



# **Raleigh Swimming Association**

[www.swimrsa.org](http://www.swimrsa.org)

## **WELCOME TO THE RALEIGH SWIMMING ASSOCIATION!**

RSA is a year round competitive swimming team actively striving to help young student-athletes reach their full potential in swimming. We offer a technique-based program designed to promote stroke efficiency and speed. Our staff ensures a safe, healthy, positive environment that fosters growth in swimming while teaching young people how to be leaders.

RSA emphasizes the journey towards success, empowering all athletes to progressively set and achieve goals. Our young swimmers acquire and hone skills that promote life long achievement in all arenas: teamwork, sportsmanship, focus, and goal setting. RSA athletes gain enhanced self-esteem and self-reliance through every conquered hurdle.

At RSA we teach and perfect all four competitive strokes, and emphasize the importance of streamlining, kicking, body position and body awareness. Our stroke progressions allow athletes to sequentially build upon mastered skills. Our ultimate goal at RSA is to provide student-athletes with every possible tool leading to success as senior swimmers. Our program is designed to give every athlete the chance to swim in college and use swimming to enhance the college experience. Even athletes who choose not to swim beyond high school benefit from the self-discipline and approach of striving to reach personal bests in swimming.

United States Swimming, the National Governing Body of swimming in America, recognized RSA as a Gold Medal Club of Excellence for the 2005-2008 quadrennial. RSA is the only team in the Triangle to earn Gold Medal distinction and is currently the highest ranking Silver Medal Club in the Triangle area. RSA is the #1 Triangle team in the Virtual Club Championships, the #2 team in NCS, and ranked #18 nationally.

RSA was the 2004 Junior National Team Champion, the 2005 Junior National men's champion, and the 2007 Junior National women's runner-up. RSA was also the 2007 North Carolina Senior Championships winning team. Other RSA athlete and team accomplishments include 2007 Japan Grand Prix qualifier, 2008 Paralympic & World Record holder in the Disability Class, 2008 US Olympic Trial semi-finalist, 7 athletes at the 2008 Olympic Trials, 2008 & 2009 National Junior Team member, 3 Zone Select Camp qualifiers in 2008 & 2009, and 2009 National Select Camp qualifier. RSA athletes have broken over 50 North Carolina Swimming records in the past four years!

RSA has produced over thirty Scholastic All-Americans in the past four years and has helped numerous athletes earn college scholarships. RSA athletes have competed for the following colleges in the past few years: University of North Carolina, University of Virginia, Auburn University, University of Minnesota, Stanford University, University of Maryland, Northeastern University, University of Tennessee, University of Texas, UNC-Wilmington, Missouri A&T, University of Utah, University of Delaware, Texas A & M, Louisiana State University, Campbell University, and Eastern Michigan University.

## **RSA PRACTICE FACILITY-TRIANGLE AQUATIC CENTER, 275 CONVENTION DR, CARY, NC**

The Triangle Aquatic Center (TAC) is adjacent to the Cary Towne Center mall and is the current Home of the RSA Wahoos. It sports 32 short course lanes, 10 long course lanes, lots of deck space, 1,000 seat spectator area, dual scoreboards, dry land space, free wifi, and televisions in the spectator area and lobby. For more information about TAC: <http://www.triangleaquatics.org/>

6300 Chapel Hill Road • Suite #110 • Raleigh, NC 27607 • Office Phone: 919-859-4881 • [www.swimrsa.org](http://www.swimrsa.org)

**LORETTA POWELL**  
Office Administrator  
[finances@swimrsa.org](mailto:finances@swimrsa.org)

**KIT RAULERSON**  
Head Coach  
[kit.raulerson@swimrsa.org](mailto:kit.raulerson@swimrsa.org)

**RAZ CUPARENCU**  
Head Age Group Coach  
[raz.cuparencu@swimrsa.org](mailto:raz.cuparencu@swimrsa.org)

**KERI ARSENAULT**  
Coach  
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## COACHING STAFF

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The coaching staff at RSA is excited to welcome you to year round swimming. Our staff boasts a wide breadth of experience, a strong commitment to help young student-athletes grow, and a genuine passion for the sport of swimming. Please contact us if you have any questions about our program.

