



Raleigh Swimming Association

www.swimrsa.org

Welcome to Raleigh Swimming Association's Swim Team!

The 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. Since then, RSA has trained a competitive swim team, striving to assist young student-athletes in reaching their full potential. 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. Our stroke progressions allow athletes to build upon mastered skills. Our program goal is to provide student athletes with the tools necessary to succeed as senior swimmers. RSA's program is designed to give every athlete the chance to swim in college, if desired, and to use swimming to enhance the college experience.

RSA Practice Facility

RSA trains primarily 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. Our athletes also train at North Carolina State University.

New Athlete Evaluations

New athletes should be evaluated for group placement by our coaching staff. Evaluations are offered to make sure that athletes are placed in the appropriate group. Evaluations can be scheduled by emailing eval@swimrsa.org.



Raleigh Swimming Association

www.swimrsa.org

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

Coach Brent St. Pierre became the Head Coach of RSA in April of 2013. Coach Brent is a former RSA swimmer, a graduate of Cardinal Gibbons High School and an alumni of East Carolina University. Coach Brent began his coaching career at his alma mater, East Carolina, serving as assistant coach from 1994-1997. He left East Carolina to coach for ten years at CCA of Roanoke, VA. and for six years with the NOVA swim club in Northern Virginia. Some career highlights include: 2005, 2009, 2010, 2012 Virginia Swimming Senior Coach of the Year; 2004 Virginia High School Coach of the Year for Independent Schools; Conference Champions at ECU 1994-1997. Brent and his wife, Babette, an Athens Drive High School graduate, have three children: Christopher, Andrew and Maddie.

Mike Joyce, Head Age Group Coach

Coach Mike joined RSA in April of 2013 and was named Head Age Group Coach in July of 2013. He has worked as an Elite and Age Group Coach at the Gator Swim Club under the tutelage of U.S. Olympic Coach Gregg Troy. Coach Mike also interned with the Director of Swimming at the University of Florida from 2011-2012. Coach Mike swam for the University of Florida from 2007-2011 and was both a High School and NCAA Division I All-American swimmer.

Jasmine Brown, Coach

Coach Jasmine has been a coach for six years with the Sunset Ridge Swim Team. She was a Junior Coach for three years, an Assistant Coach and served as the Assistant Head Coach for the past two summers. She swam for the Barracudas for seven years and was a member of the Holly Springs High School varsity swim team for four years. Coach Jasmine graduated from NC State University this past December with a degree in Business Administration.

Kelsey Liu, Coach

Coach Kelsey Liu joined RSA in the summer of 2014 after graduating from NC State University. Kelsey swam for Rockville Montgomery Swim Club from 2008-2010 and for NC State from 2010-2014. She is a two-time 200 Breaststroke record holder at NC State and a Senior National Qualifier.



Raleigh Swimming Association

www.swimrsa.org

New Program for the 2014-2015 Season!

Wahoo Swim Academy

RSA is excited to introduce our new lesson program, Wahoo Swim Academy. This program has two tracks: Wahoo Direct and Swim Express. Wahoo Direct provides lessons that help children learn how to swim the right way, the first time. Lessons are offered in classes of one to two (private or semi-private) for children who are just learning to swim. As a child progresses into learning strokes, a small group setting (no more than five in a group) will be provided. This low instructor to athlete ratio ensures that your swimmer will receive the best instruction available. SwimExpress provides group lessons that help swimmers to learn quickly and effectively. In just four days of hour-long lessons, participants learn a number of new skills. In two to three sessions of lessons, participants can learn how to swim independently.

Check on RSA's website for updates on when to sign up for our newest program! If you are interested in registering for one of the Wahoo Swim Academy programs offered by RSA, please visit, www.wahooswimacademy.org

2014 – 2015 Competitive Track Practice Groups

Novas

Novas are the entry-level competitive group for RSA. The Novas group is capped at 35 athletes and includes athletes as young as 5 and as old as 9. Typically, Novas have four practice opportunities each week with dryland exercise twice a week for fifteen minutes. Of these opportunities, it is recommended that Novas attend two to three practices each week. Water time for Novas is one hour per practice. In order to maximize stroke instruction within the group, RSA strives to maintain a coach to swimmer ratio of 1 to 10, if not lower. The overall goal of the Nova group is to build swimmer technique and introduce swimmers to competitive swimming.

