



# Spring/Summer 2017

## Martin Luther King, Jr. Swim Center

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

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

**Spring Only March 27, 2017 – May 26, 2017**

**Spring/Summer March 27, 2017 – July 28, 2017**

(Due to the late MCPS Spring Break, RMSC will take a one week break from April 10<sup>th</sup> – April 16<sup>th</sup>, 2017)

**Newcomer Try-outs** – Newcomers are swimmers who did not participate in the RMSC-MLK program for Fall/Winter 2016-17, 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. Please arrive at least 10 minutes prior to the start time listed. All try-outs begin on time. Late arrivals may not be allowed to participate. Pre-registration required, please visit the team website for additional details.

### Try-outs will be held on Tuesday, March 21<sup>st</sup>:

Attend session based on age as of May 5<sup>th</sup>, 2017

9 – 12 year old: 5:00 PM

8 & under: 6:15 PM

13 & over: 4:00 PM

Once a swimmer is selected for the program the coaches will provide the registration form. The registration form is expected to be completed and program fee paid immediately so the space can be secured.

**Returning Swimmer Registration Information** – A returning swimmer is someone who swam with RMSC-MLK during the Fall/Winter 2016-17 season. They have been registered with USA Swimming for 2017. These swimmers can pre-register for Spring/Summer 2017 program. 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 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, February 20<sup>th</sup>, 2017*

*Registration ends for returning swimmers on Monday, March 13<sup>th</sup>, 2017 in order to secure your spot.*

**Program Fee** – Program fees are payable to ActiveMontgomery by check, major credit card or cash. **Non-County residents must add \$15 per swimmer.** This payment includes the 2017 USA Swimming membership fee and PVS meet fees. Installment/payment plans are NOT available.

**The final day to withdrawal from the program is 6/30/2017.**

**Questions regarding RMSC @ MLK** – Please email [carey.apple@montgomerycountymd.gov](mailto:carey.apple@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. After school is out the summer practice schedule begins and will be available at the beginning of June. Please consult with your swimmers coach.

**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**

Spring Only (32288)	\$285
Monday, Friday	6:30 – 7:30 PM
Wednesday	6:00 - 7:00 PM

**Junior 1 - 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**

Spring Only (32286)	\$325
Tuesday	6:00 – 7:30 PM
Thursday	5:30 - 6:30 PM
Sunday	8:30 - 9:30 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. **\*\* A spring only option for \$350 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>Spring/Summer Option A (32291)</u>		<u>\$350/\$745</u>	<u>Spring/Summer Option B (32292)</u>		<u>\$350/\$745</u>
Monday	6:30 – 7:30 PM		Tuesday	6:30 – 7:30 PM	
Tuesday	4:00 – 5:00 PM		Wed, Friday	6:00 – 7:30 PM	
Thurs/Friday	4:00 – 5:30 PM		Thursday	4:00 – 5:00 PM	
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		

## ADVANCED PRACTICE GROUPS

**\* 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**

<u>Spring Only (32287)</u>		<u>\$350</u>
Monday, Friday	5:30 - 6:30 PM	Sunday 8:00 - 9:30 AM
Wednesday	5:00 - 6:00 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**

<u>Spring/Summer (32284)</u>		<u>\$745</u>
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**

<u>Spring/Summer (32289)</u>		<u>\$875</u>
Mon, Tuesday	4:30 – 6:30PM; 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	

**\*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.**

<u>Spring/Summer (32285)</u>		<u>\$875</u>
Mon, Friday	4:45 - 6:15 AM	Wednesday 4:00 – 6:00 PM
Mon, Thurs	4:00 – 5:30 PM	Saturday 5:45 - 8:00 AM
Tuesday	4:00 – 6:00 PM	Dryland: Mon/Thur 5:30 - 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**

<u>Spring/Summer (32290)</u>		<u>\$950</u>
Monday, Wednesday, 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, Fri 5:45 - 6:15