



Fall/Winter 2014-2015

Olney Swim Center

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

www.rmsscswimming.com

September 8, 2014 – March 29, 2015

REGISTRATION INFORMATION

Newcomers' Evaluation – Newcomers are swimmers who did not participate in the RMSC-Olney program Spring/Summer 2014, even if they have participated in some other previous season. Evaluations/Try-outs for skill assessment and group placement will be held September 4 & 5. A sliding scale assessment is used to determine possible group placement; age, technique and endurance are taken into consideration. Newcomers must attend one of the following sessions based on their age as of December 1, 2014:

- 8 & under: 5:45 - 6:15 PM
- 9-10 years: 6:15 - 7:00 PM
- 11-12 years: 5:00 - 5:45 PM
- 13 & over: 3:30 - 5:00 PM, Friday, September 5th ONLY

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-Olney during the Spring/Summer 2014 season. They have been registered with USA Swimming for 2014. These swimmers can pre-register for the Fall/Winter 2014-15 program. To do so, COMPLETE & SIGN THE REGISTRATION FORM attach the PROGRAM FEE PAYMENT and return. Forms may be emailed to Rec.Aquatics@montgomerycountymd.gov or mailed to Kennedy Shriver Aquatic Center, Attn: Christa Krukiel, 5900 Executive Boulevard, N. Bethesda, MD 20852.

Returning swimmer registration begins Monday, August 11th, 2014

Registration ends for returning swimmers on Tuesday, September 2nd, 2014 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 2015 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 and to withdraw is February 1, 2015

Questions Regarding RMSC @ OSC – Please email Christa.krukiel@montgomerycountymd.gov.

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 (388234)	\$810
Tues, Thurs, Friday	6:00 - 7:00 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 (388235)	\$800
Tues, Thursday	6:00 - 7:00 PM
Sunday	8:00 - 9:00 AM

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

Junior 2 – *Entry by coach's invitation only.* For swimmers ages 9-12 who are skilled in freestyle and have a legal 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: 2/week

Fall/Winter (388236)	\$830
Mon, Wednesday	6:00 - 7:00 PM
Friday	5:00 - 6:00 PM
Sunday	7:30 - 8:30 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, and endurance. 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 (388237)	\$1200
Tues, Thurs, Friday	5:00 - 6:00 PM
Wednesday	5:30 - 7:00 PM; Dryland 5 – 5:30 PM
Sunday	7:30 - 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. Emphasis is on swimming technique, conditioning, goal setting and performance in USAS competition. Participation in dryland training and 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: 5/week

Fall/Winter (388238)	\$1500
Mon, Friday	5:30 - 7:00 PM; Dryland Fri. 5 – 5:30 PM
Tues, Thursday	5:00 - 7:00 PM; Dryland Tues. 4:30 – 5:00 PM
Wednesday	4:45 – 6:00 AM
Sunday	7:00 - 9:00 AM

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

Recommended practice attendance: 3/week

Fall/Winter (388239)	\$1200
Tues, Wed, Friday	3:45 - 5:00 PM
Thursday	3:45 - 5:00 PM; Dryland 5 – 6:00 PM
Saturday	7:30 – 9:00 AM

Advanced Seniors – *Entry by coach's invitation only.* For swimmers ages 13 & over who have made a commitment to swimming and are looking for continued development in the sport. Emphasis is on swimming technique, conditioning, dryland training, goal setting and performance in required USAS 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**

Fall/Winter (388240)	\$1500		
Mon, Wed, Friday	4:00 - 5:30 PM	Tues, Thursday	4:00 – 5:00 PM
Tues, Thursday	4:45 - 6:15 AM	Saturday	5:30 - 7:30 AM
Dryland Training: Mon. & Wed. 5:30 – 6:15 PM, Tues & Thurs 5 – 5:45 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. Athletes are expected to focus on qualification for and competition in USAS meets which lead to National level competition. Participation in dryland training is also required to ensure success. 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 (8th & 9th graders); 7/week (10th graders); 8/week (11th & 12th graders)

Fall/Winter (388241)	\$1850		
Mon – Thursday	3:45 - 6:00 PM	Friday	3:45 - 5:00 PM
Wed, Friday	4:45 - 6:15 AM	Saturday	6:00 - 9:00 AM
Dryland Training: Mon. & Wed. 6:00 – 7:00 PM; Fri. 5:00 – 6:00 PM			