




Spring-Summer Program 2019
(April 8 - July 26 2019)

This flyer provides information about the Rockville-Montgomery Swim Club (RMSC) Spring-Summer competitive swimming program. The Spring-Summer session is a vital part of the year-round RMSC training program. Many RMSC winter swimmers choose to swim with RMSC during the spring-summer to continue their endurance and stroke training under the supervision of our experienced, professional coaching staff.

The 2019 Spring-Summer season runs from **April 8 through July 26**. Swimmers in the National Training Group, Advanced Senior Group, and Select Junior Groups must register for the whole season. Swimmers in the Instructional Stroke School (ISS), Junior I, Junior II, Senior Developmental, or Senior programs may choose to swim with RMSC for the entire Spring-Summer season, or an abbreviated Spring-only session from April 9 through June 15, finishing the summer swimming exclusively with their summer club. All swimmers are encouraged to swim for the whole season with RMSC. For swimmers who qualify for and are competing in Eastern Zones, USA Swimming Junior Nationals and/or National Championships, practices beyond the above dates will be offered to help prepare for those meets.

The registration fees and semester dues for the Spring-Summer season are structured similarly to those for the Fall-Winter season. **See below for due dates.** There is a substantial discount for those swimmers who are members of the Rockville Swim and Fitness Center.

Registration and payment can be delivered in person to the Rockville Swim and Fitness Center, 355 Martins Lane, Rockville 20850. Call Dave Greene at 240-314-8755 or email: dgreene@rockvillemd.gov with any questions.

Due Dates for Registration and Program Fees

Due to the popularity of our program and to maintain appropriate group sizes, the following due dates for registration and payments are in place to ensure that returning swimmers have priority in registration, as well as to allow for new swimmers to join the program on a space available basis.

Current Swimmers enrolled in the RMSC Rockville Site Fall-Winter Session	New Swimmers who have completed a try-out (see page 3) and have been selected for the team.	Registration ONLY on a space available basis for returning swimmers or new swimmers who have been selected.
Register between 3/1 - 3/31 with a reserved spot. Availability for returning swimmers is not guaranteed after 3/31.	Register between 4/1 – 4/5. Availability not guaranteed after 4/5.	4/8 and onwards. Note that registration must be completed, and all fees paid prior to a swimmer beginning practice.

Fees - Basic Costs

Registration Fees (PAYABLE VIA CHECK ONLY TO: RMSC PARENTS' CLUB, INC.):

Registration fees are due according to the schedule on page 1 to guarantee a place in our program. All families must fill out the attached registration form, and pay the registration fee per this schedule:

Program:	Fee:
Instructional Stroke School	\$70.00
Junior II, Senior Development, and Senior	\$120.00
Advanced Senior and Junior I	\$200.00
National Training Group and Select Junior (Includes fee for dry-land training)	\$300.00

Checks for registration fees should be made payable to "RMSC Parents' Club, Inc."

THIS REGISTRATION FEE IS NON-REFUNDABLE. Registration fees for swimmers who elect to participate in the abbreviated program are not discounted.

NOTE FOR HIGH SCHOOL SENIORS AND COLLEGE STUDENTS:

All high school seniors and college swimmers are eligible to pay "COLLEGE REGISTRATION". For \$600.00 per year beginning with the Spring season, swimmers remain eligible to practice with and compete for RMSC. This fee is paid in two parts:

- 1) \$250.00 for registration to "RMSC Parents' Club" cover the entry fees and USS registration
- 2) \$350.00 for dues paid to the "City of Rockville."

Spring-Summer Swim Team Program Fees (PAYABLE TO: CITY OF ROCKVILLE):

The 2019 Spring-Summer program runs from April 8 through July 26. As indicated below, program fees are based on the swimmer's membership status at the Swim and Fitness Center. Note that only certain practice groups have the option of an abbreviated Spring Only session (April 8 – June 14).

