



Fall/Winter 2011/2012

Olney Swim Center

16605 Georgia Avenue, Olney, MD 20832 (240) 777-4995

September 12, 2011 – March 25, 2012

REGISTRATION INFORMATION

Newcomers' Evaluation – Newcomers are swimmers who did not participate in the RMSC program Fall/Winter 2010/11 or Spring/Summer 2011, even if they have participated in some other previous season. Evaluations for skill assessment and group placement will be held September 8 and 9. Newcomers must attend one of the following sessions:

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

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

Returning Swimmers – A returning swimmer is someone who swam with RMSC during the Fall/Winter 2010/11 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. 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, Montgomery 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 and 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 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, please contact Jay Garner at jay.garner@montgomerycountymd.gov or call OSC at (240) 777-4995.

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 (312063)	\$780
Tuesday, Thursday & Friday	6:00 - 7:00 PM
<i>Recommended practice attendance: 2/week</i>	

Junior 1 – For swimmers ages 9-12 who range from minimal skills in freestyle and backstroke to those 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 (312064)	\$775
Tuesday & Thursday	6:00 - 7:00 PM
Sunday	8:00 - 9:00 AM
<i>Recommended practice attendance: 2/week</i>	

Junior 2 – Entry by coach’s invitation only. For swimmers ages 9-12 who are skilled in freestyle and have a legal and working knowledge in the four competitive strokes. Emphasis is on stroke mechanics, starts, and turns for the lower level in this group, and on advanced stroke development and endurance training at the upper level of this group. USAS swim meet competition is required.

Fall/Winter (312065)	\$800
Monday & Wednesday	6:00 - 7:00 PM
Friday	5:00 - 6:00 PM
Sunday	7:30 - 8:30 AM

Recommended practice attendance: 3/week

Seniors – For swimmers ages 13-18 who have a fundamental swimming background and aspire to improve further. New swimmers should have at least 2 years of summer league or high school swimming experience and have a solid knowledge of all four competitive stroke techniques through group training dynamic.

Fall/Winter (312068)	\$1,050
Tuesday, Wednesday, & Friday	3:45 - 5:00 PM
Thursday	3:45 - 5:45 PM
Saturday	7:30 - 9:00 AM

Minimum Practices required: 3/week

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

Fall/Winter (312066)	\$1,050
Tuesday, Thursday, & Friday	5:00 - 6:00 PM
Wednesday	5:30 - 7:00 PM
Sunday	7:30 - 9:00 AM

Required Attendance: 3-5/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.

Fall/Winter (312069)	\$1,300
Monday, Wednesday, & Friday	3:45 - 5:30 PM
Tuesday & Thursday	3:45 - 5:00 PM
Tuesday & Thursday	4:45 - 6:15 AM
Saturday	5:30 - 7:30 AM

Minimum Practices required: 6/week

National Development Group – Entry by coach’s invitation only. For swimmers ages 10-14 who have committed to upper level swimming in the RMSC program. 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 four practices per week and participate in USAS swim meets. 5 practices per week is recommended.

Fall/Winter (312067)	\$1,300
Monday & Friday	5:30 - 7:00 PM
Tuesday & Thursday	5:00 - 7:00 PM
Sunday	7:00 - 9:00 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 session to see if they have maintained the standards of the group.

Fall/Winter (312070)	\$1,600
Monday – Thursday	3:45 - 6:00 PM
Monday, Wednesday, & Friday	4:45 - 6:15 AM
Friday	3:45 - 5:00 PM
Saturday	6:00 - 9:00 AM

Minimum Practices required: 7/week