Dolphins

Dolphins are the second level within RSA's competitive programming track. The Dolphin group is capped at 35 athletes and includes athletes ages 8 to 11. Dolphin practice is offered six times weekly with thirty minute dryland practices twice each week. Of these six practices, it is recommended that Dolphins attend three to five practices a week. The Dolphin group gets one hour and fifteen minutes of water time for each practice. The swimmer-coach ratio in this group is maintained at 1 coach for every 14 athletes. This facilitates the ability for lead coaches to form multiple sub-groups within Dolphins to optimize instruction for athletes of various skill levels and needs in the group. The overall goal of the Dolphin group is to transition swimmers from 10 and under to 11-12 competition.



Raleigh Swimming Association

www.swimrsa.org

Wahoos

Wahoos are the third level of the competitive swimming track at RSA. The Wahoo group is capped at 32 athletes. This group includes athletes ages 9 to 12, and practices a total of six times each week. It is recommended that Wahoos attend at least four practices each week. Water time for Wahoos is one hour and thirty minutes per practice. Dryland exercise for Wahoos is offered three times each week for **thirty** minutes each session. Wahoos encompasses a large age overlap with the Dolphin group, but involves a higher level of intensity and skill than Dolphins. The coach to swimmer ratio in this group will be maintained at 1 coach per 16 athletes to ensure that each athlete gets adequate technique attention. Overall, the goal of Wahoos is to provide tailored training to the more advanced age group swimmers.

Barracudas

Barracudas are the fourth level of competitive swimming at RSA. This group practices six times each week. It is recommended that athletes attend five practices during most weeks throughout the year. Water time for Barracudas is one hour and forty-five minutes per practice with dryland offered three times a week for thirty minutes each. This group is limited to 25 athletes, typically ranging in age from 11 to 13 years old. Similar to Wahoos, this group has a large age overlap with Wahoos, but has a higher skill level than Wahoos. With that in mind, Barracudas involve a higher level of intensity than previous competitive groups. 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.

PreSenior

PreSeniors are the fifth level of competitive swimming at RSA. This group offers seven practices each week and it is recommended that a minimum of five practices be attended each week. To ensure reasonable lane capacity, the PreSenior group is capped at 25 athletes. Water time for this group is two hours each day with thirty minutes of dryland three days each week. Swimmers in this group are between the ages of 12 and 14, and are highly committed to swimming. PreSenior practices typically encompass an intensity similar to that of a Senior practice. The goal of the PreSenior group is to prepare athletes to move into the Senior Group upon the completion of their 9th Grade year.

Senior

The RSA Senior Group is the elite training group within RSA. Senior practices introduce race specific training, offer high intensity workouts, and are coached by the Head Coach. Athletes in this group are required to be in high school, and are typically 14 years old, or older. Practices are offered eleven times each week with the expectation that seven of those practices will be attended. To ensure optimum practice space, the group is capped at 30 athletes. Water time for Seniors is at least two hours each day with dryland offered four times a week for one hour per session. The overall goal of the senior group is to facilitate the growth of swimmers to their maximum potential. Athletes in the Senior Group are highly committed to swimming and are expected to act as role models for the entire swimming program at RSA.



Raleigh Swimming Association

www.swimrsa.org

2014-2015 Preparatory Track Groups

Sea Stars

Sea Stars are the entry-level group for competitive and preparatory 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. Coaches get in the water to provide 'hands on' instruction to athletes. Practices are forty-five minutes long and are offered three times per week. The goal of Sea Stars is to create a life long love of swimming and to prepare athletes to move to the next level of swimming.

Junior Prep

Junior Prep is the second level of preparatory track swimming at RSA. This group is for athletes between the ages of 8 and 11 who want to swim throughout the year, but may want to take time off during holidays or other sports. The group is capped at 35 athletes. Meet participation is encouraged in Junior Prep, but is optional. Practices for this group are offered four times a week with an hour of water time. The overall goal of this group is to promote good swimming technique, health, and swimming as a life-long exercise. If desired, it is possible to move athletes from this group into an appropriate competitive group.

Middle School Prep

Middle School Prep is the third level of preparatory track swimming at RSA. This group is for athletes between the ages of 11 and 13 and is capped at 35 athletes. Meet participation is encouraged in Middle School Prep, but is optional. Practices for this group are offered three times each week with one hour and fifteen minutes of water time and thirty minutes of dryland exercise after each practice. The primary goal of this group is to promote good swimming technique, health, and swimming as a life-long exercise. When possible, it is desirable to move athletes from this group into an appropriate competitive group.