**Kit Raulerson** is the Head Coach of RSA. Coach Kit began his tenure at RSA in the fall of 2006. RSA athletes broke an amazing 20 team records and 4 North Carolina Swimming records last year alone. During Coach Kit's tenure over 200 team records have been set and 50 NCS records rewritten. Prior to RSA, Kit was the Associate Head Coach at Longhorn Aquatics in Austin, Texas. Kit also coached in the collegiate ranks at Georgia Tech and the University of Michigan, and was a United States Swimming Select Camp Coach. He was named NCS Senior Coach of the Year 2007-2008. Coach Kit is a graduate of The Johns Hopkins University.

**Raz Cuparencu** is the Head Age Group Coach and newest member of the RSA staff, joining us in August of 2010. Coach Raz arrives in Raleigh from the Brownsburg Swim Club, where he was Head Age Group Coach and Assistant Head Coach. He has produced multiple Top-16 swims, numerous Central Zone qualifiers, and an Open water state champion. Raz is beginning his ninth year as a professional coach and thrilled to be working with our 12&under athletes and the entire team.

**Andrew DeSorbo** joined RSA in December 2007 and became Lead Coach for the Pre-National Group in August of 2008. Since then, swimmers in the group have broken 13 Team Records, won 9 individual and relay NCS Age Group Championship events, swam to an NCS Open Water championship, and achieved numerous National Top-20 rankings. Andrew has produced swimmers who have been selected for the US Zone Select Camp, NCS Zone team, NCS All-Stars, and NCS Select Camp. Andrew swam for Rowan Aquatic Club as an age group swimmer. Andrew attended George Washington University in Washington, DC where he swam all four years, was an A-10 All-Conference Team designee, and was also Men's Team Captain. Andrew has coached throughout his swimming career and this is his first coaching position in the Triangle Area. Andrew and his wife, Charity, live in Cary.

**Rob Norman** is a long-time RSA coach and is returning this season. A senior at NCSU majoring in psychology, Rob has been involved in swimming since the age of 6. He swam competitively for RSA since the fall after his first summer with Lochmere at age 6. He lettered all 4 years at Woodberry and was the team captain his senior year. He helped lead the Woodberry Forest tigers to 3 State High School championships and a second place finish his 9th grade year. He swam at Middlebury College in Vermont before transferring back to NCSU.

**Rainey Ashcroft** joined RSA in May 2009 and is the Lead Coach for the Sea Star and Junior Prep Group. He graduated from NSCU in 2007 with a BA in Arts Applications. Originally from the Charlotte area, he swam for Mecklenburg Aquatic Club for ten years and for Parkwood High School for four years. He was MVP his sophomore, junior, and senior years. He began swimming as a youngster with Monroe Swim Team, his local summer league team. He swam for ten years and has served as an assistant coach.

**Keri Arsenault** joined RSA in 2009 and is the Lead Coach for the Nova Group. Keri is originally from Chester, NH. She started swimming at the age 11 and has a great passion for the sport. She graduated in 2009 from Simmons College in Boston, Mass. At Simmons, she swam all four years where she was captain her junior and senior year and led Simmons to four conference championships. Keri spent five summers as an assistant coach for the Bedford Swim Team in NH.

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## NEW ATHLETE EVALUATIONS

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Athletes who are new to RSA will be evaluated for group placement by our coaching staff. Evaluations will be offered from 6pm–8pm on August 3, 5, 9, 11, 17, and 19, and also on August 21 from 10am–12 noon. These opportunities are offered for your convenience – you do not need an appointment as evaluations will be offered throughout the time specified on a first come first serve basis. Evaluations will take place at the Triangle Aquatic Center (TAC). Practice for the 2010-2011 season begins August 25, 2010.

## 2010-2011 PRACTICE GROUPS

### SEA STARS

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The Sea Stars are the entry level group at RSA. Sea Stars are usually 5-8 years of age. Athletes are required to be able to swim 25 yards of any stroke and be able to jump into the water. This group focuses on learning legal technique for all four competitive strokes (butterfly, backstroke, breaststroke, freestyle). Athletes are introduced to a progression of stroke refinements with the ultimate goal of completing a legal 100 yard IM in practice. Athletes in the group are not expected to compete at USA-Swimming meets, but have the option to do so if they desire.

### NOVAS

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The Novas begin the RSA journey into competitive swimming. Athletes in this group are usually 7-10 years old. Emphasis in this group is placed on stroke refinement, body position, starts, turns and push-offs. Additional focus is placed on listening skills. Athletes are encouraged to acquire a basic understanding of swimming protocol, including warming up, stretching, leaving the wall correctly and reading the pace clock.