Program:	Spring/Summer Non-Members Fee:	Spring/Summer Members Fee:	Spring ONLY Non-Members Fee:	Spring ONLY Members Fee:
Stroke Clinic (June 17-July 25 only) *	\$65.00	\$52.00	N/A	N/A
Instructional Stroke School	\$408.00	\$326.00	\$245.00	\$196.00
Junior II	\$595.00	\$476.00	\$357.00	\$286.00
Junior I	\$745.00	\$596.00	\$448.00	\$358.00
Select Junior	\$745.00	\$596.00	N/A	N/A
Senior Development	\$561.00	\$449.00	\$337.00	\$270.00
Senior	\$561.00	\$449.00	\$337.00	\$270.00
Advanced Senior	\$745.00	\$596.00	N/A	N/A
National Training Group	\$842.00	\$674.00	N/A	N/A

In order to take advantage of the special pricing for Rockville Swim and Fitness Center Members, the RMSC swimmer must be registered for an active aquatics or full facility membership spanning the entire session of the swim season which is being registered for.

*All swimmers participating in the Stroke Clinic must register and pay for the stroke clinic program in addition to their regular group. A drop in rate of \$10 per class is available.

NEW SWIMMER TRY-OUTS

A “New Swimmer” is any swimmer who did not participate in the 2018-2019 Fall-Winter RMSC program at the Rockville Swim and Fitness Center. For these swimmers to have an opportunity to join the team by being evaluated and assigned a practice group (space permitting), the following try out opportunity has been created: **MON. 4/1/19**. Pre--registration is required (no fee charged). Registration opens on 3/1/19 at 8:30am. To pre-register, visit www.rockvillemd.gov/registration and register for the “course number” from the chart below. Tryouts are held at the Rockville Swim and Fitness Center.

Swimmer Type	Date / Time	Course #
8 years old and under, new to club swimming	Mon. 4/1/19, 5:30pm start	9508
9-12 years old, new to club swimming	Mon. 4/1/19, 6:30pm start	9509
13 years old and over, new to club swimming	Mon. 4/1/19, 7:30pm start	9510
Current swimmers at other RMSC Practice sites or other year-round USS club swimmers interested in transferring to RMSC, Rockville	Contact Dave Greene at 240-314-8755 / dgreene@rockvillemd.gov to discuss.	

Note: spaces available for new / transfer swimmers are VERY limited. See below for a description of our practice groups. Please be advised that due to the capacity constraints of the program, simply meeting group requirements does not guarantee a swimmer a place in the program.

Group Assignments:

Most RMSC swimmers will continue in the same group in which they swam during the Fall-Winter season unless otherwise specified by a coach. The coaches do, however, re-evaluate each swimmer's group assignment at the beginning of the season and make changes as necessary. Swimmers or parents wishing to discuss group assignments should contact Dave Greene at the Swim and Fitness Center.

Instructional Stroke School (ISS):

This group will consist of 8 & under swimmers in the RMSC program. Emphasis will be on competitive stroke mechanics, turns, starts, swim meet orientation, AND HAVING A FUN YEAR! It is recommended that swimmers practice a minimum of 2-3 times per week. Participation in summer practices require coach's approval. Below are the criteria for joining the group by age:

6 and under: Ability to complete 2 lengths of Freestyle and Backstroke stopping only at the wall when the length is complete. Blow bubbles under water while swimming. Have an idea of Breaststroke and Butterfly even if unable to perform the stroke legally.

7 year olds: All the requirements for 6 and under swimmers. Additional ability to swim 1 length of EITHER Breaststroke or Butterfly legally.

8 year olds: All the requirements for 6 and under swimmers. Additional ability to swim 1 length of BOTH Breaststroke and Butterfly legally. Ability to complete a 100 IM legally.

Junior II:

This group will primarily consist of swimmers 9 to 12 years of age who are interested in competitive swimming. The emphasis for this group is on perfecting swim technique as well as an introduction to competitive swimming. Coaches recommend 3 or more practices per week and may require participation in at least 1 meet every 2 months. Generally, the criteria for joining the group are:

Ability to swim 4 lengths of each stroke legally. Complete 4 lengths continuous Freestyle, 4 lengths continuous non-freestyle of a single stroke (Backstroke, Breaststroke, or Butterfly), legal 100 IM. Ability to perform or attempt flip turns and hand first dives off the side of the pool. (Swimmers in the “learn to swim program” should have completed Youth 6-Swim Team Prep.)

