit card through the TeamUnify portal.

Meet registration is subject to an electronic payment method being 'loaded' into TeamUnify.

Members have the option of paying the annual dues in full for a **5% discount by October 15, 2017**. 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 this discount.

### 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 past due after the 5<sup>th</sup> of the month. This balance includes dues and all other fees. A late fee of \$25.00 will be assessed on past due accounts. A late fee of \$100 will be assessed if the account is sixty (60) days or more past due. **Meet registration and ancillary charges to accounts will be denied to accounts thirty days or more 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.**

2017-2018 Dues Schedule

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	Group	Total Annual Dues	Monthly Payment	2nd Child (85%)	3rd Child (75%)
<b>Annual Commitment</b>	<b>Nova</b>	\$1,908.00	\$159.00	\$135.00	\$119.00
	<b>Dolphin</b>	\$2,052.00	\$171.00	\$145.00	\$128.00
	<b>Mackerel</b>	\$2,172.00	\$181.00	\$154.00	\$136.00
	<b>Wahoo</b>	\$2,304.00	\$192.00	\$163.00	\$144.00
	<b>Barracuda</b>	\$2,496.00	\$208.00	\$177.00	\$156.00
	<b>Cobia</b>	\$2,652.00	\$221.00	\$188.00	\$166.00
	<b>PreSenior</b>	\$3,240.00	\$270.00	\$230.00	\$203.00
	<b>Senior Silver</b>	\$3,660.00	\$305.00	\$259.00	\$229.00
	<b>Senior Gold</b>	\$4,152.00	\$346.00	\$294.00	\$260.00
<b>**Monthly Commitment</b>	<b>Tarpon</b>	\$ 996.00	\$83.00	n/a: \$83.00	n/a: \$83.00
	<b>SeaStar</b>	\$1,392.00	\$116.00	\$99.00	\$ 87.00
	<b>Jack</b>	\$2,304.00	\$192.00	\$163.00	\$144.00
	<b>Mako</b>	\$2,388.00	\$199.00	\$169.00	\$149.00
	<b>Blackfin</b>	\$2,712.00	\$226.00	\$192.00	\$170.00

**\*\*Monthly commitment athletes may select the months they choose to swim.**

**Dues Reduction**

Dues reduction programs are offered 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 credit toward their dues of \$75.00 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.

### **Swim Lesson Referral Program**

RSA offers a referral credit for members who refer new swim lesson participants. If a member family refers a new swim lesson participant, the referring family will receive a credit toward their dues of \$20.00 per participant referred. Swim lesson participants should provide the referring family's name at the time of registration or upon completion of the session survey.

**RSA participates in additional dues reduction opportunities, including volunteering at PNC, Koka Booth and golf tournaments, as well as using the SCRIPs program.**

### **Capital Campaign**

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There is a Capital Campaign fee of \$400.00 for each new athlete (**with the exception of new Tarpon, SeaStar and Jack athletes**). Athletes who enter our program as Tarpons, SeaStars or Jacks will pay the Capital Campaign fee when they enter their second year at RSA or move to an annual commitment group (for example, **from SeaStar to Nova or Jack to Mackerel**). **Note the Capital Campaign fee is capped at \$800.00 per family.**

The Capital Campaign fee is billed monthly in twelve equal installments, provided the athlete swims with RSA from September through August. For annual commitment athletes, the Capital Campaign Fee is due in full with the final payment if the Early Withdrawal Option is exercised. For monthly commitment athletes, the Capital Campaign Fee is paid monthly while on a scheduled leave from swimming. If a monthly commitment athlete exercises the Early Withdrawal Option, the Capital Campaign Fee is due in full with the final payment.

**Capital Campaign Fee is a one-time fee, applicable to new members and 2016-2017 returning athletes promoted from Tarpon and SeaStar.**

### **Meet Entry Fees**

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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](http://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.

