



# Spring/Summer 2015

## Germantown Indoor Swim Center

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

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

Spring Only April 13, 2015 – May 22, 2015

Spring/Summer April 13, 2015 – July 26, 2015

### REGISTRATION INFORMATION

**Newcomers' Try-outs** – Newcomers are swimmers who did not participate in the RMSC-GISC program for Fall/Winter 2014-15 season, 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. **Try-outs will be held on Wednesday, April 1<sup>st</sup>:**

9 – 12 year old: 5:00 PM

8 & under: 6:15 PM

13 & over: No try-outs

The registration form for the program should be completed and program fee paid once placement has been verified. New swimmers' registrations for USA Swimming for 2015 are included in the program fee.

**Returning Swimmers** – A returning swimmer is someone who swam with RMSC-GISC during the Fall/Winter 2014-15 season. They have been registered with USA Swimming for 2015. These swimmers may pre-register for the Spring/Summer 2015 program. To do so, COMPLETE & SIGN THE REGISTRATION FORM attach the PROGRAM FEE PAYMENT and return. Forms may be emailed to [jon.smink@montgomerycountymd.gov](mailto:jon.smink@montgomerycountymd.gov), handed in at GISC or mailed to: Kennedy Shriver Aquatic Center, Attn: Christa Krukiel, 5900 Executive Boulevard, N. Bethesda, MD 20852.

**Returning swimmer registration begins Monday, March 2<sup>nd</sup>, 2015**

**Registration ends for returning swimmers on Monday, March 30<sup>th</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 2015 USA Swimming 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 day to withdrawal from the program is 7/1/2015.**

Questions regarding RMSC @ GISC - please email [jon.smink@montgomerycountymd.gov](mailto:jon.smink@montgomerycountymd.gov) or call 240-777-6830.

### SPRING/SUMMER PRACTICES

Practices from Memorial Day until the end of the MCPS school year will be the same as the spring schedule. After school is out the summer practice schedule begins and will be available at the beginning of June. Groups will be using the Germantown Outdoor Pool along with the Germantown Indoor Pool. Please consult with your swimmers 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**

<u>Spring Only (403708)</u>	<u>\$265</u>
Monday, Wednesday	5:15 - 6:00 PM
Friday	5:30 - 6:30 PM
Sunday	7:00 - 8:00 AM

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

**Recommended practice attendance: 2/week**

<u>Spring Only (403709)</u>	<u>\$300</u>
Monday	6:00 – 7:00 PM
Thursday, Friday	6:30 - 7:30 PM
Sunday	7:00 - 8:00 AM

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

**\*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 endurance, competition and goal setting. 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**

<u>Spring/Summer (403710)</u>		<u>\$705</u>
Tuesday, Wednesday, Friday	6:00 - 7:30 PM	
Thursday	5:00 – 6:30 PM	
Sunday	7:00 - 8:30 AM	

**\*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 and goal setting. Dryland training and 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: 5/week**

<u>Spring/Summer (403711)</u>		<u>\$825</u>	
Monday, Wednesday	6:00 - 7:30 PM	Thursday	5:30 – 7:00 PM
Tuesday	5:30 - 7:30 PM	Saturday	6:30 - 9:00 AM
Wednesday	4:45 – 6:30 AM		

Dryland Training: Monday & Wednesday 5:15 – 6:00 PM, Saturday 9:00 – 10:00 AM

**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. Participation in USAS meets is highly recommended but not required. **\*\*A spring only option for \$335 is available. When signing up use the same course code for the option desired and notate the different course fee on the registration form.\*\*** **Recommended practice attendance: 3/week**

<u>Option A Spring/Summer – (403712) **</u>		<u>\$705</u>	<u>Option B Spring/Summer - (403713) **</u>		<u>\$705</u>
Tuesday	5:00 – 6:00 PM		Monday	7:00 – 8:30 PM	
Wednesday	4:45 – 6:15 AM		Tuesday	5:00 – 6:00 PM	
Thursday	3:30 – 5:00 PM		Wednesday	4:45 – 6:15 AM	
Friday	5:00 – 6:00 PM		Wednesday	7:30 – 8:30 PM	
Sunday	6:00 – 8:00 AM		Sunday	6:00 – 8:00 AM	

Dryland Training for Both Senior Options: Tuesday 6:00 – 6:45 PM, Sunday 8:00 – 8:45 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. These swimmers train at a high level and are required to participate in dryland training and 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**

<u>Spring/Summer (403714)</u>		<u>\$825</u>	
Monday, Wednesday	3:30 – 5:15 PM	Tuesday, Friday	3:30 - 5:00 PM
Tuesday, Thursday	4:45 - 6:30 AM	Saturday	5:30 – 7:30 AM

Dryland Training: Monday & Wednesday 5:15 – 6:15 PM, Saturday 7:30 – 8:30 AM

**\*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: 7/week**

<u>Spring/Summer (403715)</u>		<u>\$900</u>	
Monday, Wednesday, Friday	4:45 - 6:30 AM	Tuesday, Thursday, Friday	3:30 - 5:30 PM
Monday, Wednesday	3:30 - 6:00 PM	Saturday	6:30 - 9:00 AM

Dryland Training: Tuesday & Thursday 5:30 – 6:30 PM, Saturday 9:00 – 10:00 AM