



# Fall/Winter 2011/2012

## Germantown Indoor Swim Center

18000 Central Park Circle, Boyds, MD 20841 (240) 777-6830

**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 8-9. Newcomers must attend one of the following sessions:

13 & over:	5:30 - 6:30 PM
9-12 years:	6:30 - 7:30 PM
8 & under:	5:30 - 6:30 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 1<sup>st</sup> 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 & 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 Jeremy Mogus at [jeremy.mogus@montgomerycountymd.gov](mailto:jeremy.mogus@montgomerycountymd.gov) or call GISC at 240-777-6830.

### 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.

Fall/Winter (312071)	\$780
Monday	5:00 - 6:00 PM
Wednesday & Friday	5:30 - 6:30 PM
Sunday	7:00 - 8:00 AM

*Recommended practice attendance: 2/week*

**Juniors** – For swimmers ages 9-12 who are able to swim at least freestyle and backstroke. Emphasis is on basic stroke mechanics, starts and turns. An introduction to conditioning and endurance are part of the program. This group is for all new swimmers and graduates of Minis.

Fall/Winter (312072)	\$800
Wednesday & Friday	6:30 - 7:30 PM
Thursday	5:00 - 6:00 PM
Sunday	7:00 - 8:00 AM

*Recommended practice attendance: 2/week*

**Seniors** – For swimmers ages 13-18 who range from summer league experience to high school swimming background. Emphasis is on stroke mechanics, conditioning and endurance. This program is geared for swimmers interested in improving skills and gaining a better training base.

<u>Fall/Winter (312075)</u>	<u>\$1,050</u>
Tuesday	5:00 - 6:00 PM
Wednesday	4:45 - 6:00 AM
Thursday & Friday	3:30 - 5:00 PM

*Recommended practice attendance: 2/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, endurance and dryland exercises geared toward injury prevention. USAS swim meet competitions are required for all in this group.

<u>Fall/Winter (312073)</u>	<u>\$1,050</u>
Monday, Tuesday & Thursday	6:00 - 7:30 PM
Friday	5:00 - 6:30 PM
Sunday	6:30 - 8:00 AM

*Recommended practice attendance: 3-5/week*

**Advanced Seniors – Entry by coach's invitation only.** Designed for the high school athlete who has 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.

<u>Fall/Winter (312076)</u>	<u>\$1,300</u>
Monday & Tuesday	3:30 - 5:00 PM
Tuesday & Thursday	4:45 - 6:00 AM
Wednesday & Friday	3:30 - 5:30 PM
Saturday	5:30 - 8:00 AM

*Minimum Practices required: 5/week*

**National Development Group – Entry by coach's invitation only.** For swimmers ages 11-14 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 participate in USAS swim meets.

<u>Fall/Winter (312074)</u>	<u>\$1,300</u>
Monday, Wednesday & Thursday	6:00 - 7:30 PM
Tuesday	5:30 - 7:30 PM
Saturday	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. 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 (312077)</u>	<u>\$1,600</u>
Monday & Wednesday	3:30 - 6:00 PM
Monday, Wednesday & Friday	4:45 - 6:15 AM
Tuesday & Friday	3:30 - 5:30 PM
Thursday	3:30 - 5:00 PM
Saturday	6:00 - 9:00 AM

*Minimum Practices required: 7/week*