Goals of the Nova group include: completing a legal 100 IM in a meet, completing a flip turn, streamlining past the flags underwater with dolphin kicks, and flutter kicking 8 x 25 @ :45.

### DOLPHINS

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Dolphins must complete the goals of the Nova group and are usually 8-11 years of age and have some swimming experience, either with a year-round team or a summer league team. Dolphins work to maximize stroke efficiency while learning to race. Athletes in this group also continue to become more fluent in the sport of swimming through meet preparation, participation and beginning goal-setting. Dolphins continue to build on stroke refinement and technique while gaining further personal accountability for their swimming.

Behavior goals of the Dolphin group: demonstrate efficient turns and push-offs in all four strokes, begin to gain awareness of USA Swimming and North Carolina Swimming time standards, learn lane etiquette, and begin to develop an understanding that attitude and behavior affects both personal and group performance.

Training goals of the Dolphin group:

Flutter kick 10 x 25 :35

Swim 10 x 50 :55

Swim 3 x 200 IM legally in practice

Performance Goals of the Dolphin group: 10 & Under Age Group Championships Time Standards

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## WAHOOS

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The Wahoos must master the goals of the Dolphin group and are typically 9-12 years of age and have demonstrated proficiency in all four competitive strokes. Wahoo athletes expand their repertoire of dryland exercises (out of water) and also learn more advanced stroke drills and stroke improving techniques. Wahoo athletes begin to train incrementally while emphasizing distance per stroke and economy of motion. Wahoo athletes begin to learn and refine race strategies.

Behavior goals of the Wahoo group include: demonstrate ability to lead a training lane, demonstrate ability to understand both a verbal and a written workout, demonstrate ability to listen to coaches and apply stroke improvements, demonstrate compliance with team warm-up and warm-down protocols at meets, demonstrate interest in being prepared, equipped and on time and further understanding that a positive approach to workouts and meets raises the level of personal and team performance. Wahoo athletes also begin to make swimming decisions as coach and athlete, while parental input decreases and parental support increases.

Training Goals of the Wahoo group include:

Swim 8 x 100 1:40 freestyle

Flutter kick 20 x 25 :35

Swim faster than 1:15 in 100yard free and 1:30 in 100yard IM

Kick-out 8 yards off walls in backstroke

## BARRACUDAS

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The Barracudas must complete the goals of the Wahoo group and are typically athletes aged 10-13 with some significant experience in competitive swimming. Barracudas athletes work toward forged seasonal performance goals. The Barracudas compete in all strokes and all appropriate distances in meets. Barracuda athletes continue to augment their dryland sessions with more advanced techniques. Barracudas are taught to initiate the training process, take control and accountability for their sport, and begin to exercise leadership skills. Emphasis in the water is continually on stroke technique with increased emphasis on training and the learned process of effort and intensity management in workout.

Behavior goals of the Barracuda group include: Strive for fluidity in all turns and push-offs, develop the use of 'training partners' at workouts for motivation and morale, improve focus at workouts, follow specific instructions at meets regarding preparation and race strategy. Barracuda are on time, properly equipped with coach-designated gear bags, and promptly begin workout when directed. Barracuda athletes also further explore the coach-athlete approach towards accountability in swimming decisions.

Training goals for the Barracuda group include:

Swim a legal 400 IM in practice

Flutter kick 24 x 25 :30

12 x 100 1:30 freestyle

10 x 100 1:40 IM

Swim 200 free under 2:25 and 200 IM under 2:40

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## PRE-NATIONAL

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The Pre-National group must complete/master the goals of the Barracuda group and are typically aged 11-14 year old athletes and have been on a year-round team for more than two years. This group is geared towards athletes who intend to pursue their swimming career into Collegiate Swimming. The direction, structure and difficulty of workouts are designed to help athletes reach their full potential as senior swimmers later in their careers. The Pre-National Group will complete stroke progressions and begin to learn new methods of stroke awareness and stroke refinement. A dedicated, progressive emphasis on training begins in this group and athletes are expected to maintain a level of awareness towards their workouts from a technical and a performance viewpoint.

