

MOR REPORT



4900 Waters Edge Dr., Suite 200, Raleigh, 27606

919-851-3000 www.marlinsofraleigh.com

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MOR Contact Info:

MOR Financial	Beth Frazier	morfinances@mcnatton.com
MOR @ Riverwood	John Fischetti	jfischetti@aol.com
MOR @ Ravenscroft	Ted Pierson	morted@bellsouth.net
MOR @ Ravenscroft	Cara Cameron	coachcara45@aol.com
MOR @ Ravenscroft	Jon Vorpagel	jlvswim@gmail.com
MOR Raleigh AG	Darryl Buda	darrylbuda@gmail.com
MOR AG/Sr. Coach	Jonathan Watson	01silversurfer@bellsouth.net
MOR Head Coach	Paul Silver	morsilver@bellsouth.net
MOR SwimAmerica	Marie Schoening	reerie4@bellsouth.net

MOR



MARLINS OF RALEIGH
WOLFPACK AQUATICS

“DEVELOPING CHAMPION ATHLETES AND CITIZENS THROUGH COMMITMENT TO
EXCELLENCE IN SWIMMING”

WELCOME TO ALL NEW/RETURNING MOR SWIMMERS

Welcome back to all returning MOR swimmers and a big welcome to all of our new swimmers. This is proving already to be an exciting year with over 360 swimmers registered thanks to the positive word of mouth from our returning families and the hard work of our coaching staff. We are excited to move Darryl Buda from part-time to full time and welcome Molly Bittner to our staff where she will work with our NC State age group practices. Swimmer placements are going well and new swimmers will receive an email as to which group they are in on Friday 9/3. Sr. I/II practices have begun with lots of enthusiasm. All other groups begin on Tues. 9/7. There is lots of organizational info in this newsletter so please read carefully.

MOR DAY SATURDAY 9/18

MOR Day is Saturday Sept. 18 at 11:30 at Ritter Park in Cary. This is a potluck picnic lunch and fun day for the kids. **What to Bring:** Each family is asked to bring their own drinks for their family. All AG2 and Senior Swimmers are asked to bring a Main Dish and all AG3 and AG1 swimmers are asked to bring a side item to share. Lunch will be at 12:15pm. Beth Frazier will be there to answer financial questions and for people to purchase Grocery Cards (a MOR fundraiser to earn back FO), Each family will have the opportunity to pick up their T-shirt and cap (comes with registration) their Swim A Thon packet and Payment spreadsheets, KAST A

WAY will be on site to purchase your team suit, bags, warm ups and any equipment that you need for your groups (a list is below), There will also be a table with MOR Apparel that is in stock. The MOR Apparel Form is attached. If you should have any questions about items in stock, you can contact Coach Cara at coachcara45@aol.com or come by the office between 11 and 3pm Monday-Friday. This is a great MOR experience- Coach Silver will address the team and introduce all the MOR coaches as well. We truly hope you can attend. If not, please go to Kast A Way on Glenwood Avenue to order your equipment.

DIRECTIONS: From I-40 and US-1 near Cary go South on US-1. Take Tryon Road Exit. Turn R at Kildaire Farm Rd. Turn R on Lochmere Drive.

Ritter Park is ½ mile on Left. **APPAREL LIST for PRACTICE AND MEETS:**

AG1: Team suit (meets), practice suit, Goggles and extras, cap, water bottle, Fins, kickboard

AG2: Same as AG1 plus a pull-buoy and tennis shoes, shorts and shirt

AG3: Same as AG1 and AG2 plus a FINIS snorkel and Stroke Maker Paddles

SR's: Same as AG3.

MOR HOSPITALITY AT MEETS

We are looking for some parents to help find donations from restaurants for our Swim Meets in order to feed our volunteers and officials at MOR hosted meets. The first two meets are in Smithfield and we are asking people to step up and help. Coach Cara will need help from mainly our Riverwood families for this. We will supply you with a letter to submit to the establishments and we

will put an ad in our Heat Sheet in return for the businesses. We are looking for meals for the Senior Kick Off meet Oct. 22-24 as well as the Quad Meet Nov. 12-14. We need to start soon, so please contact Coach Cara to help.

coachcara45@aol.com

MOR ADS FOR SWIM MEETS

The ad form for our swim meets will be in next week's newsletter. If you have a business or know someone who owns one or just want to go out and find them, you will get 50% of your ad credited back to your 2011-2012 dues from our MOR Gives Back Program. Start thinking ahead to get ads for our meets.

SWIM A THON

Swim A Thon information will come out at practice in two weeks and will be handed out at MOR Day. Please make an effort to participate in the Swim A Thon and raise money for MOR. Last year we came very close to reaching our goal of \$20,000. We can do it!



RBC ALE TRAINING COURSES OFFERED & STAFFING NEEDS



MOR staffs a booth at the RBC Center and parents can sign up to work it in order to earn money in our MOR gives back program. Anyone volunteering at the RBC for any event that serves alcohol will have to take the Alcohol Education/Awareness Course. If interested in attending a class, simply email mor.rbc@gmail.com with date and you will be sent a confirmation notice and further instructions on where to go as the date approaches. Classes fill quickly. Classes with space available are on: Fri. 10/1, Wed. 10/13, Mon. 10/25, Wed 1q1/1, Thurs. 11/16, Wed. 12/1. Events already scheduled where we have spaces available for volunteers are:

Sun. 9/19 Lady Gaga
Tues. 9/21 Hurricanes
Fri. 9/24 Hurricanes

MOR CITIPASS COUPON BOOK FUNDRAISER

Citipass books will be available to purchase between now and MOR DAY. If you would like to pick up some books please contact Coach Cara at coachcara45@aol.com. The cost of the book is \$25.00 and \$5.00 will be credited towards next years dues through our MOR Gives Back Program. For every 5 books ordered, you get one free!

DEADLINES

TENTATIVE MEET SCHEDULE

Sept. 18	MOR Day-Ritter Park, Cary
Oct. 2-3	WOW Sr. Travel Meet-UNCW
Oct. 9-10	Duke 12-U Meet-Hillsborough
Oct. 22-24	MOR Fall Sr. Meet-Smithfield
Nov. 12-14	MOR Quad Meet-Smithfield Yota 8-U Turkey Meet-Raleigh
Nov. 20	MOR Swim-A-Thon
Dec. 2-4	US Short Course Nationals- Columbus, Oh.
Jan. 7-9	Duke AG/Sr. Meet-Hillsborough
Jan. 27-30	Sr. Champs-Tac
Jan. 29-30	MOR 8-U Snowflake Meet- Ravenscroft
Jan. 29	MOR Distance Day-Ravenscroft
Feb. 11-13	MOR SC Qualifier-Goldsboro
Feb. 17-20	NC 14-U JO's-Tac
Mar. 3-6	Sr. Sectionals-Tac
Mar. 4-6	B/C States-Optimist
Mar. 10-13	SE Invitational-Charlotte (tent.)
Mar. 18-20	Tarheel States-Tac