



Raleigh Swimming Association

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

- Sonner is conveniently located near Crossroads Mall, just off I-440, at 1013 Jones Franklin Road in Raleigh, 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, NC.
- O.T. Sloan is located at 1420 Bragg Street in Sanford, NC (select summer weekends only).
- Triangle Aquatic Center at 275 Convention Drive in Cary, NC (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. Please email eval@swimrsa.org to schedule an evaluation or to inquire about the evaluation process.

Individual evaluations are conducted at the Sonner Aquatic Facility (1013 Jones Franklin Road, Raleigh, NC 27606) and at Sunset North (215 Kingsport Road in Holly Springs, NC 27540) throughout the year.

Practice Group Placement Philosophy

Many factors influence group placement: some can be explained easily, 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 the athlete attend practice?
 - How frequently does the athlete participate in meets?
 - How does the athlete prioritize swimming 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 seven and as old as nine years old. Typically, Nova athletes have *four practice opportunities each week with dryland training *twice a week for fifteen minutes. The coaching staff recommends that a Nova athlete attend at least 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 32 athletes and includes athletes ages 8 to 10. Dolphin practice is offered *five times weekly with thirty minutes of dryland training *twice weekly. The coaching staff recommends 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 goals of the Dolphin group are to continue refining technique, as well as to have fun and enjoy the sport of swimming.

Wahoo Practice Group

The Wahoo group is capped at 30 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 to five practices each week. Water time for the Wahoo group is one hour and fifteen minutes or one hour and thirty minutes per practice. Dryland training for the Wahoo group is offered *two times each week for thirty minutes each session.

The goals of the Wahoo group are to provide tailored training to the more advanced age group athlete and to transition athletes from 10 and under to 11-12 competition.

Mackerel Practice Group

The Mackerel group includes athletes between the ages of 11 and 13, *in middle school*, and is capped at 26 athletes. Mackerel practice is offered *six times weekly with thirty minutes of dryland training *two times weekly. The coaching staff recommends that Mackerel athletes attend four to five 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 10 and Under practice groups. 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 offers *six practices weekly. The coaching staff recommends 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 training offered *three times a week for thirty minutes each. This group is capped at 32 athletes, typically ranging in age from 11 to 13 years old.

Barracuda has a large age overlap with several groups, but requires the highest skill level. In this group, athletes learn how to train while focusing on good stroke mechanics and developing their fifth stroke, underwaters. This is a high intensity workout that focuses on precise details of every stroke and race strategies.

The prerequisite for the Barracuda group is a USA Swimming 10 and Under BB time in at least one stroke. 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 *six practices weekly. The coaching staff recommends that athletes attend four to 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. Dryland training is offered *three times a week for thirty minutes each session with the expectation that athletes will attend at least two dryland sessions. This group is capped at 24 athletes, typically ranging in age from 13 to 15 years old.

In this group, athletes learn to train for higher level swimming, honing good stroke mechanics, developing a good aerobic base, and developing good race details.

The prerequisite for the Cobia group is USA Swimming 11-12 B times in at least two events and an 11-12 BB time in at least one event. The goal of this group is to prepare athletes to compete in the 13-14 age group and to move into the PreSenior or Senior Silver group.

PreSenior Practice Group

Athletes in the PreSenior group are 13-15 years old. Practices for the PreSenior group are offered *six times weekly. The coaching staff recommends that athletes attend five to six practices during most weeks of the year. Water time for this group is an hour and forty-five minutes. In addition, dryland training is offered *three times weekly: two sessions of thirty minutes and one session of forty-five minutes. The PreSenior group is capped at 32 athletes.

Intensity is increased, but technique remains an integral part of the training. Technique work is focused largely on precise parts of any the strokes. Additional yardage, specific race work and volume training are introduced. Training focuses on learning how to race every event and introduces longer races. Pace is emphasized.

The prerequisite for the PreSenior group is a USA Swimming 11-12 BB time in at least two events. The goals of the PreSenior group are to enable athletes to compete at the North Carolina Swimming Age Group Champs and to prepare for Senior level competition and training.

Senior Silver Practice Group

Senior Silver practices focus on building confidence in training and in racing and on the discipline of good practice habits, good stroke mechanics, and quality of practice. Athletes in this group are in high school. Practices are offered *ten times weekly with the expectation that seven of those practices will be attended, including one double. The group is capped at 30 athletes. Water time for the Senior Silver group includes morning and afternoon practice opportunities. Water time varies from ninety minutes to two hours per practice. Dryland training is offered *three times weekly: *two sessions of forty-five minutes and *one session of sixty minutes. The expectation is that athletes will attend three dryland sessions weekly.

