



MARLINS OF RALEIGH



## MARLINS OF RALEIGH-WOLFPACK AQUATICS

4900 WATERS EDGE DR., SUITE 200, RALEIGH NC 27606

919-851-3000

[morsilver@bellsouth.net](mailto:morsilver@bellsouth.net)

[www.marlinsofraleigh.com](http://www.marlinsofraleigh.com)

Dear Prospective Marlins Of Raleigh-Wolfpack Aquatics (MOR) Swimmer,

Enclosed you will find the MOR Swim Team Registration form, Program Description with Fee Schedule, and tentative Practice Schedule.

We are thrilled about the successes we have had and our plans for the future. Our swimmers excelled at all levels in 2009-2010. Come see how our expert coaches instruct our swimmers at our quality facilities with great teaching environments.

- **Convenient Locations**

MOR's locations are closer than you think. Our Raleigh pools are just 7 minutes from Crossroads Mall in Cary. Ravenscroft and Optimist are in the middle of North Raleigh, and Riverwood is accessible to eastern Wake County and Johnston County.

- **Competitive Successes & MOR Advantages**

- 8 years as a Silver Medal Club in USA Swimming's Club Excellence Program!



- Team Success in 2009-2010

- 1<sup>st</sup> NC Fall States 12-U Champs

- 4<sup>th</sup> at NC 14-U JO's

- 7<sup>th</sup> at Sr. Sectionals

- 3<sup>rd</sup> ranked team from NC in USA Swimming Virtual Club Championships

- 1 2008 Beijing Olympian representing Colombia. 7 2008 US Olympic Trials Qualifiers.

- Partnership with NC State University-additional site for AG I/II

- MOR Video analysis of swimmers

- **speedo** sponsorship. MOR is the only Triangle area Speedo sponsored team and our sponsorship includes paying for all MOR swimmers to attend swim clinics free by Olympians Ryan Lochte, Katie Hoff, and Peter Vanderkaay over the past 3 years.

- **Sign-ups**

We have had a high level of interest in our program and will limit our enrollment. Get MOR for your money with the MOR Gives Back Program in 2010-2011.

- **Family Support**

We ask families to participate in a few team fundraising programs and to volunteer at MOR hosted swim meets while not charging a "volunteer fee". We always strive for excellence in swimming, communication and service. Feel free to call the office to speak with one of our coaches. 851-3000.

### **Important Dates:**

**Sun. July 18**

Returning swimmers registrations due. (Suggested for New swimmers also)

**Wed. Aug. 25**

MOR Raleigh/Cary/N. Raleigh New Parents Meeting, 7pm –University Club.

**Aug. 30-Sept. 2**

MOR Stroke Clinic & Swimmer placements 5-6pm Peace College, 5-6pm @Ravenscroft, 6-7pm @Riverwood Athletic Club.

**Tues.. Aug. 31**

Raleigh, Ravenscroft Sr. I/II practice begins.

**Tues. Aug. 31**

MOR @ Riverwood New Parents Meeting. 7pm Riverwood Athletic Club, Clayton.

**Tues. Sept. 7**

All AG practices begin.

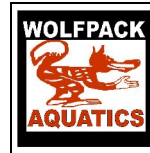
**Sat. Sept. 18**

MOR Day, 11:30am-2pm, Ritter Park, Cary

Sincerely, MOR Coaching Staff .