Each annual commitment athlete is required to establish a \$150.00 meet escrow account by September 15, 2017. Monthly commitment athletes must establish a \$100.00 meet escrow account when committing to swimming in their first meet. Please note the meet escrow account for annual commitment athletes **will be billed through Team Unify if not established by September 15, 2017**. Prior to September 15<sup>th</sup>, a check, made payable to RSA, may be mailed to RSA, PO Box 488, Cary NC 27512 OR dropped off in the Sonner office during business hours.

Meet escrow account funds are used to pay an athlete's meet fees at meet entry. The funds are replaced when the account is billed and the bill is paid. At the end of the year, any unused funds will be applied to the escrow account for the coming year. Meet escrow account funds are

nonrefundable to athletes who leave RSA. Unused meet escrow funds for graduating high school seniors will be credited to the member account in the final invoice.

## 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 (August 31<sup>st</sup>) 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.**

**If the athlete is in the Nova, Dolphin or Wahoo 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. In addition, the final invoice will include any remaining Capital Campaign Fee balance. Note meet escrow funds will not be refunded.

**If the athlete is in the Barracuda, Mackerel, Cobia, PreSenior, Senior Silver or Senior Gold practice group,** the lesser of three (3) 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. In addition, the final invoice will include any remaining Capital Campaign Fee balance. Note meet escrow funds will not be refunded.

**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> regarding 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 paid their Capital Campaign fee of \$400.00 upfront; otherwise, they would owe \$33.33 for the remaining months (June through August). Therefore, 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 April 17<sup>th</sup> regarding 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 \$270.00 monthly; PreSenior dues for April have already been paid. As the lesser of three months' dues or the balance for the year is three months, the dues portion of the final payment will be \$810.00. The Jones family paid their Capital Campaign fee of \$400.00 upfront; otherwise, they would owe \$33.33 for the remaining months (June through August). Therefore, the Jones family will owe  $\$76 + \$42 + \$810 = \$928$  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 '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, with the exception of the Capital Campaign fee which the member may continue to pay monthly until fulfilled. 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 (August 31<sup>st</sup>) 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. In addition, the final invoice will include any remaining Capital Campaign Fee balance. Note meet escrow funds will not be refunded.

## Questions

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

- Megan Onstott, Head Assistant Coach [megan.onstott@swimrsa.org](mailto:megan.onstott@swimrsa.org)
- Gavin Spake, Head Age Group Coach [gavin.spake@swimrsa.org](mailto:gavin.spake@swimrsa.org)
- Brent St.Pierre, Head Coach [brent.stpierre@swimrsa.org](mailto:brent.stpierre@swimrsa.org)

**For Questions About 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. Note the RSA office is open Monday through Thursday from 10:00 am to 2:00 pm.

**Thank you for considering Raleigh Swimming Association.**

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**A TENTATIVE PRACTICE SCHEDULE FOR 2017-2018 IS LOCATED ON THE FOLLOWING PAGE.**

