



RMSC 2023 – 2024 Season

Returning Swimmer Information

Martin Luther King, Jr. Swim Center

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

www.rmsscswimming.com

Returning Swimmer Registration Information – A returning swimmer is someone who swam with RMSC-MLK during the RMSC 2022 - 2023 Season and has met the group requirements. Returning swimmers must register for the RMSC 2023 – 2024 Season by the deadline below to be guaranteed a spot on the team.

Returning swimmer registration opens July 3. *Swimmers must register based on their age as December 1, 2023.*

There are two ways to register:

1. Online at www.ActiveMontgomery.org.
 - a. Families MUST use the same account used for the RMSC 2022 – 2023 program registration. This is the only way to meet the course pre-requisite for online registration. If a new account is created the course pre-requisite will not be met and online registration will not be possible.
 - b. For swimmers being invited to a “Coaches Invite Group” for the first time, you will not be able to register online. You will need to come in person and register. (Example: Minis/Junior 1 or 2 to Adv Juniors; Seniors to Advanced Seniors)
 - c. For current Officials, please contact Liz Carter by email as you will need to register in-person.
2. In person at the Martin Luther King, Jr Swim Center during pre-determined in-person/walk-in registration windows, **TBA**. Please do not attempt to register outside these registration windows as the cashiers will not be able to assist you.

Returning swimmer registration ends on July 14, 2023 to secure your spot.

After this date, swimmers will forfeit their spot on the team.

Program Registration Fee (Montgomery County Recreation)

- Program registration fees are payable to ActiveMontgomery by check or credit card. Fees are listed next to each course below.
- **Non-County residents must add \$50 per swimmer.**
- Credit card payment plans are available; 25% due with initial registration, 25% due October 1, 25% due November 1 and the remaining 25% due on December 1, 2023. Payment plans are only available with a credit card and the card must be valid through December 2023.
- Do not change your practice group assignment unless instructed to do so by your coach, or you have aged out of your previous group assignment.
- The fee includes local PVS meet entry fees as well as an Arena team suit, two latex swim caps, and two team t-shirts.
- **The final day to request a pro-rated program withdrawal is 2/28/2024. After this date no refunds will be given.**

USA Swimmer Registration Fee (USA)

- Starting August 1, 2022 USAS required swimmers to register directly with USAS.
- Families will pay the USAS registration fee directly to USAS (\$98). The same account created for the 2022-2023 season must be used. Do not create new accounts.
- In the late fall (after the start of the season) a unique RMSC registration link will be provided to each family. This procedure is different than for the NEW swimmers (including siblings) who will join the program.
- Failure to properly register with USAS will result in swimmers being ineligible to practice and participate in meets. A program withdraw will be processed after one reminder to comply.

Questions regarding RMSC @ MLK - please email elizabeth.carter@montgomerycountymd.gov

Family Requirements

1. **Minor Athlete Abuse Prevention Policy (MAAPP):** USA Swimming member clubs have been required to implement this policy. The MAAPP must be reviewed, signed, and submitted to RMSC on an annual basis. When registering for the RMSC program, MAAPP is included in the course registration. In order to complete the team registration, you will be required to acknowledge and agree to adhere to all the MAAPP policies.
2. **Safe Sport Education** – Our goal, as a team, is to become a “Safe Sport Recognized” club by USAS.
 - a. Parents – visit <https://learn.usaswimming.org/>, register and create a non-member account. Select/complete the Parent’s Guide to Misconduct in Sport course
 - b. Athletes - visit www.usaswimming.org/safe-sport/learn
 - i. 12-17 years old complete the Safe Sport for Athletes
 - ii. 18 years & older are REQUIRED to complete Safe Sport Training for Adult AthletesFor more information visit www.usaswimming.org/safe-sport or www.rmcschwimming.com/safesport
3. **Meet Volunteers** – except for the coaching staff, all meets are run by volunteers, including meet officials. Meet officials have gone through many hours of training to become certified officials. It takes many additional parent volunteers to run meets. Parents must volunteer to work at least 2 meet sessions for each child in the program each season.

DEVELOPMENTAL PRACTICE GROUPS

For all developmental groups – In order to secure a spot as a returning swimmer for the next RMSC Season, one practice per week is required.

****There is a two-week session break from March 25 – April 7, 2024****

Minis – For ages 8 & under. Will learn proper stroke technique, including breaststroke and butterfly, starts and turns. Emphasis is on orientation to competitive swimming, participation in swim meets and having a fun experience.