Junior I:

This group will consist of swimmers 9 to 12 years of age and is by invitation only. This group will be chosen based on meet performance, practice performance, training habits, etc. Emphasis will be on stroke mechanics, conditioning, and preparation for upper level swimming in the RMSC program. Swim meets will be required. Coaches require 4 or more practices per week.

Select Junior:

This group is for dedicated swimmers ages 9 to 14 with the goal of becoming nationally qualified and is by invitation only. The emphasis will be on refining stroke mechanics and preparing for the rigors of more intense training. A dryland practice schedule will be distributed by the coach. Swimmers are required to attend 6 to 7 practices per week.

Senior Developmental:

This group, for swimmers ages 13 to 18 will focus on the development of proper stroke mechanics, fitness, and introduction into competitive swimming. The senior coaches will determine which swimmers will be participating in this group. Swimmers in this group will be permitted to attend Senior Group practices with permission of their coach.

Senior:

This group is for swimmers ages 13 to 18 who desire to swim in a senior level group. Swimmers are introduced to all aspects of competitive swimming. This group provides a strong base in stroke mechanics, with aerobic and anaerobic conditioning and strength training appropriate to the individual swimmer's goals and capabilities. A dryland practice schedule will be distributed by the coach. Swimmers in this group are expected to participate in meets throughout the season. Coaches recommend 3 or more practices per week.

Advanced Senior:

This group will be for swimmers ages 13 to 18 who have the desire and ability to advance to the National Training Group. This group will provide the swimmers a transition from elite level junior swimming to our National Training Group. Coaches will provide a strong emphasis on proper stroke mechanics and conditioning in preparing swimmers to advance to and succeed in the senior levels of Potomac Valley Swimming. A dryland practice schedule will be distributed by the coach. Coaches recommend a minimum of 5 practices per week.

National Training Group:

RMSC's top senior swimmers, ages 13 and over will train in this group. Swimmers will train towards reaching the upper levels of senior swimming in Potomac Valley and United States Swimming. Strict performance standards are a prerequisite for the group, which will concentrate on developing good workout habits and stroke mechanics while training at a higher level. A dryland practice schedule will be distributed by the coach. Swimmers are expected to attend all practices.

SCHOLARSHIP ASSISTANCE for the cost of swim team participation is available through the "Debbie Mermelstein Memorial Fund." This fund has been established to promote junior-level swimming at RMSC and is administered by the RMSC Parents Club. The RMSC Parents' Club has also established the Jamie Martens Senior Scholarship Fund to provide similar opportunities for swimmers ages 13 and over. These scholarships are offered to those in need and benefit children who could not otherwise afford to participate in the program. Individuals interested in taking advantage of these funds should contact a Dave Greene at dgreene@rockvillemd.gov or 240-314-8755. **Scholarship approvals must be in place prior to registration deadlines.**

Practice Schedules:

During the spring semester, practices are scheduled similarly to the winter schedule with workouts held both before school and in the afternoon. After school is out, the schedules change with practices offered in the morning every day as well as some afternoon practices. An afternoon Stroke Clinic on Mondays and Thursdays is also available for team members. The practice schedules for both semesters are listed in this flyer.

USA Swimming Meets:

There are several USA Swimming meets scheduled prior to and during the summer-league season. Most local meets during the summer season are scheduled so as not to conflict with the summer-league meets. To simplify the meet entry process, meet entry fees will be included in the registration fee. This registration fee will cover all entry fees for the Spring-Summer season.

Swimmer's Conduct Expectations

Participation in the Rockville-Montgomery Swim Program requires a high level of skill and commitment. Swimmers are expected to show respect and courtesy for their teammates, coach, and self by arriving to practice on time, not socializing during practices, and by putting in the expected level of effort into each practice. Swimmer (and parents) are expected to follow facility rules and staff instructions.

