



Fall/Winter 2011/2012

Kennedy Shriver Aquatic Center

5900 Executive Boulevard, North Bethesda, Maryland 20852 (240) 777-8070

September 12, 2011 – March 25, 2012

REGISTRATION INFORMATION

Newcomers' Evaluations/Try-outs – Newcomers are swimmers who did not participate in the RMSC program Spring/Summer 2011, even if they have participated in some other previous season. Evaluations/Try-outs for skill assessment and group placement will be held September 8 and 9. A sliding scale assessment is used to determine possible group placement; age, technique and endurance are taken into consideration. Newcomers must attend according to age as of December 1, 2011:

- 8 & under: 5:30 - 6:30 PM
- 9-10 years: 6:15 - 7:15 PM
- 11-12 years: 4:45 - 5:45 PM
- 13 & over: 3:30 - 5:00 PM, **Friday, September 9 ONLY**

The registration form and program fee can only be completed and returned after placement has been offered by the coaches at try-outs.

Returning Swimmers – A returning swimmer is someone who swam with RMSC during the Spring or Spring/Summer 2011 season. They have been registered with USA Swimming for 2011. These swimmers can pre-register for the Fall/Winter 2011/12 program starting August 1st. All returning swimmers **MUST** be registered by September 1st in order to secure their spot prior to Newcomer's evaluations. 3 ways to register: **Complete the registration form and email back with credit card information; complete and print the form and mail to Christa Krukiel, Kennedy Shriver Aquatic Center, 5900 Executive Boulevard, N. Bethesda, MD 20852; or bring the fully completed form to any MCRD-Aquatics facility for in person registration. Copies of the registration form will not be available at the facility.**

**Do not change your practice group assignment unless instructed to do so by your coach.
Preseason practices will be held for returning swimmers on September 6 & 7.**

Program Fee – Program fees are payable to MCRD by VISA, MasterCard, Check or Cash. Non-County residents must add \$15 per swimmer. This payment includes the 2012 United States of America Swimming (USAS) membership fees and all the PVS meet fees. To offset the cost of the program, payments can be credited to individual accounts prior to the start of the program. Installment fees and payment plans are NOT available. **All fees must be paid by the first day of practice.**

The final date to register and to withdraw is February 10, 2012

Questions Regarding RMSC – If you have any questions about the RMSC program send an email to christa.krukiel@montgomerycountymd.gov

PRACTICE GROUPS

Minis – For 8&Unders who can swim both freestyle, using good rhythmic breathing, and backstroke. Swimmers will learn proper stroke technique, including breaststroke and butterfly, flip turns, and starts from the blocks. Emphasis is on orientation to competitive swimming, participation in meets and having a fun experience.

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| Fall/Winter (312046) | \$780 |
| Monday & Wednesday | 6:00 - 7:00 PM |
| Tuesday & Thursday | 5:00 - 5:45 PM |
| <i>Recommended practice attendance: 2/week</i> | |

Juniors – For swimmers ages 9-12 who are skilled in freestyle and who have working knowledge in the four competitive strokes. Emphasis is on competitive stroke mechanics, starts, and turns for the lower level in this group, and on advanced stroke development and endurance training at the upper level.

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| Fall/Winter (312047) | \$800 |
| Monday, Wednesday & Friday | 5:00 - 6:00 PM |
| Sunday | 8:45 - 10:00 AM |
| <i>Recommended practice attendance: 2/week</i> | |

Seniors – For swimmers ages 13-18 who have a fundamental swimming background and are looking to improve further. New swimmers should have at least 2 years of summer league or high school swimming experience and have a strong knowledge of all four competitive techniques through group training dynamic. Sophomores and older must attend at least one morning practice. All swimmers must attend either Friday or Sunday practices.

Option 1 – Fall/Winter (312050) \$1,050

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| Monday, Wednesday & Friday | 3:30 - 5:00 PM |
| Tuesday & Thursday | 4:45 - 6:15 AM |
| Sunday | 6:00 - 8:00 AM |

Minimum Practices required: 3/week

Option 2 – Fall/Winter (301051) \$1,050

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|----------------------------|----------------|
| Tuesday, Thursday & Friday | 3:30 - 5:00 PM |
| Tuesday & Thursday | 4:45 - 6:15 AM |
| Sunday | 6:00 - 8:00 AM |

Minimum Practices required: 3/week

Option 3 – Fall/Winter (312052) \$1,050

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|--------------------|----------------|
| Monday & Wednesday | 7:00 - 8:30 PM |
| Friday | 3:30 - 5:00 PM |
| Tuesday & Thursday | 4:45 - 6:15 AM |
| Sunday | 6:00 - 8:00 AM |

Minimum Practices required: 3/week

Advanced Juniors – Entry by coach’s invitation only. For swimmers ages 9-12 who have achieved mastery of the four competitive strokes. The focus is on advanced stroke technique and goal setting for championship competition and exposure to endurance training. Coaches recommend three or more practices a week and USAS swim meets are required for all who train.

Fall/Winter (312048) \$1,050

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|--------------------|----------------|
| Tuesday & Thursday | 5:45 - 7:15 PM |
| Wednesday | 6:15 - 7:30 PM |
| Friday | 5:45 - 7:00 PM |
| Sunday | 7:00 - 9:00 AM |

Required Attendance: 3/week

Advanced Seniors – Entry by coach’s invitation only. Designed for the high school athletes who have a firm commitment to swimming and are looking for continued development in the sport. These swimmers train at a high level and are expected to participate in dryland training and USAS swim meets and be at practice a minimum of six times per week. All participants will be re-evaluated at the end of the season to see if they have maintained the standards of the group.

Fall/Winter (312053) \$1,300

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|-------------------|----------------|
| Monday – Thursday | 3:30 - 5:00 PM |
| Tuesday & Friday | 4:45 - 6:15 AM |
| Sunday | 6:00 - 8:00 AM |

Minimum Practices required: 6/week (Friday morning is required)

National Development Group – Entry by coach’s invitation only. For swimmers ages 10-13 who have committed to upper level swimming in the RMSC program as their primary activity. Emphasis is on swimming technique, conditioning, goal setting and performance in USAS competition. Dryland training and participation in meets are required of all in this group. Swimmers in this group must make a minimum of five practices per week and participate in USAS swim meets.

Fall/Winter (312049) \$1,300

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|----------------------------|----------------|
| Mon., Tues., Thurs. & Fri. | 6:00 - 7:30 PM |
| Wednesday | 4:45 - 6:15 AM |
| Saturday | 5:30 - 8:00 AM |

Minimum Practices required: 5/week

National Training Group – Entry by coach’s invitation only. For swimmers 13 & over who have made a commitment to swimming as their primary activity. Athletes are expected to focus on qualification for and competition in USAS meets which lead to the National level. Swimmers will participate in water and dryland training as part of an overall program to ensure success. A minimum of seven practices per week is required. All participants will be re-evaluated at the end of the season to see if they have maintained the standards of the group.

Fall/Winter (312054) \$1,600

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|----------------------------|----------------|
| Mon., Tues., Thurs. & Fri | 3:45 - 6:00 PM |
| Wednesday | 3:45 - 6:15 PM |
| Monday, Wednesday & Friday | 4:45 - 6:15 AM |
| Saturday | 5:30 - 8:00 AM |

Minimum Practices required: 7/week