Behavior goals of the Pre-National group: demonstrate a willingness to learn, demonstrate an interest in attending 85%+ of offered workouts, demonstrate (where applicable) the desire to utilize underwater kickouts in races as well as workout, demonstrate unquestioned ability to lead a lane, understand a written workout, and take ownership of personal performance. Pre-National swimmers eliminate variables in their daily approach to their sport by being prepared, properly-equipped, on time, and hydrated. Parental involvement on the wet side decreases as athletes progress through this group while parental involvement on the dry side increases as athletes need more help in achieving their goals.

Training goals of the Pre-National group:

Swim a legal 400 yd. IM in a meet under 5:15  
30 x 25 :25 flutter kick  
15 x 100 1:20 freestyle  
12 x 100 1:25 IM  
200 free under 2:10 and 500 free under 5:35  
200 IM under 2:25  
14&Under N.C. Age Group Championships Time Standards

## JUNIOR PREP

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This group is primarily for athletes aged 8-12 who want to swim throughout the year beyond summer league season. Junior Prep is an opportunity for children to better their swimming in an organized team/group atmosphere. The group is geared toward athletes that are older than those in our Sea-Stars program but not yet ready to join a competitive, year-round group. The group also targets athletes/families with busy schedules juggling multiple sports and academic activities. Junior Prep is offered on a month-to-month basis and will still give the opportunity for athletes to compete in swim meets. Practice will be offered 3 times per week so whether your child is simply looking to improve or trying to stay in the water while juggling other sports, they are bound to find success in Junior Prep.

## MS/HS PREP

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This group is designed for middle school and high school students who want to swim throughout the year beyond High School season and/or Summer League season. Practices are offered three times per week. Athletes experience a primary focus on stroke technique, as well as age appropriate dryland training for strengthening and conditioning. Event focus is geared towards 50, 100 and 200 yard distances. Athletes in this group will have the option to compete in meets.

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## SENIOR SPRINT

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This group targets women in the 9th grade and beyond and men in the 10th grade and beyond. Athletes in this group focus on a smaller range of events from 50 to 200 yards/meters in distance. This group works harmoniously with the competitive high school season. Athletes in this group focus on technique and race-pace swimming. This group bases much of their preparation using a parametric training approach: athletes are specifically and periodically challenged to alter their speed and rest interval on race-based training sets. Dryland focus for this group will be strength and explosive power while maintaining and improving flexibility.

Behavior goals for the Senior Sprint group: approach workouts with focus and recognize every day as a chance to improve, approach all competitive opportunities as chances to swim fast and rehearsals for the main event, further growth towards accepting personal responsibility and accountability for performance, development of coping strategies to quell peer pressure and parental pressure, development of fluency in articulating strategies and goals to parents and coaches, continued understanding of the near-linear relationship between personal commitment and results, serve as role models and positive examples for the younger RSA athletes, carry yourselves with pride and confidence, have fun.

Training Goals for the Sprint group: improve parametric performance through both velocity and rest interval, actively track meet performance in relation to workout performance, improve flexibility, improve core strength, improve explosive power.

Performance Goals for the Sprint group: Strive to perform at and beyond the Junior National level, represent RSA and the Sprint Group at the High School State Meet, make the RSA relays strong and deep (score A and B relays at major meets) focus on 4-6 individual events for major meets while also using the other events as training tools towards future success.

## NATIONAL

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The National group at RSA is designed with the intent to provide the curriculum and atmosphere necessary for success at National and International competition. National Group athletes are positive, hard-working examples for younger RSA athletes and USA-Swimming athletes. While not all members of the National Group may have National cuts of any sort, all National Group members will exhibit the characteristics and demeanor and approach of athletes seeking National and International success: athletes are on time, prepared, equipped, properly attired, hydrated, focused and are also visibly enjoying the journey to success. The National group is structured to produce outstanding athletes and leaders through intensified training, preparation and competition at the National and International levels.

Behavior Goals of the National group:

95% attendance (percentage based on individually set attendance goals)

Actions and attitudes reflect the goal-seeking focus of the National Group

Athletes conduct and comport themselves with honor and personal accountability

Very limited (and completely forecasted) conflict with high school and summer league swimming

National group athletes strive to make lifestyle choices appropriate for achieving greatest personal success in matters regarding nutrition and rest.

Parental involvement in swimming decisions is welcomed in the National Group when requested by the coach or the athlete.

Willingness to try, strive, dream and achieve.