Athletes will learn the championship mindset, including nutrition, prehab and rehab to build strength and mobility.

The prerequisite for the Senior Silver group is a North Carolina Swimming 13-14 Age Group cut or a USA Swimming 13-14 A and/or BB times in multiple events. The overall goal of the Senior Silver group is to prepare athletes for the longevity of the sport by facilitating the growth of athletes to their maximum potential, including Senior Champs, Senior Sectionals and higher level national meets. 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 is the most elite practice group at RSA. Athletes in this group are in high school by the start of the swim year. Practices are offered *ten times weekly with the expectation that seven or more of those practices will be attended, including one double. The group is capped at 30 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) per practice. Dryland training is offered *three times weekly: *two sessions of forty-five minutes and *one session of sixty minutes. The expectation is that athletes will attend three dryland sessions weekly.

Senior Gold practices hone in on race specific training and offer high intensity workouts. Athletes will develop high level training techniques such as heart rate zones and race pace efforts. Athletes are expected to take their time away from the pool more seriously (i.e., sleep, nutrition, and recovery). The focus of this group is on strength and power development.

The prerequisite for the Senior Gold group is a North Carolina Swimming Senior Champs cut in at least one event. The overall goal of the Senior Gold group is to facilitate the growth of athletes to their maximum potential and prepare them for the next steps of their lives post high school swimming. 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: Tarpon T, TH 2:00pm; Tarpon M, W 5:00pm; and Tarpon T, TH 6:00pm

Tarpon is a preschool entry-level group for swimming at RSA. This group is designed to teach 3 to 5 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 8-16 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 designated intrasquad 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. There are **three different practice groups** within the Tarpon group: Tarpon T, TH 2:00pm; Tarpon M, W 5:00pm; and Tarpon T, TH 6:00pm.

Seahorse Practice Group : Seahorse Early and Seahorse Late

Seahorse is a school-aged entry-level group for swimming at RSA. This hybrid group aims to teach 5 and 6 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.

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 SeaStar practice group. Seahorse Early and Seahorse Late are **two different practice groups** within the Seahorse practice group.

SeaStar Practice Group: SeaStar Early and SeaStar Late

SeaStar is a school-aged entry-level group for swimming at RSA. This group aims to teach 6 and 7 year-old athletes how to properly swim the four competitive strokes. Since technique is the primary focus, each subgroup is capped at 14 athletes with a low coach to staff ratio of 1 coach per 7 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 Nova or Jack 1 practice groups. SeaStar Early and SeaStar Late are **two different practice groups** within the SeaStar practice group.

Sonner Practice Groups: Monthly Commitment

Jack Practice Group: Jack 1 and Jack 2

Jack is the monthly commitment group for **elementary school athletes**, athletes primarily between the ages of 8 and 11 years old, who want to swim throughout the year, but may want to take time off during holidays or for other sports. Jack 1 and Jack 2 are **two different age subgroups** within the Jack practice group.

Jack 1 is for athletes in the second or third grade, primarily eight and nine years old. **Jack 2 is for athletes in the fourth or fifth grade**, primarily nine to eleven years old. Each subgroup is capped at 18 athletes. Practices for this group are offered *four times a week with an hour of water time. Fifteen minutes of dryland training is offered *two times weekly.

Note kindergarteners and first graders are not eligible for the Jack group.

Meet participation is encouraged for the Jack group. 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 17 athletes. Athletes are typically 11-14 years old. Practices for this group are offered *four times weekly with one hour and fifteen minutes of water time and thirty minutes of dryland training *two times weekly. The coaching staff recommends that Mako athletes attend at least three practices a week.

Meet participation is encouraged for athletes in the Mako group. 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 Afternoon and Blackfin Evening

Blackfin is the monthly commitment group for **high school athletes**. Blackfin Afternoon is capped at 12 athletes; Blackfin Evening is capped at 20 athletes. Practices are offered *five times per week with an hour of water time per practice and thirty minutes of dryland training *twice weekly.

Meet participation is encouraged for the Blackfin group, especially those planning to swim for their high school teams. This group is ideal for swimmers who are not interested in the commitment level of the Senior groups (Gold, Silver or Onyx) and want to improve their skills for the high school swimming season OR other athletes who want to cross-train during their chosen sport's offseason or maintain a high fitness level.

