



Raleigh Swimming Association

www.swimrsa.org

RSA IN MAY 2010

RSA IN MAY is a pre-summer stroke clinic and a swim camp for summer league and potential summer league swimmers. All four competitive strokes, starts, and turns will be taught by our certified RSA Coaching Staff. The swim clinic will be held at the **Triangle Aquatic Center (TAC)** in Cary.

Sessions	Times	Days	Dates
Session I	4:00-5:00 pm 4:30-5:30 pm	T/TH Sat.	April 20, 22, 27, 29 April 24 th and May 1st
Session II	7:00-8:00 pm	M/W/F	April 26, 28, 30 May 3, 5, 7
Session III	7:00-8:00 pm 4:30-5:30 pm	T/TH Sat.	May 11, 13, 18, 20 May 15, 22
Session IV	4:00-5:00 pm	M/W/F	May 17, 19, 21, 24, 26, 28

To participate in the **RSA IN MAY** swim clinic, please mail the completed registration and waiver form, a check payable to **Raleigh Swimming Association** for **\$99**, and a **copy of the athlete(s) birth certificate** to the address below. Registrations are only accepted if paperwork is completed and submitted with the \$99 fee included. Registration does include one session and an RSA T-Shirt.

Mail Registrations to: RSA IN MAY 6300 Chapel Hill Road, Suite 110, Raleigh, NC 27607

Pool Location: TAC = 275 Convention Dr., Cary, NC 27511

Requirements: Athletes ages 5-18 must be able to complete one length of the pool (25 yards) freestyle, without assistance.

* RSA IN MAY has limited availability. Registrations are accepted on a first come, first serve basis. You will receive an E-mail notification when registration is completed and payment is received. E-mail questions to Jason Foster jason.foster@swimrsa.org or call the RSA office at 919-859-4881.

RSA IN MAY SWIM CLINIC STAFF

Clinic Coordinator & Primary Clinic Instructor:

Jason Foster

Coach Jason Foster is in his 2nd year as the Head Age Group for RSA. A certified elementary education teacher, previously Jason was the head coach for VAST (Valley Area Swim Team) in Harrisonburg, VA for three years.

2010 Instructors:

Rainey Ashcraft-2009

Current Lead Coach for RSA's Sea Star & Junior Prep Groups, Coach Rainey is back helping with RSA IN MAY again this year. Originally from the Charlotte area, Coach Rainey swam competitively for SwimMAC for 10 years.

Allison Meyers-2009

Excited to have Coach Allison Meyers back with RSA IN MAY again this year. Last year, Coach Allison did a superb job with the beginner RSA IN MAY athletes. Coach Allison primarily works with the RSA Wahoo Group.

Meredith Higgins-2009

Using her experience working with RSA's MSHS Prep Group, welcome back advanced level Coach Meredith to RSA IN MAY. Growing up in Dallas, TX; Coach Meredith swam competitively 11 years for the Dallas Mustangs.

Lizzy Ring

Coach Lizzy is a native of Cary and a former RSA Swimmer. A varied swimming background, Coach Lizzy has also swam for Lochmere, Raleigh Charter High School, the US Naval Academy and has coached at multiple levels.

Kelly Morrison

Coach Kelly is originally from Akron, OH. She has been an assistant coach with NCAC in Chapel Hill and for the Park Village Porpoises, a certified SwimAmerica instructor and has taught swim lessons for 11+ years.

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RSA IN MAY Registration & Waiver of Liability

After reading this information, please initial each section, complete and sign the form, and return to RSA along with payment and copy of birth certificate.

_____ **Cancellation Policy:** To cancel/withdraw from a session, you must give a 10 day notice prior to the start of the session.

_____ **Refund Policy:** NO refunds will be made for cancellations made less than 10 days prior to session start dates. Employees are scheduled based on registrations received.

_____ **Make Up Policy:** NO make ups are available for days that are missed due to illness or scheduling conflicts. If a session is missed due to inclement weather or circumstances beyond our control, we will make every reasonable attempt to re-schedule.

_____ **Session Cancellation Policy:** If a session does not fill up, RSA reserves the right to cancel a session. If a session is cancelled by RSA all fees paid for that session will be refunded.

_____ Please make sure that Complete Registration/Waiver Form, Birth Certificate Copy, and Payment are all received in the RSA Office. Once they are all received, you will receive an email confirmation.

Raleigh Swimming Association (RSA) Release of Liability

PLEASE READ CAREFULLY. THIS IS A RELEASE OF LIABILITY AND A WAIVER OF CERTAIN LEGAL RIGHTS.

_____ I agree and understand that swimming is a hazardous activity and recognize that there are risks inherent in swimming including but not limited to slipping on wet decks, paralyzing injuries or death. I agree to participate in the RSA IN MAY program offered by RSA and hereby agree to indemnify and hold harmless RSA, its representatives, coaches, officers, directors, agents, and employees against any liability resulting from any injury that may occur to me or my child(ren) while participating in the program or activity. I also agree to indemnify RSA for any damages incurred arising from any claims, demand, action, or cause of action by myself or child(ren). I hereby agree to use extreme caution and supervision on behalf of myself and my child(ren) at all times while participating in the program/activity. I authorize RSA to have myself or my child(ren) treated in any medical emergency during participation.

Further, I agree to pay all costs associated with the medical care and transportation. I have noted any medical/health problems that the staff should be aware of.

I HAVE CAREFULLY READ THE ABOVE LIABILITY RELEASE AND SIGN IT WITH FULL KNOWLEDGE OF ITS CONTENTS AND SIGNIFICANCE.

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**** PLEASE SEND BIRTH CERTIFICATE COPY WITH REGISTRATION ****

PLEASE PRINT LEGIBLY

Athlete First Name:	Middle Initial:	Last Name:
Age:	Date Of Birth:	
Address:		
City:	State:	Zip:
Phone Number:	Emergency Contact:	Emergency Contact Phone Number:
Email:	Session (circle): I II III IV	
Parents/Guardian:		
Summer Swim Team:	T-Shirt Size (circle): YM YL AS AM AL	
Parent/Guardian Signature:		

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