Spaces in Coaches' Invitational groups (National Training Group, Advanced Senior Group, Select Junior and Junior 1) are limited. In order to earn a space in a Coach's Invitational Group, the following criteria are considered:

- 1) The recommendation of the swimmer's previous coach and the acceptance of the invite group's coach.
- 2) Documented competition times and work ethic, with age considered
- 3) The ability to meet practice requirements and complete practice sets.
- 4) Final decisions regarding acceptance to invitational groups are made by the group's coach.

For swimmers in Coaches Invitational groups, athletes are expected to participate in the minimum number of practices per week required for the group and to represent the team at meets as agreed upon with the coach. Swimmers in invitational groups are expected to be a good role model for younger and beginner level swimmers on the team. If a swimmer in an invitational group is not performing to standards, the swimmer may be moved to another group assignment appropriate to their level of commitment and performance.

RMSC, ROCKVILLE SITE - 2019 SPRING PRACTICE SCHEDULES (4/8-6/14)

INSTRUCTIONAL STROKE SCHOOL

MONDAY & THURSDAY:	6:30 - 7:30 p.m.	South Pool
WEDNESDAY:	6:45 - 7:30 p.m.	South Pool
SUNDAY:	8:30 - 9:30 a.m.	South Pool

JUNIOR II

MONDAY & THURSDAY:	5:30 - 6:30 p.m.	South Pool
TUESDAY:	6:30 - 7:30 p.m.	South Pool
TUESDAY & THURSDAY:	4:40 - 6:15 a.m.	South Pool
FRIDAY:	7:00 - 8:00 p.m.	South Pool
SATURDAY:	7:30 - 9:00 a.m.	North Pool

JUNIOR I

MON, TUES, & THURS:	4:40 - 6:15 a.m.	South Pool
TUESDAY:	5:30 - 6:30 p.m.	South Pool
WEDNESDAY:	5:30 - 6:45 p.m.	South Pool
FRIDAY*:	5:00 - 7:00 p.m.	South Pool
SATURDAY:	7:30 - 9:00 a.m.	South Pool

*Because of group size, Swimmers in Jr. I may attend this practice only if they attend at least one early morning practice (Mon. Tues. Thurs.)

SELECT JUNIOR

MON, TUES, WED, & THURS:	4:40 - 6:15 a.m.	South Pool
TUESDAY & THURSDAY:	4:30 - 6:00 p.m.	North Pool
WEDNESDAY:	5:30 - 6:45 p.m.	South Pool
FRIDAY:	5:00 - 7:00 p.m.	South Pool
SUNDAY:	6:00 - 8:00 a.m.	North Pool

SENIOR DEVELOPMENTAL

MONDAY:	7:30 - 9:00 p.m.	South Pool
THURSDAY:	4:40 - 6:00 a.m.	North Pool
WEDNESDAY:	7:30 - 8:30 p.m.	South Pool
FRIDAY:	8:00 - 9:00 p.m.	South Pool

SENIOR

MONDAY:	7:30 - 9:00 p.m.	South Pool
TUES. & THURS:	4:40 - 6:15 a.m.	South Pool
WEDNESDAY & FRIDAY:	3:30 - 5:00 p.m.	North Pool
SATURDAY:	6:00 - 7:30 a.m.	South Pool

ADVANCED SENIOR GROUP

MONDAY:	4:40 - 6:15 a.m.	South Pool
MONDAY & FRIDAY:	3:30 - 5:00 p.m.	North Pool
TUESDAY & THURSDAY:	4:30 - 6:00 a.m.	North Pool
WEDNESDAY:	3:30 - 5:30 p.m.	South Pool
SATURDAY:	6:00 - 7:30 a.m.	South Pool

NATIONAL TRAINING GROUP:

MON, TUES, THURS:	3:15 - 5:30 p.m.	South Pool
MON & WED	4:30 - 6:00 a.m.	South Pool
WED:	4:45 - 5:30 p.m.	South Pool
FRI:	4:45 - 6:30 a.m.	South Pool
FRI:	3:15 - 5:00 p.m.	South Pool
SUNDAY:	6:00 - 8:00 a.m.	South Pool

Indoor Locker Room Renovations!!!

