



Fall/Winter 2013-2014

Martin Luther King, Jr. Swim Center

1201 Jackson Road, Silver Spring, MD 20904 (240)-777-8060

September 9, 2013 – March 23, 2014

REGISTRATION INFORMATION

Newcomers' Evaluation – Newcomers are swimmers who did not participate in the RMSC-MLK program Fall/Winter 2012-13 or Spring/Summer 2013, even if they have participated in some other previous season. Evaluations for skill assessment and group placement will be held September 3 & 4. Newcomers must attend one of the following sessions:

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

Registration forms for newcomers will not be accepted or available until AFTER evaluations have taken place and a placement has been offered by the coaches.

Returning Swimmers – A returning swimmer is someone who swam with RMSC-MLK during the Fall/Winter 2012-13 or Spring/Summer 2013 season. They have been registered with USA Swimming for 2013. These swimmers can pre-register for the Fall/Winter 2013-14. To do so, COMPLETE & SIGN THE REGISTRATION FORM attach the PROGRAM FEE PAYMENT and return. Forms may be emailed to carey.apple@montgomerycountymd.gov, handed in person at MLK or mailed to Martin Luther King Swim Center, Attn: Carey Apple, 1201 Jackson Rd, Silver Spring, MD 20904.

Returning swimmer registration begins Monday, August 12th, 2013

Registration ends for returning swimmers on Sunday, September 1st, 2013 in order to secure your spot.

Program Fee – Program fees are payable to MCR by VISA, MasterCard, Check, or Cash. Non-County residents must add \$15 per swimmer. This payment includes the 2014 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 in full by the first day of practice.**

The final date to register and to withdraw is February 1, 2014

Questions Regarding RMSC @ MLK – Please email carey.apple@montgomerycountymd.gov or call (240) 777-8060.

Do not change your practice group assignment unless instructed to do so by your coach.

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.

Recommended practice attendance: 2/week

Fall/Winter (361273)	\$810
Monday	5:00 - 6:00 PM
Wednesday & Friday	4:30 - 5:30 PM

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. Participation in USAS meets is highly recommended but not required.

Recommended practice attendance: 2/week

Fall/Winter (361274)	\$800
Tuesday & Thursday	5:00 - 6:00 PM
Sunday	8:30 - 9:30 AM

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. Participation in USAS meets is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum practices required: 3/week**

Fall/Winter (361275)		\$830	
Monday	6:00 - 7:00 PM	Friday	5:30 - 6:30 PM
Wednesday	5:30 - 6:45 PM	Sunday	8:15 - 9:30 AM

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. Participation in USAS meets is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum practices required: 3/week**

Fall/Winter (361276)		\$1200	
Monday	6:00 - 7:00 PM; dryland 5:30 - 6:00 PM	Friday	5:00 - 7:00 PM
Wednesday	5:30 - 7:00 PM	Sunday	7:00 - 9:00 AM

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 as their primary activity. Emphasis is on swimming technique, conditioning, goal setting and performance in USAS competition. Dryland training and participation in USAS meets are required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group.

Minimum practices required 5/week

Fall/Winter (361277)		\$1500	
Monday	4:00 - 6:00 PM; dryland 6:00 - 6:30 PM	Friday	4:00 - 5:30 PM
Tues. & Thurs.	5:00 - 7:00 PM; dryland 4:15 - 5:00 PM	Sunday	6:00 - 8:30 AM; dryland 8:30 - 9:00 AM
Wednesday	4:45 - 6:00 AM		

Seniors - For swimmers ages 13-18 who have summer swim team or high school competition experience. Knowledge of all four competitive strokes is required. Emphasis is on stroke mechanics, conditioning and endurance. Use of swim equipment will be required. Participation in USAS meets is highly recommend but not required.

Recommended practice attendance: 3/week

Fall/Winter (361278)		\$1200	
Monday	6:00 - 7:00 PM; dryland 5:30 - 6:00 PM	Thursday	3:30 - 5:00 PM
Tuesday	3:30 - 5:00 PM	Friday	3:30 - 4:30 PM
Wednesday	5:30 - 7:00 PM; dryland 5:00 - 5:30 PM	Saturday	7:30 - 9:00 AM

Advanced Seniors - Entry by coach's invitation only. For swimmers ages 13 & over who have made a firm commitment to swimming and are looking for continued development in the sport. Emphasis is on swimming technique, conditioning, goal setting, and performance in USAS meets. Dryland training and participation in USAS meets is required. Swimmers will be required to have paddles, fins, and other equipment specified by coaches. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group.

Minimum practices required 6/week

***Required Practices: Wednesday PM and Saturday AM.**

Fall/Winter (361279)		\$1500	
Monday & Friday	4:45 - 6:15 AM	*Wednesday	3:30 - 5:30 PM
Mon., Tues., & Thurs.	3:30 - 5:00 PM	*Saturday	6:00 - 8:30 AM
Dryland Training: Monday, Tuesday, Thursday 5:00 - 6:00 PM			

National Training Group - Entry by coach's invitation only. For swimmers 13 & over who have made a commitment to swimming as their primary activity, and who will arrange their schedule to meet the time requirements of the group. 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. Swimmers will be required to have paddles, fins, and other equipment specified by coaches. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum practices required: 7/week**

Required Practices: Monday PM, Tuesday PM, Thursday PM, Friday AM and Saturday AM.

Fall/Winter (361280)		\$1850	
Mon., Wed. & Fri.	4:45 - 6:15 AM	Wednesday	3:45 - 5:30 PM
*Monday	3:45 - 6:00 PM	*Friday	3:45 - 5:30 PM
*Tues. & Thurs.	4:30 - 7:00 PM	*Saturday	6:00 - 9:00 AM
Dryland Training: Monday 6 - 6:45 PM; Wednesday 5:30 - 6:15 PM			