



Spring/Summer 2015

Olney Swim Center

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

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-OSC 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 Tuesday, March 31st:**

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-OSC during the Fall/Winter 2014-15 season. They have been registered with USA Swimming for 2015. These swimmers can pre-register for Spring/Summer 2015 program. To do so, COMPLETE & SIGN THE REGISTRATION FORM attach the PROGRAM FEE PAYMENT and return. Forms may be emailed to christa.krukiel@montgomerycountymd.gov, or mailed to Kennedy Shriver Aquatic Center, Attn: Christa Krukiel, 5900 Executive Blvd., N. Bethesda, MD 20852.

Returning swimmer registration begins Monday, March 2nd, 2015

Registration ends for returning swimmers on Monday, March 30th, 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 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 @ Olney – Please email christa.krukiel@montgomerycountymd.gov

SPRING/SUMMER PRACTICES

Practices from Memorial Day until the end of the MCPS school year will be the same as the spring schedule unless otherwise noted. After school is out the summer practice schedule begins and will be available at the beginning of June. Groups will be using the Wheaton/Glenmont Outdoor pool along with the Olney Swim Center and MLK Swim Center. Please consult your swimmers coach.

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

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| Spring Only (403697) | \$265 |
| 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

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| Spring Only (403698) | \$300 |
| 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

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| <u>Spring Only (403699)</u> | <u>\$320</u> |
| 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

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| <u>Spring/Summer (403700)</u> | <u>\$705</u> |
| 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

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| <u>Spring/Summer (403701)</u> | <u>\$825</u> |
| 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. Practice times may change from 5/23 – 6/12/15 due to the MCSL season, details will be announced by the coaches in May. **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

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| <u>Spring/Summer (403702) ** (Spring Only available - see above) **</u> | <u>\$705</u> |
| 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**

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| <u>Spring/Summer (403704)</u> | <u>\$825</u> | | |
| 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, Saturday 7:30 – 8:00 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: 6/week (8th & 9th graders); 7/week (10th graders); 8/week (11th & 12th graders)

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| <u>Spring/Summer (403705)</u> | <u>\$900</u> | | |
| 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 | | | |