The overall goals of this group are to promote good swimming technique, prepare the athletes for high school swimming, and promote a life-long love of swimming. Blackfin Afternoon and Blackfin Evening are **two different practice groups** within the Blackfin practice group.

RSA at Sunset Practice Groups: Annual Commitment

Some of RSA's groups train primarily at our satellite location at Sunset Ridge North in Holly Springs. These groups provide training for all swimming levels from 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 athlete. Practice groups remain peer based within our Practice Group Placement Philosophy. Both annual and monthly commitment practice groups are offered.

Bowfin Practice Group

Bowfin is a practice group for eleven to thirteen year olds and is capped at 38 athletes. Practices for this group are offered *six times weekly, typically with an hour and thirty minutes to an hour and forty-five minutes of water time. In addition, thirty minutes of dryland training is offered *twice weekly. The coaching staff recommends that Bowfin athletes attend four to five practices a week. Intensity is increased from the Bluegill and Swordtail groups, 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 heart rate training and more advanced interval training.

The prerequisite for the Bowfin group is a minimum of one USA Swimming 10 and Under BB time. The goals of this group are to promote good swimming technique, prepare the athletes to compete at North Carolina Swimming's Age Group Champs, increase the athlete's fitness level and foster a life-long love of swimming.

Redtail Practice Group

Redtail athletes are 13 to 15 years old. Practices for the Redtail group are offered *six times weekly. The coaching staff recommends that athletes attend a minimum of five practices weekly. Water time for this group is an hour and forty-five minutes. In addition, dryland training is offered *three times weekly: two sessions of thirty minutes and one session of forty-five minutes. The group is capped at 32 athletes.

In the Redtail group, intensity is increased, but technique remains an integral part of the training. Technique work is focused largely on precise parts of any the strokes. Additional yardage, specific race work and volume training are introduced. Training focuses on learning how to race every event and introduces longer races. Pace is emphasized.

The prerequisite for the Redtail group is at least one USA Swimming 11-12 BB time. The goals of the Redtail group are to enable athletes to compete at North Carolina Swimming's Age Group Champs as a 13-14 and to prepare for Senior level competition and training.

Senior Onyx Practice Group

The Senior Onyx group offers the highest intensity training at the Sunset site.

Athletes in this group are in high school. Practices are offered *nine times weekly with the expectation that six of those practices will be attended. The group is capped at 32 athletes. Water time for the Senior Onyx group includes morning and afternoon practice opportunities. Water time varies from ninety minutes to two hours per practice. Dryland training is offered *two times weekly for sixty minutes per session.

The prerequisite for the Senior Onyx group is a minimum of one USA Swimming 13-14 A time or a USA Swimming 13-14 BB time in at least two strokes. The overall goals of the Senior Onyx group are to facilitate the growth of swimmers to their maximum potential, to enable the athletes to qualify for North Carolina Swimming Senior Champs, and to prepare for Senior level swimming. Like Senior Gold and Senior Silver athletes, athletes in the Senior Onyx group are highly committed to swimming and are expected to act as role models for the entire swimming program at RSA.

RSA at Sunset Practice Groups: Introductory Groups: Monthly Commitment

Minnow Practice Group: Minnow Early and Minnow Late

Minnow is a school-aged entry-level group for swimming at RSA. This group is designed to teach athletes who are six to eight 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 16 and caps each subgroup at 16. 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. Minnow Early and Minnow Late are **two different practice groups** within the Minnow practice group.

RSA at Sunset Practice Groups: Monthly Commitment

Sunfish Practice Group

Sunfish is a monthly commitment practice group for **elementary school athletes**, eight to ten years old, who are new or in their first few years of year-round swimming. The group is capped at 32 athletes. *Four practices are offered weekly with an hour to an hour and fifteen minutes of water time, as well as fifteen minutes of dryland training *twice weekly. The coaching staff recommends that a Sunfish athlete attend three to four practices each week.

The goals of this group are to transition athletes from 8 and Under competition to 9-10 competition while focusing on improving technique, as well as to have fun and enjoy the sport of swimming.

Bluegill Practice Group

Bluegill is a monthly commitment practice group for **elementary school athletes**, primarily nine to eleven years old. The group is capped at 32 athletes. *Five practices are offered weekly; practice length is one hour and fifteen minutes to one hour and thirty minutes per practice. In addition, thirty minutes of dryland training is offered *twice weekly. The coaching staff recommends that Bluegill athletes attend three to four practices a week. Technique work and yardage are increased as athletes prepare for the next level.