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**MOR SWIM TEAM PROGRAM 2010-2011**

<i>Practice Group</i>	Ages	Practices offered per week/suggested attendance. MOR offers more practices than required so swimmers may participate in other activities at younger levels	Dryland exercises	Technique vs. Conditioning	TOP LEVEL SWIMMER DUES	DUES PER SWIMMER FOR 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> SWIMMER
<b>Age Group I</b> Beginning practice group for swimmers that emphasizes technique.	5-9	3/2	Stretching, light calisthenics	80% vs 20%	\$1100 year (8 x \$137.50 per month Sept.-March)	\$700
<b>Age Group II</b> More Advanced group for swimmers that introduces more conditioning	9-11	4/3	Stretching, calisthenics	65% vs 35%	\$1415/year (8 x \$176.88 per month Sept.-March)	\$915
<b>Age Group III</b> Advanced group for experienced swimmers and developing teens	9-13	6/4-5	Stretching, calisthenics, bands, running.	45% vs 55%	\$1655/year (8 x \$206.88 per month Sept.-March)	\$1155
<b>Senior I</b> Introduces teen swimmers to Sr. swim training and race strategies	13-over	6/5	Calisthenics stretching, running, med balls	25% vs 75 %	\$2020/year (8 x \$252.50per month Sept.-Mar)	\$1470
<b>Senior II</b> Group for committed swimmers w/ Sectional & National goals	14-over	9/7-9	Calisthenics stretching, running, Weights	10% vs 90%	\$2125/year (8 x \$265.63 per month Sep-Mar)	\$1575
<b>Sr. Development I&amp;II</b> 13-over swimmers interested in preparing for HS/summer league and transition towards Sr. I Group	13-over	4-6/3-5	Calisthenics	60% vs 40%	Sr. D I \$100/month Sr. D II \$137.50/month +\$350/year if 1 <sup>st</sup> swimmer (pay only months you swim)	

**MOR SEASONAL PROGRAMS:**

Fall Swim League (FSL), Winter Swim League (WSL), MOR IN May, and [SwimAmerica](http://www.swimamerica.com)™ Swim Lessons, have separate registration forms that will be available at [www.marlinsofraleigh.com](http://www.marlinsofraleigh.com) and are described below:

SEASONAL PROGRAMS				
<b>Home School Group</b>	6-13	2	Teaches proper starts, turns and swim technique	80% vs 20% \$700/year \$87.50 per month Sept-Mar)
<b>Fall &amp; Winter Swim League</b>	5-11	2	Teaches proper stroke technique in relaxed learning environment	100% technique \$250/session
<b>MOR IN MAY</b>	5-13	3	Teaches proper stroke technique. Preparation for summer league	100% technique \$100
<b>SWIMAMERICA SWIM LESSONS</b>	4-11	2	Swim Lessons for novice to Pre-team	100% technique VARIES/SESSION



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**MARLINS OF RALEIGH-WOLFPACK AQUATICS**

**TENTATIVE 2010 MOR RALEIGH/CARY PRACTICE SCHEDULE**

Group	MON	TUE	WED	THU	FRI	SAT
<b>SR II</b>	5-6:30am Peace	5-6:30am NCSU		5-6:30am NCSU		7-10am Peace+wts
	3:30-6pm Pullen	3:20-6:10pm Peace+wts	3:30-6pm Pullen	3:20-6:10pm Peace+wts	3:30-6pm Pullen	
<b>SR I</b>	3:30-6pm Pullen	3:30-6pm Pullen	3:30-6pm Pullen	3:30-6pm Pullen	3:30-6pm Pullen	7-9:30am St. Mary's
<b>SR Dev. I/II</b>	3:30-5:00pm Pullen	Sr. Dev. II 3:30-5:15pm Pullen	3:30-5:00pm Pullen	Sr. Dev. II 3:30-5:15pm Pullen	3:30-5:00pm Pullen	7-8:30am St. Mary's
<b>AG III</b>	6-8pm Pullen	6:30-8pm St. Mary's	6-8pm Pullen	6-7:30pm NCSU	6-8pm Pullen	9-11am St. Mary's
<b>AG II</b>	5:30-7:15pm St. Mary's		5:30-7:15pm St. Mary's		5:30-7:15pm St. Mary's	9:30-11am Peace
<b>AG I</b>		5:30-6:30pm St. Mary's		5:30-6:30pm St. Mary's		11am-12pm Peace
			<b>NCSU SITE</b>			
<b>AG II</b>	5:45-7:30pm NCSU		5:45-7:30pm NCSU		5:45-7:30pm NCSU	10:30am-12 NCSU
<b>AG I</b>		5:45-6:45pm NCSU		5:45-6:45pm NCSU		10:30-11:30am NCSU

- Note that Sr. Development I goes MWFS. Sr. Development II goes M-S
- Summer 2011 (June 10-July 31) – TBA
- MOR strives to keep practice times consistent. Members should check e-mail updates and the MOR website for schedule changes that do occur as a result of swim meets, facility closures, etc.
- Practice times are tentative upon confirmation from facility management.



