



# RMSC 2024 – 2025 Season

## Registration Information

Martin Luther King, Jr. Swim Center

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

[www.rmscswimming.com](http://www.rmscswimming.com)

---

## Try-out Information for Newcomers

Newcomers are swimmers who did not participate in the RMSC-MLK program for RMSC 2023 - 2024 Season, even if they have participated in other seasons. Listed within the group description for the developmental groups are the minimum qualifications for each group. In addition, the following criteria is used to determine possible group placement: age, technique, endurance, and team openings. All try-outs begin on time; please view the team website for details.

- Swimmers new to the RMSC program must attend a tryout.
- Pre-registration for tryouts is REQUIRED. See team website under 'Joining RMSC'
- Attend the tryout based on swimmers age as of December 6, 2024.
- You must tryout at the site where you wish to practice.
- Swimmers ONLY need to attend ONE date at the location of their choice.
- Swimmers must arrive on time, ready to swim.
  - Swimmers who are more than 5 minutes late, will not be allowed to tryout.
- Swimmers must stay for the entire tryout.
- It is highly recommended to arrive at least 10 minutes early to allow time for check-in.
- During tryouts, a parent/legal guardian must remain on site and in the pool lobby.

### **Tryouts will be held on Monday, July 15 and Monday, July 22:**

Due to program limitation, some groups may not offer tryouts.

See website for required pre-registration details and tryout times.

Attend tryout session based on age as of December 6, 2024

*Tryout decisions will be made after both tryout dates have taken place and will be emailed no later than July 26.*

### ***If offered a placement on the team:***

*Registration must be completed within 7 days of the date of placement email. Otherwise, the offer is forfeited.*

*Instructions to register will be send in the placement offer email.*

Questions regarding RMSC @ MLK - please email [Elizabeth.Carter@montgomerycountymd.gov](mailto:Elizabeth.Carter@montgomerycountymd.gov)

## Returning Swimmer Registration Information

A returning swimmer is someone who swam with RMSC-MLK during the RMSC 2023 - 2024 Season and has met the group requirements. Returning swimmers must register for the RMSC 2024 - 2025 Season by the deadline below to be guaranteed a spot on the team.

Returning swimmer registration opens June 24. Swimmers must register based on their age as December 6, 2024.

There are two ways to register:

1. Online at [www.ActiveMontgomery.org](http://www.ActiveMontgomery.org).
  - a. Families MUST use the same account used for the RMSC 2023 – 2024 program registration. This is the only way to meet the course pre-requisite for online registration. If a new account is created the course pre-requisite will not be met and online registration will not be possible.
  - b. For swimmers being invited to a “Coaches Invite Group” for the first time, you will not be able to register online. You will need to come in person and register. (Example: Minis/Juniors to Adv Juniors; Seniors to Advanced Seniors)
  - c. Current Officials, contact Elizabeth Carter by email, as you will need to register in-person.
2. In person at the Martin Luther King Swim Center during the pre-determined in-person/walk-in registration windows, **TBA**. Please do not attempt to register outside these registration windows as the cashiers will not be able to assist you.

***Returning swimmer registration ends on July 5, 2024, to secure your spot.  
After this date, swimmers will forfeit their spot on the team.***

### **Program Registration Fee (Montgomery County Recreation)**

- Program registration fees are payable to ActiveMontgomery by check or credit card. Fees are listed next to each course below.
- **Non-County residents must add \$50 per swimmer.**
- Credit card payment plans are available; 25% due with initial registration, 25% due October 1, 25% due November 1 and the remaining 25% due on December 1, 2024. Payment plans are only available with a credit card and the card must be valid through December 2024.
- Do not change your practice group assignment unless instructed to do so by your coach, or you have aged out of your previous group assignment.
- The program registration fee includes local PVS meet entry fees as well as a Team Registration Package (one Arena team suit, two latex swim caps, and two team t-shirts).
  - For all non-local meets, that are team or parent travel, additional fees will be required.
- **The final day to request a pro-rated program withdrawal is 2/28/2025.**
  - **After this date no refunds will be given.**
- Pending space availability, the last day to register is December 31.