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## 2010-2011 FINANCIAL INFORMATION

### REGISTRATION

To register with RSA, please use the online registration tool located on the home page of our website, [www.swimrsa.org](http://www.swimrsa.org). After completing the online registration process, please mail your registration fee check (made payable to RSA) to RSA, 6300 Chapel Hill Road, Suite #110, Raleigh, NC 27607. The registration fee is \$135 and is charged per athlete. The registration fee includes USA Swimming registration and insurance, RSA swim cap, t-shirt, and parent handbook. A copy of the athlete's birth certificate or passport is also required for athletes who are new to the team. The registration fee and birth certificate copy (if applicable) must be received before the athlete can participate.

### DUES

Dues are charged for each athlete and cover coaching expense. Dues for athletes in year round practice groups are paid in eleven monthly installments (Sept – July) with an additional payment due in August that is equal to 1/3 of normal monthly dues (no family contribution). Upon registration with RSA in a year round practice group, the dues are payable regardless of whether the athlete continues to participate. Athletes may exercise the Early Withdrawal option, detailed in this financial information section. Sea Star, Junior Prep, and MS/HS Prep practice groups are month-to-month commitments. Monthly dues for all groups are payable on the first day of each month and are past due if not received by the 20<sup>th</sup> of each month. A late fee of \$25 will be assessed on past due accounts each month. Athletes may be withheld from participation if the account becomes more than 30 days past due.

### FAMILY CONTRIBUTION

A family contribution fee is required per family and covers lane rental and administrative expense. The family contribution for year round athletes may be paid in full or paid in monthly installments. The family contribution for Sea Star, Junior Prep, and MS/HS Prep athletes is paid monthly. For families with multiple participating athletes, the family contribution is determined by the highest level of participation.

### VOLUNTEER SERVICE CREDITS

RSA is a 501c3 organization and as such relies on parent volunteers to staff our meets and provide other organizational tasks. Each family with an athlete in a year round practice group is required to earn 14 credits per season. Credits can be earned by volunteering for meets and day-to-day RSA tasks through the end of each season. Each credit earned is equal to \$50. Failure to earn sufficient credits during a swim season will result in the family owing RSA \$50 (\$700 potential total) for each credit not earned. Billing for half of the volunteer service will be included with your monthly statement in March and the remaining half in July. There is no volunteer service requirement for families with only Sea Star, Junior Prep, or MS/HS Prep athletes.

### MEET ENTRY FEES

Meet entry fees are charged separately from your monthly dues. Meet fees are included in your monthly statement if your athlete was entered in a swim meet. You must scratch your athlete via email before the appropriate scratch deadline if s/he will not be attending a meet. If you do not scratch your athlete prior to the published deadline, you will be accountable for the entry fees.

### LATE FEES

A late fee of \$25.00 will be assessed on past due accounts each month the account is unpaid. Swimmers will not be allowed to participate in the program including swim practice, swim meets, or other team activities if the account exceeds thirty (30) days past due.

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## 2010-2011 FINANCIAL INFORMATION (CONTINUED)

### OPTIONAL FEES

The RSA Equipment/Facility Fund is an optional donation and is retained to purchase or replace equipment necessary for athlete training. The suggested donation is \$10 per month. The RSA Cares Scholarship Fund is an optional donation and provides financial aid to RSA athletes who are not in a position to meet expenses without financial assistance. The suggested donation is \$5 per month.

PRACTICE GROUP	ANNUAL DUES	MONTHLY DUES	FAMILY CONTRIBUTION	MONTHLY CONTRIBUTION	VOLUNTEER SERVICE
NOVAS	\$825	\$75	\$625	\$56.82	14 credits*
DOLPHINS	\$979	\$89	\$625	\$56.82	14 credits*
WAHOOS	\$1100	\$100	\$625	\$56.82	14 credits*
BARRACUDAS	\$1254	\$114	\$625	\$56.82	14 credits*
PRE-NATIONAL	\$1452	\$132	\$625	\$56.82	14 credits*
SENIOR SPRINT	\$1760	\$160	\$625	\$56.82	14 credits*
NATIONAL	\$1870	\$170	\$625	\$56.82	14 credits*
PRACTICE GROUP	MONTHLY DUES	3-MONTH DUES	FAMILY CONTRIBUTION	MONTHLY CONTRIBUTION	VOLUNTEER SERVICE
MS/HS PREP	\$105	n/a	n/a	\$41.66	n/a
JUNIOR PREP	\$90	n/a	n/a	\$41.66	n/a
SEA STARS	\$75	n/a	n/a	\$19.44	n/a

\*Each family with an athlete in a year round practice group is required to earn 14 credits per season. Each credit earned is equal to \$50. Failure to earn sufficient credits during a swim season will result in the family owing RSA \$50 for each credit not earned.

