

MOR Silver Stroke School



www.marlinsofraleigh.com

(919) 851-3000 Team Office

Weekend Group Swim Lessons

RAVENSCROFT SCHOOL LOCATION

PEACE COLLEGE LOCATION

Coordinator: Cara Cameron

E-mail Registration: coachcara45@aol.com

Phone: (919) 851-3000

Coordinator: Jonathan Watson

E-mail Registration: 01silversurfer@bellsouth.net

Phone: (919) 851-3000

Directions from I-440 Beltline: Head north on Falls of Neuse Road about 3 miles. After crossing Spring Forest Road go to the third traffic light and take a left onto Newton Rd. Travel two blocks and take a right into the side entrance of Ravenscroft School. Turn right at first turn. Park in the lot to the right near the football field and track. The Finley Center, which houses the pool, is the building you face when the football field is on your right. Enter through the side door at the top of the ramp and turn right to get to the pool door entrance. Parents are requested to sit in the balcony while lessons are being conducted.

Directions from South: Exit I-40 East at Exit 298A and take S. Saunders St. north through downtown Raleigh. Through town S. Saunders changes to McDowell St. and then becomes Capital Blvd. Once through the downtown area turn right onto the Peace Street exit and left at the bottom of the exit ramp. Travel about two blocks and turn left onto Halifax Street. 200 yards later, turn right into the gravel lot across the street from the tennis courts. When you enter the parking lot the pool building will be on your right. The pool entrance is on the opposite side of the building from the parking lot.

General Information/Class Description

LESSON PROGRAM

The Marlins of Raleigh's Silver Stroke School offers swim instruction from the beginner level to more advanced instruction in competitive swimming techniques. Each lesson consists of six 40-minute classes. The program is designed to be progressive, allowing students to move to a new level as they master skills, although a child may have to repeat a level before moving on to the next. Feel free to speak with your child's instructor or the site coordinator regarding your child's pro-

gress. Please refer to page two of this flyer for the exact dates and times of the lessons being offered. Classes fill quickly. To register, please complete the registration form on page 4, include a check for **\$60 per student** payable to **MOR** (Marlins of Raleigh), write your site preference on the envelope and mail to:

Silver Stroke School
Site: Peace or Ravenscroft
4900 Waters Edge Drive
Suite 200
Raleigh, NC 27606

INSTRUCTORS

The Silver Swim School employs experienced, caring and trained instructors who enjoy working with children. They will help your child to have a fun and educational introduction to swimming. Site coordinators, **Cara Cameron** and **Jonathan Watson**, have more than 50 years of combined swim instruction experience and have taught and coached area youth at all levels of ability. For information on other MOR aquatic programs, please visit our club website at www.marlinsofraleigh.com.

Class Descriptions

BEGINNER

Teaches children age 4-8 to be comfortable in the water. Basics of water safety and survival skills are taught. The class will focus on breathing skills and kicking while preparing to swim freestyle. Class size is limited to six students per class.

Class Time: 12:00-12:40pm (Peace)

Class Time: 12:30-1:10pm (Ravens)

ADVANCED BEGINNER

Teaches children ages 6-10 the basic skills to master freestyle, backstroke and breaststroke. Rhythmic breathing is emphasized. Students should be able to swim 15 yards of freestyle unaided to enter this level. Class size will be limited to six students per class.

Class Time: 12:50-1:30pm (Peace)

Class Time: 1:20-2:00pm (Ravens)

PRE-TEAM

Instructors of these students will have a goal of preparing the students for participation on a competitive swimming team. Technical instruction on starts, turns and stroke technique will be given for all four competitive strokes. Great class for summer league swimmers!

Class Time: 1:00-1:40pm (Peace)

Class Time: 1:20-2:00pm (Ravens)

Ravenscroft-Available Dates

October 2007							November 2007						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6					1	2	3
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	

December 2007							January 2008						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30	31		

February 2008							March 2008						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2							1
3	4	5	6	7	8	9	2	3	4	5	6	7	8
10	11	12	13	14	15	16	9	10	11	12	13	14	15
17	18	19	20	21	22	23	16	17	18	19	20	21	22
24	25	26	27	28	29		23	24	25	26	27	28	29
							30	31					

Ravenscroft School Site—Session Dates

Session 1—October 13-14, 20-21, 27-28

Session 2—November 3-4, 10-11, 17-18

Session 3—January 12-13, 19-20, 27, and Feb. 2

Session 4—February 9-10, 16-17, 23-24

Session 5—March 1-2, 8-9, 15-16

Peace-Available Dates

October 2007							November 2007						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6					1	2	3
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	

December 2007							January 2008						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30	31		

February 2008							March 2008						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2							1
3	4	5	6	7	8	9	2	3	4	5	6	7	8
10	11	12	13	14	15	16	9	10	11	12	13	14	15
17	18	19	20	21	22	23	16	17	18	19	20	21	22
24	25	26	27	28	29		23	24	25	26	27	28	29
							30	31					