### **USA Swimmer Registration Fee (USAS)**

- Starting August 1, 2022, USAS required swimmers to register directly with USAS.
- Families will pay the USAS registration fee directly to USAS (approx. \$100). Do not create new swimmer/family accounts, use the same account as the 2023-2024 season.
  - **For returning swimmers**, families will receive information when it is time to renew the USA Swimmer registration, usually in late fall.
  - **For new swimmers**, information for registering with USAS will be sent in August/September after you have completed the registration process through ActiveMontgomery. The procedure for new swimmers is different than returning swimmers.
- Failure to properly register with USAS will result in swimmers being ineligible to practice and participate in meets. A program withdraw will be processed after one reminder to comply.

Questions regarding RMSC @ MLK - please email [Elizabeth.Carter@montgomerycountymd.gov](mailto:Elizabeth.Carter@montgomerycountymd.gov)

## **Family Requirements**

1. **Minor Athlete Abuse Prevention Policy (MAAPP):** USA Swimming member clubs have been required to implement this policy. The MAAPP must be reviewed, signed, and submitted to RMSC on an annual basis. When registering for the RMSC program, MAAPP is included in the course registration. To complete the team registration, you will be required to acknowledge and agree to adhere to all the MAAPP policies.
2. **Safe Sport Education** – Our goal, as a team, is to become a “Safe Sport Recognized” club by USAS.
  - a. Parents – visit <https://learn.usaswimming.org/>, register and create a non-member account. Select/complete the Parent’s Guide to Misconduct in Sport course
  - b. Athletes - visit [www.usaswimming.org/safe-sport/learn](http://www.usaswimming.org/safe-sport/learn)
    - i. 12-17 years old complete the Safe Sport for Athletes
    - ii. 18 years & older are REQUIRED to complete Safe Sport Training for Adult AthletesFor more information visit [www.usaswimming.org/safe-sport](http://www.usaswimming.org/safe-sport) or [www.rmscswimming.com/safesport](http://www.rmscswimming.com/safesport)
3. **Meet Volunteers** – except for the coaching staff, all meets are run by volunteers, including meet officials. Meet officials have gone through many hours of training to become certified officials. It takes many additional parent volunteers to run meets. Parents must volunteer to work at least 2 meet sessions for each child in the program each season.

---

## **DEVELOPMENTAL PRACTICE GROUPS**

*For all developmental groups – In order to secure a spot as a returning swimmer for the next RMSC Season, one practice per week is required.*

***\*There is a two-week session break from April 7 - April 20, 2025\****

**Minis** – For ages 8 & under. Will learn proper stroke technique, including breaststroke and butterfly, starts and turns. Emphasis is on orientation to competitive swimming, participation in swim meets and having a fun experience.

Swimmers may attend any combination of practices offered to the group.

**Recommended practice attendance: 2/week; Required 1/week.**

<b>Course #R01018-103</b>	<b>*September 9 – May 23, 2025*</b>		<b>\$1,200</b>
Monday	6:30 - 7:30 PM	Friday	6:30 – 7:15 PM
Wednesday	6:15 – 7:15 PM	Sunday	8:45 – 9:30 AM

**Junior 1** – For ages 9-12. Emphasis is on learning proper stroke technique, starts and turns. Participation in swim meets is highly recommended, but not required.

Swimmers may attend any combination of practices offered to the group.

**Recommended practice attendance: 2/week; Required 1/week.**

<b>Course #R01021-103</b>	<b>*September 9 – May 23, 2025*</b>		<b>\$1,200</b>
Tuesday 6:00 – 7:30 PM	Thursday 5:30 – 6:30 PM	Sunday 8:30 - 9:30 AM	

**Seniors** – For ages 13-18 – Swimmers should have summer swim team or high school competitive experience. Emphasis is on stroke technique, conditioning, and endurance training.

Swimmers may only attend practices offered to the specific option registered for.

**Recommended practice attendance: 3/week; Required 1/week**

**Seniors (Summer Option not included): \$2,000 (\*September 9 – May 23, 2025\*)**

If an Option (A or B) is full, swimmers will be placed on the waiting list and registered for the other Option.