### EARLY WITHDRAWAL

A swimmer may withdraw from the year-round program at any time either voluntarily or for illness or injury provided he/she (i) provides 90-day written notice to the RSA Board of Directors; (ii) pay the monthly dues the lesser of the balance of the season or for said 90-day notice period; and (iii) pay in full the balance due for the season for the Family Contribution and for the Service Credits. After the 90-day notice is given, the swimmer forfeits the right to practice or compete with the Club.

### GROUP MOVEMENT

Group placement is determined by the coaching staff based on a number of variables. Families will be notified of any coach recommended group change. E-mail and/or written mail communication will follow with a new financial agreement form indicating changes to the fee structure. Group change will require parent/legal guardian signature prior to move finalization.

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**PRACTICE FOR THE 2010-2011 SEASON BEGINS AUGUST 25, 2010**

## SAMPLE PRACTICE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Sea Stars</b>	5:10-6PM		5:10-6PM		5:10-6PM		
<b>Novas</b>	5:45-7:00PM		5:45-7:00PM		5:00-6:00PM	10-11AM	
Dryland	5:45-6:00PM		5:45-6:00PM				
<b>Dolphins</b>	6:30-8PM	5:15-6:30PM	6:30-8PM	5:15-6:30PM	5:30-7:00	9:45-11:15AM	
Dryland	6:30-6:45PM		6:30-6:45PM		5:30-5:45PM	11:00-11:15AM	
<b>Wahoos</b>	5:30-7:00PM	6:00-7:30PM	6:00-7:30PM	5:30-7:20PM	5:10-6:40PM	9:00-10:50AM	
Dryland		7:00-7:30PM		5:30-6:00PM		10:20-10:50	
<b>Barracudas</b>	5:30-7:00PM	6:15-8:00PM	5:00-7:30PM	6:15-8:00PM	4:30-6:55PM	8:15-10:30AM	
Dryland	5:00-5:30PM		5:00-5:30PM		4:30-5:00PM	10:00-10:30AM	
<b>Pre-National</b>	3:40-5:40PM	6:00-8:00PM	3:40-5:40PM	6:00-8:00PM	3:30-5:40PM	8-10AM	1:00-3:00PM
Dryland	5:10-5:40PM		5:10-5:40PM		5:10-5:40	10:00-10:45AM	
<b>Junior Prep</b>	7:00-8:00 PM		7:00-8:00PM			11:00AM-Noon	
<b>MSHS</b>		3:50-5:20PM OR 6:30-8:00PM		3:50-5:20PM OR 6:30-8:00PM		8:30-10:00AM	
Dryland		4:50-5:20PM OR 6:30-7:00PM		4:50-5:20PM OR 6:30-7:00PM		8:30-9:00AM	
<b>Senior Sprint</b>	3:30-5:30PM	3:30-6:00PM	3:30-6:00PM	3:30-6:00PM	3:30-5:30PM	9:00-Noon	1:00-3:00PM
Dryland		5:30-6:00PM	5:30-6:00PM	5:30-6:00PM	5:10-5:30	9:00-10:00AM	
<b>National</b>	3:30-6:00PM	3:30-6:00PM	3:30-6:00PM	3:30-6:00PM	3:30-5:30PM	8:45-Noon	1:00-3:00PM
Dryland	5:30-6:00PM		5:30-6:00PM		5:10-5:30PM	8:45-9:45AM	

6300 Chapel Hill Road • Suite #110 • Raleigh, NC 27607 • Office Phone: 919-859-4881 • [www.swimrsa.org](http://www.swimrsa.org)

**LORETTA POWELL**  
Office Administrator  
[finances@swimrsa.org](mailto:finances@swimrsa.org)

**KIT RAULERSON**  
Head Coach  
[kit.raulerson@swimrsa.org](mailto:kit.raulerson@swimrsa.org)

**RAZ CUPARENCU**  
Head Age Group Coach  
[raz.cuparencu@swimrsa.org](mailto:raz.cuparencu@swimrsa.org)

**KERI ARSENAULT**  
Coach  
[keri.arsenault@swimrsa.org](mailto:keri.arsenault@swimrsa.org)