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MARLINS OF RALEIGH-WOLFPACK AQUATICS

TENTATIVE 2010-2011 MOR @ RAVENSCROFT PRACTICE SCHEDULE

Group	MON	TUE	WED	THU	FRI	SAT
<b>SR II</b>	5:15-6:45am RAV		5:15-6:45am RAV		5:15-6:45am RAV	6-9am Optimist/wts
	3:30-6pm Optimist/wts	3:30-6pm Optimist	3:30-6pm Optimist/wts	3:30-6pm Optimist	3:30-6pm Optimist	
<b>SR I</b>	3:30-6pm Optimist	3:30-6pm Optimist	3:30-6pm Optimist	3:30-6pm Optimist	3:30-6pm Optimist	6-9am Optimist
<b>SR Dev. I/II</b>	3:30-5:00pm RAV	Sr. Dev. II 3:30-5:15pm Rav	3:30-5:00pm RAV	Sr. Dev. II 3:30-5:15pm Rav	3:30-5:00pm RAV	7-8:30am RAV
<b>HS Clinic 10/5-24</b>		3:30-4:30pm RAV		3:30-4:30pm RAV		7-8am RAV
<b>AG III</b>	6:15-8:15pm RAV	6:30-8pm RAV	6:15-8:15pm RAV	6:30-8pm RAV	6:15-8:15pm RAV	8:30-10am RAV
<b>AG II</b>	5-6:45pm Millbrook		5-6:45pm Millbrook		5-6:45pm RAV	10-11:15am RAV
<b>AG I</b>		5:30-6:30pm RAV		5:30-6:30pm RAV		10-11am RAV

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TENTATIVE 2010-2011 MOR @ RIVERWOOD PRACTICE SCHEDULE

[Sept. 7-June 10]

Group	MON	TUE	WED	THU	FRI	SAT
<b>SR II</b>		5:30-6:30am RIV		5:30-6:30am RIV		7-9am+wts RIV
	4:15-7pm RIV	4-6pm+wts RIV	4:15-6:15pm RIV	4-6pm+wts RIV	4:15-7pm RIV	
<b>SR I</b>	4:15-7pm RIV	4-7pm RIV	4:15-6:15pm RIV	4-7pm RIV	4:15-7pm RIV	7-9am RIV
<b>SR Dev. I &amp; II</b>	4:15-5:45pm RIV	SR. D II 4-6:15pm RIV	4:15-5:45pm RIV	SR. D II 4-6:15pm RIV	4:15-5:45pm RIV	7-9am RIV
<b>AG III</b>	4:15-6:15pm RIV	4-6:15pm RIV	4:15-5:45pm RIV	4-6:15pm RIV	4:15-6:15pm RIV	7-9am RIV
<b>AG II</b>	5:45-7:30pm RIV		5:45-7:30pm RIV		6:15-7:30pm RIV	8-9:15am RIV
<b>AG I</b>		6-7pm RIV		6-7pm RIV		8:30-9:30am RIV

- Note that Sr. Development I goes MWFS. Sr. Development II goes M-S
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DATE RECEIVED BY MOR:

Circle Site Location: Raleigh Ravenscroft NC STATE (AG I/II only) Riverwood(Riverwood ID #)

\*\*\* Please highlight in yellow if information is different from previous years

FAMILY INFORMATION:

Last Name: Primary Email for Distributions:

Additional Emails:

