



MARLINS OF RALEIGH

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WWW.MARLINSOFRALEIGH.COM

Dear Prospective MOR Swimmer,

Enclosed you will find the Marlins Of Raleigh 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 2008-09. We look forward with excitement to the upcoming season. 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 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**

- 7 years as a Silver Medal Club in USA Swimming's Club Excellence Program
- Team Success in 2008-09
 - 4th NC Senior Championship
 - 1st NC Fall States 12-Under Championship Scoring
 - 2nd NC 14-U Age Group Championship
 - 2nd ranked team in USA Swimming Virtual Club Championships
- One 2008 Beijing Olympian representing Colombia. Seven 2008 US Olympic Trials Qualifiers.
- Partnership with NC State University
- MOR video analysis of swimmers
- Speedo sponsorship that paid for Olympian Katie Hoff to speak at MOR Awards Day



• **Sign-ups**

We have had a high level of interest in our program and will limit our enrollment and have instituted a price freeze on Dues/Family Obligation for 2009-2010.

• **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 feel you will get MOR for your money and we always strive for excellence in swimming and service. This leads to a cooperative atmosphere where members look forward to helping out. Feel free to call the office to speak with one of our coaches if you have any questions. (851-3000)

• **Important Dates**

- | | |
|------------------------|--|
| Thurs. Aug. 27 | New Parents Meeting – MOR Raleigh/Cary/N. Raleigh, 7pm –University Club. |
| Aug. 31-Sept. 4 | MOR Stroke Clinic & Swimmer Placements – 5-6pm Peace College, Ravenscroft, and Riverwood Athletic Club. |
| Mon. Aug. 31 | Practices Begin for Senior Swimmers – Raleigh, Ravenscroft. |
| Tues. Sept. 1 | New Parents Meeting for MOR @ Riverwood – 6pm Riverwood Athletic Club |
| Tues. Sept. 8 | Practices Begin for 12&Under Swimmers – All Sites. |

Sincerely, MOR Coaching Staff .



MARLINS OF RALEIGH

2009-2010 Team Registration Form

PRACTICE LOCATION PREFERENCE [ONLY FOR NEW SWIMMERS]

Raleigh Ravenscroft Riverwood (Member Y/N) RW MEMBER # _____ Homeschool

SWIMMER INFORMATION (New swimmers and Transferring swimmers need to read all information at the bottom of this page)

New swimmer Returning Swimmer Transfer Swimmer (need transfer form avail. on MOR website)

Legal Name: _____, _____, _____ **Birth Date:** ___/___/___
Last First MI

Address _____ **City** _____ **Zip** _____

Phone _____ **Citizenship** _____ **Sex** _____ **Age** _____

Swimmers Email: _____ **Practice Group** _____ (if returning and if known)

Any Special Disabilities? _____ **School** _____ **Summer Team** _____

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

PARENT INFORMATION
(Please circle which parent to contact for payment and other questions and highlight if any information is NEW, such as PHONE # or EMAIL ADDRESS from last year for returning families)

Father _____ **Work #** _____ **Cell #** _____

Email _____ **Employer** _____

Mother _____ **Work #** _____ **Cell #** _____

Email _____ **Employer** _____

Emergency Contact (other than parent): _____ **Phone #** _____

1. If the applicant is a returning MOR swimmer, please fill out this registration form for each swimmer signing up, then sign a financial obligation contract (back page), send in all items plus \$130 for each applicant.
2. If the applicant is a NEW MOR swimmer, please fill out this registration form for each swimmer signing up, then sign a financial obligation contract (back page), send in a copy of the applicant's birth certificate and a check for \$130 for each applicant.
3. If you are a swimmer transferring from another USA swimming team, please fill out this registration form for each swimmer signing up, then sign a financial obligation contract (back page), 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 2009, you must contact Beth Frazier at morfinances@mcnatton.com to determine your financial obligation. Once she has spoken to you, she will contact us and we will begin registration process.
5. Once you have spoken with or emailed Beth Frazier, a registration form must be filled out, the registration amount paid to MOR and a copy of the swimmer's birth certificate (if new to USA Swimming) or transfer form (if new to MOR from other USA Club Team) must be sent to our office prior within one week of beginning participation with the team.



