



# Fall/Winter 2016-2017

## Germantown Indoor Swim Center

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

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

September 12, 2016 - March 19, 2017

**Newcomer Try-outs** – Newcomers are swimmers who did not participate in the RMSC-GISC program for Spring/Summer 2016, 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 and endurance. All try-outs begin on time; late arrivals may not be allowed to participate. Swimmers only need to attend one day. Group placement is specific to the site of the try-out. Pre-registration is necessary, please view the team website for details.

### Try-outs will be held on Monday, July 18 & July 25th:

Attend session based on age as of December 2, 2016

- 13 & over: No try-outs
- 9 – 10 year old: 5:00 PM
- 8 & under: 6:00 PM
- 11 – 12 year old: 6:45 PM

Try-out decisions will be made by email no later than July 27. Once a swimmer is selected for the program the registration form will be provided. Registration is expected to be completed and program fees paid immediately to secure your space.

**Returning Swimmer Registration Information** – A returning swimmer is someone who swam with RMSC-GISC during the Spring/Summer 2016 season. They have been registered with USA Swimming for 2016. These swimmers must pre-register for the Fall/Winter 2016-2017 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 Kruekel, 5900 Executive Boulevard, N. Bethesda, MD 20852.

*Returning swimmer registration begins Friday, July 1<sup>st</sup>, 2016*

*Registration ends for returning swimmers on Friday, July 22<sup>nd</sup>, 2016 in order to secure your spot.*

**Program Fee** – Fees are payable to ActiveMontgomery by check, AMEX, Discover, MasterCard or VISA. **Non-County residents must add \$15 per swimmer.** This payment includes the 2017 USA Swimming membership fee and PVS meet fees. Credit card payment plans are available. 50% due with registration, remaining balance due on 8/25/16. Surcharge of \$25/swimmer will apply.

**The final day to register or withdrawal from the program is 2/28/2017.**

Questions regarding RMSC @ GISC - please email [jon.smink@montgomerycountymd.gov](mailto:jon.smink@montgomerycountymd.gov)

**Do not change your practice group assignment unless instructed to do so by your coach.**

## DEVELOPMENTAL PRACTICE GROUPS

**Minis** - Ages 8&under - at a minimum, swim both freestyle, using good rhythmic breathing and backstroke for a full length of the pool. 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 (20523)	\$850
Monday, Wednesday	5:30 - 6:15 PM
Friday	5:45 - 6:45 PM
Sunday	7:00 - 8:00 AM

**Juniors - 9-10 year olds** - at a minimum can swim two consecutive lengths of freestyle using good rhythmic breathing. Swim one full length of legal backstroke and in addition a working knowledge of the breaststroke and butterfly.

**11-12 year olds** - at a minimum swim two consecutive lengths of the pool, legally, in 3 of the 4 competitive strokes (freestyle, backstroke, breaststroke or butterfly). In addition, swimmers need a working knowledge of the 4<sup>th</sup> competitive stroke.

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 (20522)	\$875
Monday	6:15 – 7:15 PM
Thursday, Friday	6:45 - 7:45 PM
Sunday	7:00 - 8:00 AM

**Seniors** - Ages 13 – 18, at a minimum swim two consecutive lengths of the pool, legally, in all 4 competitive strokes (freestyle, backstroke, breaststroke and butterfly). Swimmers should have summer swim team or high school competitive experience. Emphasis is on stroke technique, conditioning and endurance training. **Recommended practice attendance: 3/week**

<u>Fall/Winter Option A (20526)</u>		\$1,250	<u>Fall/Winter Option B (20527)</u>		\$1,250
Monday	7:15 – 8:45 PM		Tuesday	5:15 – 6:15 PM	
Tuesday	5:15 – 6:15 PM		Wednesday	4:45 – 6:30 AM	
Wednesday	4:45 – 6:30 AM		Thursday	3:45 – 5:15 PM	
Wednesday	7:45 – 8:45 PM		Friday	5:15 – 6:15 PM	
Saturday	5:30 – 7:00 AM		Saturday	5:30 – 7:00 AM	

Dryland Training for Both Senior Options: Tuesday 6:15 – 7:15 PM, Saturday 7:00 – 8:00 AM

## ADVANCED PRACTICE GROUPS

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

**\*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**

<u>Fall/Winter (20520)</u>		\$1,250
Tuesday, Wednesday, Friday	6:15 – 7:45 PM	
Thursday	5:15 – 6:45 PM	
Sunday	7:00 - 8:30 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 11-14 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**

<u>Fall/Winter (20524)</u>		\$1,600
Monday, Wednesday	6:15 - 7:45 PM	Wednesday 4:45 – 6:30 AM
Tuesday, Thursday	5:45 - 7:45 PM	Saturday 6:00 - 8:30 AM

Dryland Training: Monday & Wednesday 5:15 – 6:15 PM, Saturday 8:30 – 9:30 AM

**\*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**

<u>Fall/Winter (20521)</u>		\$1,600
Monday, Wednesday	3:45 – 5:30 PM	Tuesday, Friday 3:45 - 5:15 PM
Tuesday, Thursday	4:45 - 6:30 AM	Sunday 6:00 – 8:00 AM

Dryland Training: Monday & Wednesday 5:30 – 6:30 PM, Sunday 8:00 – 9:00 AM

**\*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**

<u>Fall/Winter (20525)</u>		\$1,950
Monday, Wednesday, Friday	4:45 - 6:30 AM	Tuesday, Thursday, Friday 3:45 - 5:45 PM
Monday, Wednesday	3:45 - 6:15 PM	Saturday 6:00 - 8:30 AM

Dryland Training: Tuesday & Thursday 5:45 – 6:45 PM, Saturday 8:30 – 9:30 AM