Address City Zip Home Phone

Subdivision OR Summer League Team

SWIMMER INFORMATION:

Swimmer #1 Name: DOB: Male/Female Preferred Name: Group:

T-SHIRT SIZE: YM YL AS AM AL AXL (these will be given out on MOR Day) New Returning Transfer

School Neighborhood /Subdivision (for carpool needs)

Swimmer #2 Name: DOB: Male/Female Preferred Name: Group:

T-SHIRT SIZE: YM YL AS AM AL AXL (these will be given out on MOR Day) New Returning Transfer

School Neighborhood/ Subdivision (for carpool needs)

Swimmer #3 Name: DOB: Male/Female Preferred Name: Group:

T-SHIRT SIZE: YM YL AS AM AL AXL (these will be given out on MOR Day) New Returning Transfer

School Neighborhood/ Subdivision (for carpool needs)

PARENT INFORMATION

Please circle which parent to contact for payment and other questions

Father Work # Cell # Employer

Mother Work # Cell # Employer

INSURANCE/EMERGENCY CONTACT:

Insurance Carrier: Phone:

Any illness/disease that we may need to be aware of:

Emergency Contact (other than parent): Phone #

\*\* Please make sure that the Document Check-Off list accompanies this registration form along with proper payment, documentation and any other information needed. This registration is NOT complete until all documents are received.

\*\*\*A copy of your swimmer(s) birth certificate is needed for this registration form to be complete



1. If you are a **returning MOR swimmer** ( from 09-10 year), please fill out this registration form for each swimmer signing up then sign a financial obligation contract as well as a medical waiver, a Registration/Document check list and send in all items plus \$130 for each swimmer
2. If you are a **NEW MOR swimmer**, please fill out a separate registration form for each swimmer signing up then sign a financial obligation contract, a medical waiver, send in a copy of **their birth certificate** a Registration/Document check list and send in all items plus \$130 for each swimmer.
3. If you are a swimmer **transferring from another USA swimming team**, please fill out this registration for each swimmer signing up, then sign a financial obligation contract , fill out a medical waiver and fill out the transfer form attached to this packet and have the FORMER TEAM's FINANCIAL officer sign it as well, send in a check for \$130 for each swimmer.
4. If you are joining the program **AFTER September**, you must contact Beth Frazier at [morfinaances@mcnatton.com](mailto:morfinaances@mcnatton.com) to find out the adjusted dues. She will contact staff and we will begin registration process. Registration must be sent in to the MOR office before attending practice. You will be contacted upon receipt of registration. Once you have contacted Beth Frazier, a registration form must be filled out, the registration amount paid to MOR and a copy of the swimmers birth certificate (if new to USA Swimming) or transfer form (if new to MOR from other USA Club Team), a medical waiver, a financial obligation and a registration/document check list.

### **MOR FAMILY DOCUMENT CHECKLIST**

**Parents: please complete the following checklist and make sure all documents are included prior to mailing to MOR, 4900 Waters Edge Dr., suite 200, Raleigh, NC 27606.**

- |       |   |
|-------|---|
| _____ | Registration Form   |
| _____ | Check to MOR in the amount of \$130.00 for registration   |
| _____ | Financial Information/Contract  |
| _____ | Medical/Liability Release Form  |
| _____ | North Carolina Swimming Transfer Form (filled out by former team and signed if coming from another USA Swim Team) |
| _____ | <b>NEW SWIMMERS MUST INCLUDE COPY OF BIRTH CERTIFICATE</b>  |



**\*\*Registration will not be considered complete until all of the above forms are returned to the MOR office. .**

**\*\*\* An email will be sent upon receiving your registration form. Please note there will be no confirmation emails sent August 8<sup>th</sup>-August 22<sup>nd</sup>, 2010 as MOR Staff will be on vacation.**

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**For Office Use Only:**  
**Registration Received and accepted on** \_\_\_\_\_  
**Email Confirmation sent:** \_\_\_\_\_

**Notes:** \_\_\_\_\_



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MARLINS FINANCIAL INFORMATION/CONTRACT

REGISTRATION: A \$130 non-refundable registration fee allows swimmers 2 weeks to try out MOR. It Also includes USA Swimming registration/insurance, a MOR cap, a MOR t-shirt, and a MOR policies handbook.