Meet participation is encouraged for the Bluegill group. 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.

Swordtail Practice Group

Swordtail is a monthly commitment practice group for **middle school athletes** and is capped at 32 athletes. Practices for this group are offered *five times weekly, typically with an hour and fifteen to an hour and thirty minutes of water time. In addition, thirty minutes of dryland training is offered *twice weekly. The coaching staff recommends that Swordtail athletes attend at least three practices a week.

Intensity is increased from the Bluegill group, but technique remains an integral part of training. 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 strongly encouraged. The goals of this group are to promote good swimming technique, prepare the athletes for the next level of swimming in Bowfin or Redtail, prepare for high school competition, 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 20 athletes per group. Practices are offered *five times per week with an hour of water time for each practice. An hour of dryland training is offered *weekly.

Meet participation is encouraged for the Bass group, especially those planning to swim for their high school teams. This group is ideal for swimmers who are not interested in the commitment level of the Senior groups (Gold, Silver or Onyx) 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 for groups 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 build power, increase mobility, prehab and rehab, increase speed and stroke rate, and improve distance per stroke.

The majority of dryland instruction for the 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 in all of RSA's practice groups except the introductory groups. Additional dryland equipment is housed at Sunset North for the RSA at Sunset athletes.

Athletes must wear a shirt, pants (shorts, sweatpants, etc.) and shoes to participate in dryland. No crocs, slides, sandals or flip-flops are allowed. Athletes will not be allowed to participate in dryland if they do not have the proper attire.

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, Redtail, Senior Onyx, Senior Silver, and Senior Gold practice groups are expected to participate in an additional facility service activity.**

Financial Information

Enrollment

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 \$135.00 at the time of enrollment for early-bird enrollment (prior to July 5th) or an Enrollment Fee of \$150.00 on or after July 5th, 2025. **The Enrollment Fee is not refundable.**

If your athlete is transferring from another team, please complete the transfer information in your athlete's USA Swimming membership account. This information is required by USA Swimming and must be received to complete the enrollment process. You will find this option on the landing page after signing into the membership account.

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

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 are viewable in your RSA account. Summaries are generally accurate by the 28th of the month for the invoice processing on the 1st of the following 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 + \$.30. For every ACH transaction, TeamUnify/SportsEngine charges a fee of a \$1.25.

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. 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.

Monthly Dues

Dues are assessed on a monthly basis and payable eleven months of the year (no August dues 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 15th of the swim year. **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.

Fees In Addition to Dues

USA Swimming Membership Fee:

USA Swimming membership is required for all RSA swim team athletes except Tarpons.

RSA will register athletes with USA Swimming. The member account will be billed \$81.00 for the athlete's registration. In some cases, parents/guardians may be required to register their children directly with USA Swimming. In these cases, RSA will facilitate the process with a direct link and any other assistance that may be needed.

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 (www.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. 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 charter coach 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 of whether the athlete's plans change later.

RSA develops budgets for travel meets and provides an estimate of the costs associated with the travel meet as soon as possible prior to the meet, generally no less than sixty (60) days in advance of the meet.

Capital Improvements/Reserves Fee:

To prepare for large scale costs identified in the Reserve Study, each athlete is charged a monthly Capital Improvements/Reserves Fee of \$15.00. The fee is not charged to monthly athletes during leave months. **Note Tarpon athletes are excluded from the Capital Improvements/Reserves Fee requirement.**

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. RSA reserves the right to assess a late fee of \$25.00 on accounts past due thirty (30) to fifty-nine (59) days. 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 (30) days in arrears. For accounts sixty (60) 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, and Museum of Art events. 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; September through July dues). 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.

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 \$191.00. Nova dues for May have already been paid. The Smith family will owe $\$76 + \$42 + \$191 = \309 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 billing@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 \$299.00 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 \$598.00. The Jones family will owe $\$76 + \$42 + \$598 = \716 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:

- Ethan Cooke, Head Coach ethan.cooke@swimrsa.org
- Ronnie Vaughan, Head Age Group Coach ronnie.vaughan@swimrsa.org
- John Hinton, Site Lead for the Bluffs john.hinton@swimrsa.org
- Laura Hubbard, Executive Director laura.hubbard@swimrsa.org

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

- Laura Hubbard, Executive Director 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.

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