Renovations to the indoor facilities' locker rooms and lobby will be underway at the Swim and Fitness Center over the spring and summer. While we do plan to keep the indoor pools and fitness rooms open, all customers should plan to **enter the facility from the outdoor pool's entrance and use the outdoor pool's bathhouse between May - September 2019.**

RMSC - ROCKVILLE SITE 2019 SUMMER PRACTICE SCHEDULE

(BEGINNING SATURDAY, JUNE 15 TO JULY 26)

INSTRUCTIONAL STROKE SCHOOL

NOTE: Participation in summer practices require coach's approval for ISS swimmers. In the Summer Season, this group is open to 9 year old swimmers who were recently moved up to Junior II.

MONDAY, WEDNESDAY, FRIDAY: 10:00 – 11:00 a.m. South Pool

JUNIOR I, JUNIOR II, AND SELECT JUNIOR GROUPS

MONDAY - FRIDAY: 7:00 – 9:00 a.m. South & Outdoor Pool

WEDNESDAY: (Select /Jr. I only) 4:00 – 5:30 p.m. South Pool

SENIOR AND SENIOR DEVELOPMENTAL GROUPS

MONDAY, WEDNESDAY, FRIDAY: 5:30 – 7:00 a.m. South & Outdoor Pool

ADVANCED SENIOR GROUP

MONDAY, WEDNESDAY, FRIDAY: 5:30 – 7:00 a.m. Outdoor Pool

TUESDAY, THURSDAY: 5:30 – 7:00 a.m. South Pool

NATIONAL TRAINING GROUP

MONDAY – FRIDAY: 5:30 – 8:00 a.m. Outdoor Pool

TUESDAY: 4:00 – 6:00 p.m. Outdoor Pool

FRIDAY: 3:00 – 5:00 p.m. South Pool

SATURDAY: 6:00 – 8:00 a.m. Outdoor Pool

STROKE CLINIC

MONDAY & THURSDAY: 4:00 – 5:00 p.m. South Pool

NOTES:

1) The Stroke Clinic is intended to be a **supplement** to morning and afternoon practices and cannot be used as a substitute for these workouts. The Stroke Clinic is not a regular practice or a “learn to swim” program. All RMSC, Rockville swimmers are welcome to attend, provided they are proficient in all 4 strokes and that 8 and under swimmers have approval form their group's Coach and the RMSC, Rockville Site's Head Coach. The Stroke Clinic is a separate program with a fee for all swimmers. A drop-in rate of \$10.00 per session is available.

2) 8 & under swimmers who wish to swim during the summer session with one of the Junior Groups must speak with Dave Greene before attending.

Indoor Locker Room Renovations!!!

Renovations to the indoor facilities' locker rooms and lobby will be underway at the Swim and Fitness Center over the spring and summer. While we do plan to keep the indoor pools and fitness rooms open, all customers should plan to **enter the facility from the outdoor pool's entrance and use the outdoor pool's bathhouse between May - September 2019.**

**PLEASE
PRINT
CLEARLY**



Office Use Only:
Date Processed in Rec 1: _____
Initials: _____
Date Entered in Database: _____
Initials: _____

RMSC SWIM TEAM REGISTRATION FORM

Please make checks for Registration Fees payable to "RMSC Parents' Club, Inc."

Please make checks for Programs Fees payable to "The City of Rockville"

PARENTS' NAMES

Last First MI.

Last First MI.

ADDRESS _____ CITY _____ STATE _____ ZIP _____

Primary Phone _____ Mother's Work # _____ Father's Work # _____

Email (very important): _____

Please send an email message to sengland@rockvillemd.gov to ensure that we have your correct email address on file for newsletter distribution.

SWIMMERS:

_____ M / F DOB _____ GROUP / TERM _____ / _____

_____ M / F DOB _____ GROUP / TERM _____ / _____

_____ M / F DOB _____ GROUP / TERM _____ / _____

_____ M / F DOB _____ GROUP / TERM _____ / _____

Release, Waiver, Assumption of Risk and Consent

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering this facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

Signature of Participant/Guardian _____ Date _____