



# Fall/Winter 2015-2016

Martin Luther King, Jr. Swim Center

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

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

September 14, 2015 – March 20, 2016

## REGISTRATION INFORMATION

**Newcomers' Try-outs** – Newcomers are swimmers who did not participate in the RMSC-MLK program Spring/Summer 2015, even if they have participated in other seasons. A sliding scale assessment is used to determine possible group placement; age, technique and endurance are taken into consideration. Newcomers must attend the session below according to their age as of December 4, 2015, no pre-registration necessary:

**September 8<sup>th</sup>, 2015**

13 & over: 4:00 – 5:15 PM

8 & under: 5:45 – 6:45 PM

**September 9<sup>th</sup>, 2015**

11-12 years: 4:45 – 6:00 PM

9-10 years: 6:30 - 7:45 PM

**Program registration forms for newcomers will not be available or accepted until AFTER try-outs have taken place and a placement has been offered by the coaches. No pre-registration is necessary to attend try-outs.**

**Returning Swimmers** – A returning swimmer is someone who swam with RMSC-MLK during the Spring/Summer 2015 season. They have been registered with USA Swimming for 2015. These swimmers can pre-register for the Fall/Winter 2015-16. To do so, COMPLETE & SIGN THE REGISTRATION FORM attach the PROGRAM FEE PAYMENT and return. Forms may be emailed to [carey.apple@montgomerycountymd.gov](mailto:carey.apple@montgomerycountymd.gov), handed in person at MLK or mailed to Martin Luther King Swim Center, Attn: Carey Apple, 1201 Jackson Road, Silver Spring, MD 20904.

**Returning swimmer registration begins Monday, August 10<sup>th</sup>, 2015**

**Registration ends for returning swimmers on Monday, August 31<sup>st</sup>, 2015 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 2016 United States of America Swimming (USAS) membership fee and 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/payment plans are NOT available. **All fees must be paid in full by the first day of practice.**

**The final date to register or withdraw is February 1, 2016**

**Questions Regarding RMSC @ MLK** – Please email [carey.apple@montgomerycountymd.gov](mailto: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, at a minimum, swim both freestyle, using good rhythmic breathing, and backstroke. Swimmers will learn proper stroke technique, including breaststroke and butterfly, start and turns. Emphasis is on orientation to competitive swimming, participation in swim meets and having a fun experience. **Recommended practice attendance: 2/week**

Fall/Winter (8485)	\$850
Monday, Wednesday, Friday	6:30 - 7:30 PM

**Junior 1** - For swimmers ages 9-12 who have a working knowledge of all four competitive strokes. Emphasis is on learning proper stroke technique, starts and turns. Participation in swim meets is highly recommended but not required.

**Recommended practice attendance: 2/week**

Fall/Winter (8490)	\$850
Tuesday	6:00 – 7:30 PM
Thursday	5:30 - 6:30 PM
Sunday	8:30 - 9:30 AM

**\* All Coach's Invite Groups will be required to sign a Swimmer/Parent/Coach Agreement \***

**\*Junior 2\* - Entry by coach's invitation only.** All invited to this group will be required to sign a Swimmer/Parent Agreement. 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. **Minimum practices required: 2/week**

Fall/Winter (8491)		\$875	
Monday, Friday	5:30 - 6:30 PM	Sunday	8:00 - 9:30 AM
Wednesday	5:00 - 6:30 PM		

**\*Advanced Juniors\* - Entry by coach's invitation only.** All invited to this group will be required to sign a Swimmer/Parent Agreement. 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. An introduction to dryland exercises geared toward injury prevention is also possible. 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**

Fall/Winter (8493)		\$1250	
Monday	6:30 - 7:30 PM; dryland 6:00-6:30 PM	Friday	5:45 - 7:30 PM
Wednesday	6:00 - 7:30 PM	Sunday	7:00 - 9:00 AM

**\*National Developmental Group\* - Entry by coach's invitation only.** All invited to this group will be required to sign a Swimmer/Parent Agreement. For swimmers ages 10-14 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. **Minimum practices required: 5/week**

Fall/Winter (8500)		\$1600	
Mon, Tuesday	4:30 - 6:30 PM; dryland 6:30-7 PM	Friday	4:30 - 6:00 PM
Wednesday	4:45 - 6:15 AM	Sunday	6:00 - 8:30 AM; dryland 8:30-9:00 AM
Thursday	5:30 - 7:30 PM; dryland 4:45-5:30 PM		

**Seniors** - For swimmers ages 13 - 18 who have summer swim team or high school competitive experience. A working legal knowledge of all four competitive strokes is required. Emphasis is on stroke technique, conditioning and endurance training.

**Recommended practice attendance: 3/week**

Fall/Winter Option A (8506)		\$1250		Fall/Winter Option B (8507)		\$1250	
Monday	6:30 - 7:30 PM	Monday	6:30 - 7:30 PM	Monday	6:30 - 7:30 PM	Monday	6:30 - 7:30 PM
Tuesday	4:00 - 5:00 PM	Wed, Friday	6:00 - 7:30 PM	Wed, Friday	6:00 - 7:30 PM	Wed, Friday	6:00 - 7:30 PM
Thurs/Friday	4:00 - 5:30 PM	Thursday	4:00 - 5:00 PM	Thursday	4:00 - 5:00 PM	Thursday	4:00 - 5:00 PM
Saturday	7:00 - 9:00 AM	Saturday	7:00 - 9:00 AM	Saturday	7:00 - 9:00 AM	Saturday	7:00 - 9:00 AM
Dryland: Tuesday	5:00 - 5:30 PM, Friday 5:30 - 6:00 PM	Dryland: Wednesday & Friday	5:30 - 6:00 PM	Dryland: Wednesday & Friday	5:30 - 6:00 PM	Dryland: Wednesday & Friday	5:30 - 6:00 PM

**\*Advanced Seniors\* - Entry by coach's invitation only.** All invited to this group will be required to sign a Swimmer/Parent Agreement. 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.

**Minimum practices required: 6/week**

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

Fall/Winter (8512)		\$1600	
Mon, Friday	4:45 - 6:15 AM	Wednesday	4:00 - 6:00 PM
Mon, Thurs	4:00 - 5:30 PM	Saturday	6:00 - 8:30 AM
Tuesday	4:00 - 6:00 PM	Dryland: Mon/Thur	5:30 - 6:30 PM, Tues 6:00 - 6:30 PM

**\*National Training Group\* - Entry by coach's invitation only.** All invited to this group will be required to sign a Swimmer/Parent Agreement. 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. **Minimum Practices required: 7/week**

**Required Practices: Mon/Tues/Thursday PM, Fri/Saturday AM**

Fall/Winter (8517)		\$1950	
Mon, Wed, Friday	4:45 - 6:15 AM	Wednesday	4:15 - 6:00 PM
Monday	4:15 - 6:30 PM	Friday	4:15 - 5:45 PM
Tuesday, Thursday	5:00 - 7:30 PM	Saturday	6:00 - 9:00 AM
		Dryland: Mon	6:30 - 7:15 PM, Wed 6:00 - 6:45 PM