Peace College Site—Session Dates

Session 1—October 6-7, 20-21, 27-28

Session 2—November 3, 10-11, 18, and Dec. 1-2

Session 3—January 12-13, 19-20, 26 and Feb. 3

Session 4—February 16-17, 23-24, and Mar. 1-2

Session 5—March 8-9, 15-16, 22-23

MOR Aquatic Programs

HOMESCHOOL PROGRAM

MOR offers a swim program for homeschooled children at Pullen Aquatic Center. The class meets Mondays and Wednesdays from 1:30-2:30pm. Each class concentrates on specific stroke instruction for children dealing with the four main strokes and the individual medley. Students participate as part of the regular Marlins of Raleigh Swim Team and may go to swim meets offered about once a month as team members. For the 2007-08 season, the homeschool group will swim from September through April. There is a deposit of \$115 per swimmer which covers swimmer's insurance through USA Swimming and two apparel items (swim cap and t-shirt). In addition there is a monthly fee of \$78.75 per month. If you are interested in this program, please contact Jonathan Watson at (919) 851-3000 or e-mail contact information to 01silversurfer@bellsouth.net.

MORRISVILLE SWIM PROGRAM

The Morrisville Community Center on Morrisville Parkway is the location for one of MOR's newest swim team groups. The Morrisville site offers swimmers age 10 and younger the opportunity to receive instruction in the four basic competitive strokes and starts and turns. The Morrisville site operates year-round and during Fall/Winter 2007-08 will swim on Tuesdays, Thursdays and Fridays from 4:30-5:30pm.

MOR SWIM CLINICS

The Marlins of Raleigh put on several swim clinics at various times of the year. The **MOR in May Clinic** is for swimmers who wish to tune-up for the summer swimming season. A clinic in late July/early August is geared for swimmers who may want to consider jumping onto the year-round team starting in the Fall. Summer swim clinics are offered to summer swim teams in June and July by various members of the MOR coaching staff. Year-round team members are often treated to swim clinics featuring Olympic swimmers and Olympic-hopefuls. Other single-topic clinics are held which focus on areas of interest to swimmers and parents such as sports psychology or nutrition. Clinics costs are published on the MOR website at www.marlinsofraleigh.com.

YEAR-ROUND SWIM TEAM PROGRAM

Training with the Marlins of Raleigh year-round swim team program can begin at any time during the year. The swim team practices year-round with breaks in August and during the Spring which coincide with natural breaks between competitive seasons.

Group levels are available for swimmers starting at age 5 and continuing on to post-collegiate levels. The 12 and under swimmers swim as part of the **MOR Age Group Swimming Program** and are organized into Age Group Level One, Level Two and Level Three groups. The 13 and older swimmers are classified in three levels—Senior Development, Senior 1, and Senior 2. These athletes compose the **MOR Senior Swimming Program**.

As a swimmer progresses between levels in the MOR program, he or she will have additional days of the week available for instruction and often additional time commitment. The costs associated with each level are available on the MOR website and the costs are progressive with the additional amount of water/practice time.

WOLFPACK AQUATICS PARTNERSHIP

During the 2007-08 swim season, MOR has entered into a partnership with **Wolfpack Aquatics** to jointly plan and train with members of the NCSU swim team during the off-season. The partnership provides and opportunity to train at the NCSU Natatorium on the NC State campus utilizing both the indoor 50m facility as well as the 25yd pool. Athletes training with the MOR team or with Wolfpack Aquatics will be able to swim as one club during the coming year.

Silver Stroke School Registration Form

Please print information clearly. Double check e-mail address for accuracy.
Complete one registration form per student and mail \$60 per student to
MOR Stroke School, 4900 Waters Edge Drive, Raleigh, NC 27606. Thank you.

Student's Name: _____ Student's Age: _____

Family E-mail Address (please print): _____

Telephone Numbers:

(home): _____ (office): _____ (cell/other): _____

Street Address: _____

City/State/Zip: _____

Please Check Site, Class, and Session

SITE

- Ravenscroft School
 Peace College

PAYMENT

- Check for \$60 per student enclosed

CLASS LEVEL

- Beginner
 Advanced Beginner
 Pre-Team (Intermediate)

PERMISSION SLIP

- Enclosed permission slip below

SESSION DATES

RAVENSCROFT

- October 13-14, 20-21, 27-28
 November 3-4, 10-11, 17-18
 January 12-13, 19-20, 27, Feb 2
 February 9-10, 16-17, 23-24
 March 1-2, 8-9, 15-16

PEACE COLLEGE

- October 6-7, 20-21, 27-28
 November 3, 10-11, 18, Dec 1-2
 January 12-13, 19-20, 26, Feb 3
 February 16-17, 23-24, Mar 1-2
 March 8-9, 15-16, 22-23

PERMISSION TO PARTICIPATE

_____ (child's name) agrees to participate in the Silver Stroke School Program being offered by the Marlins of Raleigh (MOR) and hereby releases the instructors, employees, owner, the facility owners and operators at Peace College or Ravenscroft School where the student is instructed and USA Swimming from any claims resulting from accidents or injury which occurs while participating in the Silver Stroke School Program.

I, _____, (parent or guardian of the above student), understand and agree to indemnify and hold harmless the coaches, employees, instructors, owner, board, Peace College, Ravenscroft School and USA Swimming against all liability for personal injury incurred while the student is participating in the Silver Swim School Program as a non-member of the Marlins of Raleigh.