<u>Option A –</u>	<u>Course #R01067-103</u>	<u>Option B –</u>	<u>Course #R01068-103</u>
Monday	6:00 – 7:00 PM	Tuesday	6:30 – 7:30 PM
Tuesday	6:00 – 7:00 PM	Wednesday	6:00 – 7:30 PM
Thursday	4:00 – 5:30 PM	Thursday	6:00 – 7:00 PM
Friday	4:00 – 6:00 PM	Friday	5:30 – 7:30 PM
Saturday	7:00 – 9:00 AM	Saturday	7:00 – 9:00 AM

**Summer Seniors: \$450** (May 24 – July 25, 2025) – The opportunity to add Summer Seniors will be available in March of 2025. Practice schedule will be released in May 2025.

## **ADVANCED PRACTICE GROUPS**

***FOR ALL ADVANCED PRACTICE GROUPS – ENTRY IS BY COACH’S INVITATION ONLY.  
A SIGNED SWIMMER/PARENT AGREEMENT IS REQUIRED.***

***\*There is a two-week session break from April 7 - April 20, 2025\* (except NTG’s)***

**Junior 2** - For swimmers ages 9-12 who have achieved proficient skill level in all 4 competitive strokes. Emphasis is on stroke technique, starts, turns and exposure to endurance training. Swim meet participation is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group.

Swimmers may attend any combination of practices offered to the group.

***Minimum practices required: 2/week***

<b>Course #R01022-103</b>	<b>*September 9 – May 23, 2025*</b>	<b>\$1,350</b>
Monday, Friday	5:30 - 6:30 PM	Wednesday
		5:00 - 6:15 PM
		Sunday
		7:30 - 8:45 AM

**Advanced Junior Group (AJG)** - For swimmers ages 9-12 who have achieved a high level of proficiency in all four competitive strokes. The focus is on advanced stroke technique, training for competitions, goal setting and endurance training. Swim meet participation 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***

<b>Course #R01020-103</b>	<b>*September 9 – July 25, 2025*</b>	<b>\$2,550</b>
Monday, Thursday	6:30 – 7:30 PM	Friday
Wednesday	6:00 – 7:30 PM	Sunday
		5:45 – 7:30 PM
		7:00 - 8:45 AM

**National Developmental Group (NDG)** - For swimmers ages 11-14 (14 years old's who are in 9<sup>th</sup> grade are not eligible for this group) who have committed to upper-level swimming in the RMSC program as their primary activity. Emphasis is on stroke mechanics, conditioning, and goal setting. Dryland training and swim meet participation is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group.

	<b>Minimum practices required: 5/week</b>		<b>Required Practices: Sunday AM</b>	
<b>Course #R01026-103</b>	<b>*September 9 – July 25, 2025*</b>			<b>\$2,975</b>
Monday, Tuesday	4:30 – 6:30 PM	Friday	4:30 – 6:00 PM	
Wednesday	4:45 – 6:00 AM	Sunday	6:00 – 8:30 AM	
Thursday	4:45 – 7:30 PM			

**Advanced Senior Group (ASG)** - For swimmers ages 13 & over who have made a commitment to swimming. Emphasis is on stroke mechanics, conditioning, dryland training, goal setting and participation in required swim meets. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group.

	<b>Minimum practices required: 6/week</b>		<b>Required Practices: Wednesday PM &amp; Saturday AM</b>	
<b>Course #R01025-103</b>	<b>*September 9 – July 25, 2025*</b>			<b>\$3,100</b>
Monday, Friday	4:45 - 6:15 AM	Tuesday, Wednesday	4:00 – 6:00 PM	
Monday, Thursday	4:00 – 6:15 PM	Saturday	6:00 - 8:00 AM	

**National Training Group (NTG)** - For swimmers 13 & over who have made a commitment to swimming as their primary activity. Athletes are expected to focus on qualification for and participation in the swim meets which lead to National level competition. Participation in dryland training is also required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group.

	<b>Minimum Practices required:7/week</b>		<b>Required Practices: Mon/Tues/Thursday PM, Fri/Saturday AM</b>	
<b>Course #R01027-103</b>	<b>*September 9 – July 25, 2025* (1-week break, TBD Spring 2025)</b>			<b>\$4,350</b>
Monday, Wednesday, Friday	4:45 - 6:15 AM	Friday	4:00 – 6:30 PM	
Monday, Wednesday	4:00 - 7:00 PM	Saturday	5:30 - 8:30 AM	
Tuesday, Thursday	4:00 - 6:00 PM			