## 2017-2018 Tentative Practice Schedule effective 9/05/2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Nova	5:30pm-6:30pm		5:00pm-6:00pm		5:30pm-6:30pm	12:30pm-1:30pm	
	(D) 5:15pm-5:30pm				(D) 5:15pm-5:30pm		
Dolphin	7:30pm-8:30pm	7:30pm-8:45pm	4:45pm-6:00pm	7:30pm-8:45pm	5:30pm-6:30pm	12:00pm-1:15pm	
		(D) 7:00pm-7:30pm		(D) 7:00pm-7:30pm			
Mackerel	7:45pm-9:00pm	7:15pm-8:30pm	7:45pm-9:00pm	7:15pm-8:30pm	7:45pm-9:00pm	10:45am-12:00pm	
	(D) 7:15pm-7:45pm		(D) 7:15pm-7:45pm		(D) 7:15pm-7:45pm		
Wahoo	6:30pm-8:00pm	6:00pm-7:30pm	6:00pm-7:30pm	6:00pm-7:30pm	6:30pm-8:00pm	11:00am-12:30pm	
		(D) 5:30pm-6:00pm		(D) 5:30pm-6:00pm		(D) 10:30am-11:00am	
Barracuda	6:00pm-7:45pm	5:30pm-7:15pm	6:00pm-7:45pm	5:30pm-7:15pm	6:00pm-7:45pm	9:00am-10:45am	
		(D) 5:00pm-5:30pm		(D) 5:00pm-5:30pm		(D) 10:45am-11:15am	
Cobia	7:15pm-9:00pm	7:15pm-9:00pm	7:15pm-9:00pm	7:15pm-9:00pm	7:15pm-9:00pm	10:45am-12:30pm	8:00am-10:00am
		(D) 6:30pm-7:00pm		(D) 6:30pm-7:00pm		(D) 10:15am-10:45am	
PreSenior	4:00pm-6:00pm	4:00pm-6:00pm	4:00pm-6:00pm	4:00pm-6:00pm	4:00pm-6:00pm	9:00am-11:00am	8:00am-10:00am
	(D) 6:15pm-6:45pm		(D) 6:15pm-6:45pm		(D) 6:15pm-6:45pm		
Senior Silver	3:00pm-4:00pm	3:00pm-4:00pm	3:00pm-4:00pm	3:00pm-4:00pm	3:00pm-4:00pm	7:00am-9:00am	8:00am-10:00am
	(D) 4:00pm-4:30pm		(D) 4:00pm-4:30pm			(D) 9:15am-10:15am	
*Senior Silver AM	5:00am-6:30am	5:00am-6:30am	5:00am-6:30am	5:00am-6:30am	5:00am-6:30am		
Senior Gold	3:30pm-5:30pm	3:30pm-5:30pm	3:15pm-5:00pm	3:30pm-5:30pm	3:30pm-5:30pm	7:00am-9:00am	8:00am-10:00am
	(D) 5:45pm-6:15pm		(D) 5:15pm-6:15pm		(D) 5:45pm-6:15pm	(D) 9:15am-10:15am	
*Senior Gold AM	5:00am-6:30am	5:00am-6:30am	5:00am-6:30am	5:00am-6:30am	5:00am-6:30am		
Tarpon (start 9/11/17)	2:00pm-2:45pm early		2:00pm-2:45pm early				
	5:00pm-5:45pm late		5:00pm-5:45pm late				
	6:00pm-6:45pm evening		6:00pm-6:45pm evening				
Sea Star		6:00pm-6:45pm		6:00pm-6:45pm		11:00am-11:45am	
Jack	5:30pm-6:30pm		7:45pm-8:45pm		7:30pm-8:30pm	12:30pm-1:30pm	
	(D) 5:00pm-5:30pm					(D)12:00pm-12:30pm	
Mako 1	7:45pm-9:00pm		7:45pm-9:00pm		7:45pm-9:00pm		
	(D) 7:15pm-7:45pm		(D) 7:15pm-7:45pm		(D) 7:15pm-7:45pm		
Mako 2		7:15pm-8:30pm		7:15pm-8:30pm		10:45am-12:00pm	
		(D) 6:30pm-7:00pm		(D) 6:30pm-7:00pm		(D) 10:15am-10:45am	
Blackfin	3:00pm-4:00pm	3:00pm-4:00pm	3:00pm-4:00pm	3:00pm-4:00pm	3:00pm-4:00pm	7:45am-9:00am	
	(D) 4:00pm-4:30pm		(D) 4:00pm-4:30pm		(D) 4:00pm-4:30pm		

Senior Silver should attend one senior practice and one presenior practice weekly, coordinated by the SS lead coach. All 3:00pm-4:00pm practices are sprint practices.

Please note the practice is subject to change, based on season, taper and meet schedules. (rev.6/11/17)