DUES: Dues cover swimming for 11 months (September-July). Dues are billed from Sept.- March with 2 monthly payments (Sept. & April) due in September. The April payment is not refunded if there is early withdrawal. Riverwood Golf & Athletic Club Members receive a 10% dues discount. A \$25 late payment fee will be charged for payments received after the 30th of each month.

MOR GIVES BACK PROGRAM: (Formerly Family Obligation). The MOR Gives Back Program allows families to earn credit towards next year's dues through MOR fundraising programs. You may earn up to the following amounts per family:

- \$350 Sr. Development
\$400 AG I
\$500 AG II/III
\$550 Sr. I/II

In addition, any family that earns more than the above amounts may apply the excess to the following year's dues. This year our Family Obligation payments have been combined with the dues to give one total cost. Note the above discounts for the 2nd and 3rd swimmers.

ENTRY FEES: Each swim meet has entry fees associated with it. Families will establish an escrow account of \$100 for AG swimmers and \$125 for Sr. swimmers to cover swim meet entry fees. The average cost of a swim meet is \$4-\$5 per event entered plus \$14/swimmer. If a swimmer signs up for a meet then they will be charged for the meet regardless of whether the swimmer participates or not.

PAYMENTS: Payment spreadsheets will be emailed to you or can be picked up at MOR Day. Mail payments to MOR Fees, 4900 Waters Edge Dr., Suite 200, Raleigh, NC 27606.

FINANCIAL QUESTIONS: Beth Frazier at morfinances@mcnatton.com. 919-851-4414

AGREEMENT: I understand and agree to these financial policies. Signed Swimmer Name



**Medical Release Form:**

Swimmers Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Practice Site: \_\_\_\_\_ Group: \_\_\_\_\_ Coach: \_\_\_\_\_

**Parental Consent**

This medical release form must be signed by a parent or a legal guardian for EACH swimmer on the Marlins of Raleigh Swim Team. If the swimmers is 18 years of age or older, the swimmer must also sign this form.

**Medical Release:**

I certify that, to the best of my knowledge and belief, \_\_\_\_\_ (name of swimmer) is in good physical condition and has no condition which would impair participation in the program. In case of injury, I hereby give the Marlins of Raleigh Swim Team (MOR) and its coaching staff permission to act on my behalf in seeking medical treatment from any licensed physician and/or surgeon, licensed dentist, hospital or clinic for my child in the event that such treatment is deemed necessary. I absolve Marlins of Raleigh Swim Team and its coaching staff from all liability while acting on my behalf in this regard. It is understood that effort shall be made to contact the undersigned prior to rendering treatment to the patient, but that any of the above treatment will not be withheld if the undersigned cannot be reached. It is understood that I/we the undersigned are responsible for all charges for the above-mentioned diagnosis, treatment or hospital care.

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<b>Address</b>	<b>City/State</b>	<b>Zip</b>
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<b>Father's Name</b>	<b>Home Phone</b>	<b>Work Phone</b>	<b>Cell Phone</b>
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<b>Mother's Name</b>	<b>Home Phone</b>	<b>Work Phone</b>	<b>Cell Phone</b>
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<b>Emergency Contact Phone and Name</b>	<b>Insurance Co. and Policy Number</b>
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<b>Doctor's Name</b>	<b>Phone Number</b>	<b>Address</b>
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**Last Tetanus Booster/Allergies to Medications**

**Medications currently taking/Important Medical Info:** \_\_\_\_\_

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<b>Swimmers Signature (if over the age of 18)</b>	<b>Parent/Guardian Signature</b>	<b>Date</b>
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