MOR SWIM PROGRAM & FEE SCHEDULE 2009-2010

Practice Groups	Age Range	Practice Attendance Recommended	Dryland Exercise	%Technique vs. % Conditioning	Dues (same as 2008)
Age Group I Beginning practice group for swimmers that emphasizes technique.	5-9	Offer: 3/week Recommend: 2/wk	Stretching, light calisthenics	80% vs 20%	\$670/year (8 x \$83.75/mo. Sept.-March)
Age Group II More Advanced group for swimmers that introduces more conditioning	9-11	Offer: 4/wk Recommend: 3/wk	Stretching, calisthenics	65% vs 35%	\$872/year (8 x \$109/mo. Sept.-March)
Age Group III Advanced group for experienced swimmers and developing teens	9-13	Offer: 6/wk Recommend: 4-5/wk	Stretching, calisthenics, bands, running.	45% vs 55%	\$1100/year (8 x \$137.50/mo. Sept-March)
Senior I Introduces teen swimmers to Sr. swim training and race strategies	13-over	Offer: 6/wk Recommend: 5/wk	Calisthenics, stretching, running, light Weights	25% vs 75 %	\$1400/year (8 x \$175/mo. Sept-Mar)
Senior II Group for committed swimmers w/ Sectional & National goals	14-over	Offer: 9/wk Recommend: 7-9/wk	Calisthenics, stretching, running, Weights	10% vs 90%	\$1500/year (8 x \$187.50/mo. Sept-Mar)
Sr. Development I & II SRD-I: 13-over swimmers interested in preparing for HS/summer league. SRD-II: transition towards Sr. I Group	13-over	SRD-I Offer: 4/wk Recommend: 3/wk SRD-II Offer: 6/wk Recommend: 4/wk	Calisthenics	I-50% vs 50% II-45% vs 55%	I-\$100/month (pay only months you swim) II-\$1100/year (8 x \$137.50)
Seasonal Programs					
High School Pre-season Clinic One month clinic for high school only swimmers	14-over	3	None -Teaches proper starts, turns, stroke technique	85% vs 15%	\$100 for the month Oct. 5-30
Home School Group	6-13	2	None -Teaches proper starts, turns, stroke technique	80% vs 20%	\$670/year (8 x \$83.75/mo. Sept.-March)
Fall Swim League & Winter Swim League	5-11	2	Teaches proper stroke technique in relaxed learning environment	100% technique	\$185/session
SWIMAMERICA Swim Lessons	4-13	Variable	Lesson program for beginner to preteam	100% technique	See website to register



TENTATIVE 2009-2010 MOR RALEIGH/CARY PRACTICE SCHEDULE

Group	MON	TUE	WED	THU	FRI	SAT
SR II	5:05-6:35am PEACE	5-6:30am NCSU		5-6:30am NCSU		7-10am PEACE + wts
	3:30-6pm PULLEN	3:10-6pm PEACE/wts	3:30-6pm PULLEN/wts.	3:10-6pm PEACE/wts	3:30-6pm PULLEN	
SR I	3:30-6pm PULLEN	3:30-6pm PULLEN	3:30-5:30pm PULLEN	3:30-6pm PULLEN	3:30-6pm PULLEN	7-9:30am ST. MARY's
SR Dev. I/II	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	7-9am PULLEN
HS Clinic Oct. 1-25		3:30-4:30pm PULLEN			3:30-4:30pm PULLEN	8-9am PULLEN
AG III	6-8PM PULLEN	6:30-8pm ST. MARY's	6-8pm PULLEN	6-7:30pm NCSU	6pm-8PM PULLEN	9-11am ST. MARY's
AG II	5:45-7:30pm NCSU		5:45-7:30pm NCSU		5:45-7:30pm ST. MARY's	9:30-11AM PEACE
AG I		5:30-6:30pm ST. MARY's		5:45-6:45pm PULLEN		9:30-11AM PEACE

**Homeschool – Mondays & Wednesdays – 1-2PM at St. Mary's
Summer 2009 (June 9-July 30) – TBA**

MOR strives to keep practice times consistent. Members should check e-mail updates and the newsletter for schedule changes that do occur as a result of swim meets, facility closures, etc. Practice times are tentative upon confirmation from facility management.



