Fall/Winter 2018 - 2019

Martin Luther King, Jr. Swim Center

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

www.rmscswimming.com

September 10, 2018 – March 24, 2019

Newcomer Try-outs – Newcomers are swimmers who did not participate in the RMSC-MLK program for Spring/Summer 2018, 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 16 & July 23:

Attend session based on age as of November 30, 2018

13 & over: 3:45 PM

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 30. 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-MLK during the Spring/Summer 2018 season and has met the group requirements. Returning swimmers must register for the Fall/Winter 2018 - 2019 program by the deadline below in order to be guaranteed a space on the team. To do so, COMPLETE & SIGN THE REGISTRATION FORM, attach the PROGRAM FEE PAYMENT and return. Forms may be emailed to christa.krukiel@montgomerycountymd.gov, handed in at MLK or mailed to: Martin Luther King Swim Center, Attn: Christa Krukiel, 18000 Central Park Circle, Boyds, MD 20841.

Returning swimmer registration begins Friday, June 22, 2018

Registration ends for returning swimmers on Tuesday, July 10, 2018 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 $50 per swimmer.** This payment includes the 2018 USA Swimming membership fee and PVS meet fees. Credit card payment plans are available. 50% due with registration, remaining balance due on 8/31/18. Surcharge of $25/swimmer will apply.

The final day to request a program withdrawal is 2/28/2019.

Questions regarding RMSC @ MLK – Please email christa.krukiel@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; **In order to secure a spot as a returning swimmer one practice per week is required.**

Fall/Winter (55203)			$875
Monday	6:30 - 7:30 PM	Friday	6:30 – 7:15 PM
Wednesday	6:15 – 7:15 PM	Sunday	8:45 – 9:30 AM

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 have a working knowledge of the breastroke 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 4th 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; **In order to secure a spot as a returning swimmer one practice per week is required.**

Fall/Winter (55201)	$875
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. Recommended practice attendance: 3/week; **In order to secure a spot as a returning swimmer one practice per week is required.**

Option A – Fall/Winter (55206)	$1325	Option B – Fall/Winter (55207)	$1325
Monday	6:30 – 7:30 PM	Tuesday	6:30 – 7:30 PM
Tuesday	4:00 – 5:00 PM	Wednesday	6:00 – 7:30 PM
Thursday	4:00 – 5:30 PM	Thursday	4:00 – 5:00 PM
Friday	4:00 – 6:00 PM	Friday	5:30 – 7:30 PM
Saturday	7:00 – 9:00 AM	Saturday	7:00 - 9:00 AM

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***

Fall/Winter (55202)			$925
Monday, Friday	5:30 - 6:30 PM	Sunday	7:30 - 8:45 AM
Wednesday	5:00 - 6:15 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. 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

Fall/Winter (55199)			$1300
Monday, Thursday	6:30 - 7:30 PM	Friday	5:45 - 7:30 PM
Wednesday	6:00 - 7:30 PM	Sunday	7:00 - 8:45 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*** ***Required Practice: Sunday AM***

Fall/Winter (55204)			$1650
Monday, Tuesday	4:30 – 6:30PM	Friday	4:30 – 6:00 PM
Wednesday	4:45 – 6:00 AM	Sunday	6:00 – 8:30 AM
Thursday	4:45 – 7:30 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.***

Fall/Winter (55200)			$1675
Monday, Friday	4:45 - 6:15 AM	Tuesday, Wednesday	4:00 – 6:00 PM
Monday, Thursday	4:00 – 6:15 PM	Saturday	6:00 - 8:00 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*** ***Required Practices: Mon/Tues/Thursday PM, Fri/Saturday AM***

Fall/Winter (55205)			$2100
Monday, Wednesday, Friday	4:45 - 6:15 AM	Wednesday	4:15 - 6:45 PM
Monday	4:15-7:15 PM	Friday	4:15 – 6:15 PM
Tuesday, Thursday	5:00 - 7:30 PM	Saturday	6:00 - 9:00 AM