High School Prep

The High School Prep is the preparatory alternative to the Senior Group and is the fourth level of preparatory swimming at RSA. The group can have up to 25 swimmers. All athletes in this group are required to be in high school, and are typically at least 14 years of age. Meet participation is encouraged in High School Prep, but is optional. Practices are offered five times a week with 1 hour and 30 minutes of water time for each practice as well as 30 minutes of dryland three times a week. This group is ideal for swimmers that want to stay in shape for the high school swimming season, but are not interested in the commitment level of the Senior group.



Raleigh Swimming Association

www.swimrsa.org

2014-2015 Financial Information

Registration

To register with RSA's swim team, please use the online registration tool located on the home page of our website, www.swimrsa.org. Proof of date of birth is required for new athletes only. After completing the online registration process, please mail a copy of each athlete's birth certificate or passport to RSA at P. O. Box 488, Cary NC 27512 or send it via email to finances@swimrsa.org. The registration fee and proof of date of birth must be received before the athlete can participate.

The registration fee is \$150 for the first athlete in each family, \$135 for each additional athlete. The registration fee includes USA Swimming registration and insurance, USA Diving registration and insurance, red RSA swim cap, RSA group practice cap and a RSA team t-shirt.

Dues

Dues are assessed on a monthly basis. If a family has two athletes, the lower of the athletes' dues receive a 20% discount. For families with three athletes, the lowest of the athletes' dues receives a 40% reduction, the second lowest receives a 20% due reduction, and the third must be paid in full. Monthly dues for all groups are payable on the first day of each month. Dues are considered past due if not received by the 20th of each month. A late fee of \$25 will be assessed on past due accounts each month. Athletes will be withheld from participation if the account becomes more than sixty (60) days past due.

Note: Dues are now assessed on a monthly basis for 12 months out of the year.

Fundraising Requirement

In order to facilitate the growth of and expansion of RSA, as well as assist in retiring debt for our facility, there is a fundraising requirement for each athlete.

For competitive track athletes, the fee is assessed annually. For competitive track families who are new to RSA, the fundraising requirement is \$600 for the first athlete and capped at \$800 for families with two or more athletes. For competitive track families returning to RSA (families who were members of the 2013-2014 RSA team prior to June 1, 2014), the fundraising requirement is \$200 for the first athlete and capped at \$400 for families with two or more athletes..

The fundraising requirement is assessed quarterly for preparatory track athletes according to the schedule provided with the dues and fundraising breakdowns.

Note there are a minimum of five fundraising opportunities for families to earn credits toward the fundraising requirement, for example: 5K, Fall Product Sale, Spring Product Sale, Swimathon and Legacy Auction. While additional fundraising is appreciated, credit is not applied for fundraising in excess of the requirement.



Raleigh Swimming Association

www.swimrsa.org

Meet Entry Fees

Meet entry fees are included in the monthly statement if an athlete is entered in a swim meet. An athlete must withdraw (scratch) from the meet by the entry deadline via the Team Unify System on our website (swimrsa.org). 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.

Prior to August 25, 2014, each competitive track athlete is required to make a \$100 payment to the meet escrow account. This payment must be a check made payable to RSA or cash. Please mail to the attention of Loretta Powell, RSA, PO Box 488, Cary NC 27512. These 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 or refunded to the athlete.

Late Fees

A late fee of \$25.00 will be assessed on past due accounts monthly until the account is paid. Athletes will not be allowed to participate in any part of the program including swim practice, swim meets, or other team activities if the account exceeds sixty (60) days past due.

Early Withdrawal

A preparatory athlete who wishes to withdraw must notify the Office Manager, Loretta Powell, at (finances@swimrsa.org) by the 20th of the month prior to the last month the athlete intends to swim in order of the intent to withdraw (i.e. by June 20th, to withdraw for the month of July). Any unearned portion of the fundraising requirement will be due with the final dues and fees reconciliation at the time of withdrawal.

A competitive track athlete who wishes to withdraw must provide a written Early Withdrawal notice to the RSA Board of Directors (board2013@swimrsa.org). Once this notice is provided, the athlete forfeits the right to practice or compete with RSA. The current and upcoming month's tuition must be paid, in addition to any unearned portion of the fundraising requirement. For example, if a Nova athlete wishes to withdraw after 4 months of swimming then the family must pay 2 months of dues and the remainder of the fundraising requirement.

Group Movement

Group placement is determined by the coaching staff and is based on a number of considerations. These considerations include, but are not limited to: age, physical maturity, social maturity and ability. Families will be notified of any coach recommended group change. E-mail communication will follow with a new financial agreement form indicating changes to the fee structure. A group change will require parent/legal guardian approval prior to move finalization.