TENTATIVE 2009-2010 MOR AT RAVENSCROFT PRACTICE SCHEDULE

Group	MON	TUE	WED	THU	FRI	SAT
SR II	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	
SR I	3:30-6pm OPTIMIST	3:30-6pm OPTIMIST	3:30-6pm OPTIMIST	3:30-6pm OPTIMIST	3:30-6pm OPTIMIST	6-9am OPTIMIST
SR Dev. I/II	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
HS Clinic 10/5-24		3:30-4:30pm RAV		3:30-4:30pm RAV		7-8am RAV
AG III	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
AG II	5-6:45pm MILLBROOK		5-6:45pm MILLBROOK		5-6:45pm MILLBROOK	10-11:15am RAV
AG I		5:30-6:30pm RAV		5:30-6:30pm RAV		10-11am RAV

***Note that Sr. Development I goes MWFS. Sr. Development II goes M-S**

***Sr. Development moves to Millbrook from Oct. 26-Feb. 14.**

Summer 2009 (June 9-July 30) – TBA

MOR strives to keep practice times consistent. Members should check e-mail updates and the newsletter for schedule changes that do occur as a result of swim meets, facility closures, etc. Practice times are tentative upon confirmation from facility management.



TENTATIVE 2009-2010 MOR AT RIVERWOOD PRACTICE SCHEDULE
[Sept. 8-June 9]

Group	MON	TUE	WED	THU	FRI	SAT
SR II		5:30-6:30am RIV			5:30-6:30am RIV	7-9:30am RIV
	4-7pm RIV	4-7pm RIV	4-6:30pm RIV	4-7pm RIV	4-7pm RIV	
SR I	4-7pm RIV	4-7pm RIV	4-6:30pm RIV	4-7pm RIV	4-7pm RIV	7-9:30am RIV
SR Dev.	4-5:30pm RIV		4-5:30pm RIV		4-5:30pm RIV	7-9am RIV
AG III	4-6pm RIV	4-6pm RIV	4-5:30pm RIV	4-6pm RIV	4-6pm RIV	7-9am RIV
AG II	5:30-7:15pm RIV		5:30-7:15pm RIV		6-7:15pm RIV	8-9:15am RIV
AG I		6-7pm RIV		6-7pm RIV		8-9am RIV

Summer 2009 (June 9-July 30) – TBA

MOR strives to keep practice times consistent. Members should check e-mail updates and the newsletter for schedule changes that do occur as a result of high school swim meets, facility closures, etc. Practice times are tentative upon confirmation from facility management.



MARLINS FINANCIAL INFORMATION

REGISTRATION: \$130 Non-refundable registration fee gives you 2 weeks to try out MOR. It also includes USA Swimming registration/insurance, MOR cap, MOR t-shirt, and a MOR policies handbook.

DUES: Dues are billed from Sept-March with 2 monthly payments (Sept. & April) due in September. Dues cover swimming from Sept.-July. One additional payment is charged for early withdrawal. **Riverwood Golf & Athletic Club Members** receive a 10% dues discount. A \$25 late payment will be charged for payments received after the 30th.

FAMILY OBLIGATION: Family Obligation fee (charged at highest level swimmer) will be billed from Sept-March with 2 monthly payments due in September. Fundraising credit earned this year will be applied to the 2010-2011 swim year. Each family will pay **ONE** Family Obligation per family. This money can be earned back through various fundraisers. **Families who raise more than their yearly family obligation will be able to apply 50% of the amount raised above their Family Obligation to their next year's dues.**

Sr. I & II-\$550/year

AG II/III-\$500/year

AG I-\$400/year

Sr. Dev.-\$350/year

Home School - None

ENTRY FEES: Families will establish an escrow account of \$100 for AG and \$125 for Sr. swimmers by Sept. 24th to cover swim meet entry fees. (Average cost of a swim meet is \$4-\$5/event + \$10 per swimmer). If entered into a meet, you will be charged for the meet regardless of whether your swimmer participates or not.

PAYMENTS: Payment spreadsheets will be emailed to you or can be picked up at MOR Day (date to be announced). 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 _____
Date _____
(Include when mailing in registration)



Medical Release Form 2009-2010

Swimmer's Name: _____ Date: _____
Practice Site: _____ Group: _____ Coach: _____

PARENTAL CONSENT

This medical release form must be signed by a parent or legal guardian for EACH swimmer of the Marlins of Raleigh Swim Team. If the swimmer 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 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 give permission to those administering medical treatment to do so using methods 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.

Address City State Zip

Father's Name Home Phone Work Phone Cell Phone

Mother's Name Home Phone Work Phone Cell Phone

Emergency Contact Phone Insurance Co. Policy Number

Doctor Group # Phone

Last Tetanus Booster Allergies to Medications

Medications currently taking: _____

Swimmer's Signature (if over the age of 18) Parent/Guardian Signature Date