



Fall/Winter 2009/2010

Montgomery Aquatic Center

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

Fall/Winter

September 8, 2009 – March 28, 2010

RMSC at MAC will begin practices at the Bethesda Outdoor Pool.

REGISTRATION INFORMATION

Newcomers' Try-outs – Newcomers are swimmers who did not participate in the RMSC program Fall/Winter 08/09 or Spring/Summer 09, even if they have participated in some other previous season. **Newcomers MUST email Christa Krukiel before attending any sessions.** Try-outs for skill assessment and group placement will be held September 3 and 4. A sliding scale assessment is used to determine possible group placement; age, technique and endurance are taken into consideration. Newcomers should attend one of the following sessions at the Bethesda Outdoor Pool:

13 & over:	3:45pm-5:00pm
11-12 years:	4:45pm-5:45pm
9-10 years:	5:30pm-6:30pm
8 & under:	6:15pm-7:15pm

The registration form for the program should be completed and program fee paid once placement has been verified. Swimmers' registrations for USA Swimming for 2010 are included in the program fee.

Returning Swimmers – Practices will begin at the Bethesda Outdoor Pool. A returning swimmer is someone who swam with RMSC during the Fall/Winter 08/09 or Spring/Summer 09 season. They have been registered with USA Swimming for 2009. These swimmers can pre-register for the Fall/Winter 2009/2010 program. To do this, COMPLETE THE REGISTRATION FORM, attach the FEE PAYMENT and return as soon as possible. This may be handled in person at any MCRD-Aquatics facility or mailed to MAC by September 1: Christa Krukiel, Montgomery Aquatic Center, 5900 Executive Boulevard, N. Bethesda, MD 20852. **Do not change your practice group assignment unless instructed to do so by your coach. Preseason practices will be held for returning swimmers on August 31, September 1 and 2.**

Program Fee – Program fees are payable to MCRD by VISA, MasterCard, Check or Cash. Credit Card payments must be made in-person at the swim center. Non-County residents must add \$10 per swimmer.

This payment includes the United States of America Swimming (USAS) membership fee 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.**

Questions Regarding RMSC – If you have any questions about the RMSC program, please contact Christa Krukiel @ 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.

Fall/Winter (256265)	\$775
Monday and Wednesday	6:00pm-7:00pm
Tuesday and Thursday	5:00pm-5:45pm
<i>Recommended 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.

Fall/Winter (256266)	\$775
Monday, Wednesday & Friday	5:00pm-6:00pm
Sunday	8:45am-10:00am
<i>Recommended 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.

<u>Option 1 – Fall/Winter (256269) \$875</u>	<u>Option 2 – Fall/Winter (256271) \$875</u>
Monday, Wednesday & Friday 3:30pm-5:00pm	Tuesday, Thursday & Friday 3:30pm-5:00pm
Tuesday and Thursday 4:45am-6:15am	Tuesday and Thursday 4:45am-6:15am
Sunday 6:00am-8:00am	Sunday 6:00am-8:00am
<i>Minimum Practices Required: 3/week</i>	<i>Minimum Practices Required: 3/week</i>
<u>Option 3 – Fall/Winter (256296) \$875</u>	
Monday and Wednesday 7:00pm-8:30pm	
Friday 3:30pm-5:00pm	
Tuesday and Thursday 4:45am-6:15am	
Sunday 6:00am-8:00am	
<i>Minimum Practices Required: 3/week</i>	

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.

<u>Fall/Winter (256267) \$1,000</u>	
Tuesday and Thursday 5:45pm-7:15pm	
Wednesday 6:15pm-7:30pm	
Friday 5:45pm-7:00pm	
Sunday 7:00am-9:00am	
<i>Required Attendance: 3/week</i>	

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.

<u>Fall/Winter (256268) \$1,100</u>	
Monday – Thursday 3:30pm-5:00pm	
Tuesday, Thursday & Friday 4:45am-6:15am	
Sunday 6:00am-8:00am	
<i>Minimum Practices Required: 6/week (Friday morning is required)</i>	

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.

<u>Fall/Winter (256270) \$1,100</u>	
Mon., Tues., Thurs. & Fri. 6:00pm-7:30pm	
Wednesday 4:45am-6:15am	
Saturday 5:00am-8:00am	
<i>Minimum Practices Required: 5/week</i>	

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 session to see if they have maintained the standards of the group.

<u>Fall/Winter (256272) \$1,300</u>	
Mon., Tues., Thurs. & Fri 3:45pm-6:00pm	
Wednesday 3:45pm-6:15pm	
Tuesday – Friday 4:45am-6:15am	
Saturday 5:00am-8:00am	
<i>Minimum Practices Required: 7/week</i>	



Registration Form for RMSC at MAC

Fall/Winter 2009/2010

PAYERS: Last Name _____ First Name _____ Email _____
 Address _____ City _____ State _____ Zip _____
 Home Phone () _____ Work Phone () _____ Cell Phone () _____

PARTICIPANT'S: Address _____ City _____ State _____ Zip _____
 Mother's Name _____ Email _____
 Home Phone () _____ Work Phone () _____ Cell Phone () _____
 Father's Name _____ Email _____
 Home Phone () _____ Work Phone () _____ Cell Phone () _____

PRACTICE GROUPS, COURSE NUMBERS AND FEES

**REGISTRATION AND
 PAYMENT MUST BE
 SUBMITTED BEFORE
 THE FIRST
 PRACTICE.**

MINIS (MIN)	256265	\$775.00	SENIORS 1 (SR1)	256269	\$875.00
JUNIORS (JR)	256266	\$775.00	SENIORS 2 (SR2)	256271	\$875.00
ADVANCED JUNIORS (AJG)	256267	\$1,000.00	SENIORS 3 (SR2)	256296	\$875.00
NDG	256270	\$1,100.00	ADVANCED SENIORS (ASG)	256268	\$1,100.00
			NTG	256272	\$1,300.00

Participant's Name (last, first, middle initial)	Date of Birth	Sex	Activity	Location	Course #	Fees*

*If you are a non-resident, include an additional \$10.00 per participant in the activity.

Total Amount Due	\$
-------------------------	----

Ways to register: Mail to: MAC, attn: Christa Krukiel, 5900 Executive Blvd., N. Bethesda, MD 20852 In person

Withdrawal policy: Requests for withdrawal must be submitted in writing. If your written withdrawal request is received on or after the start date of the program, your credit will be pro-rated on the date the request is received. In addition all refunds and all written withdrawal requests received seven days or less before the start date of the program are subject to a \$20.00 withdrawal fee.

The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit cards, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt. If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

THIS FORM MUST BE
COMPLETED IN ITS ENTIRETY
TO BE PROCESSED.

Check or Money Order (payable to MCRD) Check # _____

***VISA and MasterCard payments must be made in-person at the swim center.
 This registration form must be submitted for RMSC registration.***

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after scheduled program.

Participant or Parent/Guardian Signature _____ Date _____