Raleigh Swimming Association

www.swimrsa.org

Monthly Dues for 2014-2015

Please note that 2014-2015 dues will be billed for 12 months at the rates shown below.

	Group	Total Annual Dues	Monthly Payment	2nd Child (80%)	3rd Child (60%)
Competitive	Novas	\$1500.00	\$125.00	\$100.00	\$75.00
	Dolphins	\$1740.00	\$145.00	\$116.00	\$87.00
	Wahoos	\$1860.00	\$155.00	\$124.00	\$93.00
	Barracudas	\$2040.00	\$170.00	\$136.00	\$102.00
	Pre-Senior	\$2400.00	\$200.00	\$160.00	\$120.00
	Senior	\$2820.00	\$235.00	\$188.00	\$141.00
Preparatory	Sea Stars	-	\$105.00	\$84.00	\$63.00
	Junior Prep	-	\$135.00	\$108.00	\$81.00
	Middle School	-	\$165.00	\$132.00	\$99.00
	High School Prep	-	\$205.00	\$164.00	\$123.00

Fundraising Requirement for 2014-2015

The grid below reflects the quarterly amounts due for early withdrawal from the preparatory program. The full amount noted for a quarter is due if an athlete participated in the program during any portion of the quarter. Please read the early withdrawal policy for more information

Competitive Family Fundraising Requirement		
	1 Athlete	2+ Athletes
Returning	\$200.00	\$400.00
New	\$600.00	\$800.00

Returning Prep Family Fundraising Requirement				
Athletes	10-12 Months	7-9 Months*	4-6 Months*	1-3 Months*
1	\$200.00	\$150.00	\$100.00	\$50.00
2+	\$400.00	\$300.00	\$200.00	\$100.00

New Prep Family Fundraising Requirement				
Athletes	10-12 Months	7-9 Months*	4-6 Months*	1-3 Months*
1	\$600.00	\$450.00	\$300.00	\$150.00
2+	\$800.00	\$600.00	\$400.00	\$200.00



Raleigh Swimming Association

www.swimrsa.org

2014-2015 Sample Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday*
Novas	5:00-6:00pm (D) 6:00-6:15		5:00-6:00pm (D) 6:00-6:15		5:00-6:00pm	11:15-12:15pm	
Dolphins	7:00-8:15pm	5:30-7:00pm (D) 5:00-5:30	7:00-8:15pm	5:30-7:00pm (D) 5:00-5:30	7:00-8:15pm	11:00-12:15pm	
Wahoos	6:00-7:30pm	6:30-8:00pm (D) 6:00-6:30pm	6:00-7:30pm	6:30-8:00pm (D) 6:00-6:30pm	5:30-7:00pm	10:30am-12:30pm (D) 10:00-11:00am	
Barracudas	6:00-7:45pm	6:00-7:45pm (D) 5:30-6:00pm	6:00-7:45pm	6:00-7:45pm (D) 5:30-6:00pm	6:00-7:45pm	9:30-11:15am (D) 9:00-9:30am	
Pre-Senior	4:00-6:00pm (D) 6:15-6:45pm	4:00-6:00pm	4:00-6:00pm (D) 6:15-6:45pm	4:00-6:00pm	4:00-6:00pm (D) 6:15-6:45pm	9:00-11:00am	1:00-3:00pm
Senior AM		5:00-6:30am		5:00-6:30am			
Senior	3:30-5:30pm (D) 5:45-6:45pm	3:30-5:30pm	3:30-5:30pm (D) 5:45-6:45pm	3:30-5:30pm	3:30-5:30pm (D) 5:45-6:45pm	7:00-9:00am (D) 9:15-10:15am	1:00-3:00pm
Sea Star	5:30-6:15pm		5:30-6:15pm		5:30-6:15pm		
Junior Prep	7:00-8:00pm		7:00-8:00pm		7:00-8:00pm		
MS Prep		5:00-6:15pm (D) 4:30-5:00		5:00-6:15pm (D) 4:30-5:00		10:15-11:30am (D) 11:30-12:00pm	
HS Prep	3:30-4:30pm (D) 4:30-5:00pm	3:30-4:30pm (D) 4:30-5:00pm	3:30-4:30pm (D) 4:30-5:00pm	3:30-4:30pm (D) 4:30-5:00pm	3:30-4:30pm (D) 4:30-5:00pm	9:30-11:00am	

*Sunday Practices will be offered from 1-3pm for Pre-Seniors and Seniors at the discretion of the coaching staff

(D) – Dryland