Swimmers may attend any combination of practices offered to the group.

Recommended practice attendance: 2/week; Required 1/week.

Course #R01018-103	*September 11 – May 24, 2024*		\$1,200
Monday	6:30 - 7:30 PM	Friday	6:30 – 7:15 PM
Wednesday	6:15 – 7:15 PM	Sunday	8:45 – 9:30 AM

DEVELOPMENTAL PRACTICE GROUPS (CONTINUED)

For all developmental groups – In order to secure a spot as a returning swimmer for the next RMSC Season, one practice per week is required.

****There is a two-week session break from March 25 – April 7, 2024****

Junior 1 – For ages 9-12. Emphasis is on learning proper stroke technique, starts and turns. Participation in swim meets is highly recommended, but not required.

Swimmers may attend any combination of practices offered to the group.

Recommended practice attendance: 2/week; Required 1/week.

Course #R01021-103	*September 11 – May 24, 2024*	\$1,200
Tuesday 6:00 – 7:30 PM	Thursday 5:30 – 6:30 PM	Sunday 8:30 - 9:30 AM

Seniors – For ages 13-18 – Swimmers should have summer swim team or high school competitive experience. Emphasis is on stroke technique, conditioning, and endurance training.

Swimmers may only attend practices offered to the specific option registered for.

Recommended practice attendance: 3/week; Required 1/week

Seniors (Summer Option not included): \$2,000 (*September 11 – May 24, 2024*)

If an Option (A or B) is full, swimmers will be placed on the waiting list and registered for the other Option.

Option A – Course #R01067-103	Option B – Course #R01068-103
Monday 6:00 – 7:00 PM	Tuesday 6:30 – 7:30 PM
Tuesday 6:00 – 7:00 PM	Wednesday 6:00 – 7:30 PM
Thursday 4:00 – 5:30 PM	Thursday 6:00 – 7:00 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

^ Seniors (To add Summer Option): (May 25 – July 26, 2024) - Must also register for **Course #R01023-103 (\$450)** in addition to either Option A or B. **The only time Summer Seniors can be added is during the initial registration window in July 2023. After that time, registration is only possible if there is space available and the fee will be an \$550.** It is not possible to only register for Summer Seniors. Practice schedule will be released in May 2024. ^

ADVANCED PRACTICE GROUPS

FOR ALL ADVANCED PRACTICE GROUPS – ENTRY IS BY COACH’S INVITATION ONLY. A SIGNED SWIMMER/PARENT AGREEMENT IS REQUIRED.

****There is a two-week session break from March 27 – April 9, 2023* (except NTG’s)***

Junior 2 - 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.

Swimmers may attend any combination of practices offered to the group.

Minimum practices required: 2/week

Course #R01022-103	*September 11 – May 24, 2024*	\$1,350
Monday, Friday 5:30 - 6:30 PM	Wednesday 5:00 - 6:15 PM	Sunday 7:30 - 8:45 AM

ADVANCED PRACTICE GROUPS (CONTINUED)

FOR ALL ADVANCED PRACTICE GROUPS – ENTRY IS BY COACH’S INVITATION ONLY. A SIGNED SWIMMER/PARENT AGREEMENT IS REQUIRED.

****There is a two-week session break from March 27 – April 9, 2023* (except NTG’s)***

Advanced Junior Group (AJG) - 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

Course #R01020-103	*September 11 – July 26, 2024*		\$2,550
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 (NDG) - For swimmers ages 11-14 (*14 years old’s who are in 9th grade are not eligible for this group*) 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 Practices: Sunday AM

Course #R01026-103	*September 11 – July 26, 2024*		\$2,975
Monday, Tuesday	4:30 – 6:30 PM	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 Senior Group (ASG) - 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 & Saturday AM

Course #R01025-103	*September 11 – July 26, 2024*		\$3,100
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 (NTG) - 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

Course #R01027-103	September 11 – July 26, 2024 (1-week break, TBD Spring 2024)		\$4,350
Monday, Wednesday, Friday	4:45 - 6:15 AM	Friday	4:00 – 6:30 PM
Monday, Wednesday	4:00 - 7:00 PM	Saturday	5:30 - 8:30 AM
Tuesday, Thursday	4:00 - 6:00 PM		