



Fall/Winter 2018-2019

Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850 (240) 314-8750

www.rockvillemd.gov/swimcenter



City of Rockville
Get Into It

The Rockville Montgomery Swim Club is a year-round United States Swimming, Inc. affiliated age-group and senior swim team. The team has been recognized by USA Swimming as an elite Silver Medal Team, and as the #2 team in the USA Swimming Virtual Club Championships. RMSC is also an "Elite Founder Member" of the International Swimming Hall of Fame. The team competes in the Potomac Valley Swimming (PVS) Local Swimming Committee of United States Swimming. During the 2017-2018 seasons, the RMSC team continued to prove that it is one of the best teams in the area by winning or placing second at the RMSC Holiday Invitational Meet, Retriever Classic Meet, US Swimming IMX Meet, Junior Olympic Championships, the Mini Championships, NCSA Age Group Championships and the Maryland State Long Course Championships.

Swimmers, ages 5 and above, that meet the group's prerequisites and are interested in competitive swimming are welcome at RMSC. The highest priority of the program is to provide an excellent opportunity for all of its participants. Highly qualified, experienced coaches are always on deck, in charge of every lane for each practice group. The lowest swimmer-to-coach ratio is often found in the younger developmental groups, where each coach handles only a few lanes of swimmers at a time. RMSC's reputation for excellence in developing swimmers of all skill levels speaks for itself. In fact, most of the members of the elite National Training Group have progressed all the way through the RMSC age-group and senior level programs. While other teams have come, and gone, RMSC has consistently maintained its status as one of the top teams in the U.S. over the past 50 years.

RMSC graduates are spread throughout the nation representing many NCAA teams. More than 400 of our swimmers have received full or partial scholarships. RMSC is proud of our fine scholar-athletes. Additionally, RMSC is well represented in the summer league competition each season. In 2017, for example, RMSC swimmers won many individual events in the MCSL Long Course Invitational and All Stars. Our swimmers form the backbone of many of the most successful summer clubs in the MCSL, CCSDA, and PMSL.

This flyer is designed as an introduction and guide to the RMSC Swim Team at its Rockville practice site. It answers the questions most frequently asked by new members of the team. If, after reading this, you have any questions or individual concerns, please contact Head Coach Dave Greene at the Swim and Fitness Center: (240) 314-8755 or dgreene@rockvillemd.gov.

See Page 2 for important registration deadlines!

Most beginning fall/winter swimmers join the team between the ages of 5 and 12. At the novice level, the emphasis of workouts is geared toward improving stroke mechanics, starts, turns; and building strength, endurance, and mental discipline to help develop the swimmers' skills and competitive attitudes. The staff makes a special effort to keep the pressure at a relatively low level in the hope that all swimmers will enjoy their experience at RMSC.

At the advanced level, the emphasis becomes more directed toward the perfection of stroke mechanics as well as vigorous conditioning, with the goal of qualifying for the Potomac Valley Senior Championships, the Junior National Championships, the USA Swimming National Championships, and ultimately Olympic Trials and the Olympic Games. For those older swimmers who have not chosen swimming as their single sport, or for those whose goals are more geared towards high school/summer league competition, we provide the opportunity to participate in a quality program with a lesser commitment.

The RMSC swim team at Rockville Swim and Fitness Center is a program offered by the City of Rockville Department of Recreation and Parks. For competing in the local association of USA Swimming, "Potomac Valley Swimming," the Rockville team is combined with the Montgomery Swim Club, sponsored by the Montgomery County Recreation Department. This merger allows each program to operate independently, but compete jointly to the mutual benefit of the participants in each program. The Rockville-Montgomery Swim Club combines the talent and resources of both programs so as to be an effective participant in United States Swimming at the local, regional, and national levels.

Due Dates for Registration and Program Fees

Due to the popularity of our program and the need 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. Be sure to register (or try out) as early as possible to secure a space in the program.

<p>Current Swimmers enrolled in the RMSC Rockville Site Spring-Summer 2018 or Fall 2017 - Winter 2018 Session</p>	<p>New Swimmers who have completed a try-out on 7/23 (see page 11) and have been selected for the team.</p>	<p>New Swimmers who have completed a try-out on 8/20 (see page 11) and have been selected for the team.</p>	<p>9/1 and Onwards: Registration ONLY on a <u>space available basis</u> for returning swimmers or new swimmers who have been selected.</p>
<p>Register starting 7/10 and before 8/19 with a reserved spot. Availability for returning swimmers is not guaranteed after 8/19</p>	<p>Register between 7/23-8/19. Availability not guaranteed after 8/19.</p>	<p>Register between 8/20-8/31. Availability not guaranteed after 8/31.</p>	<p>*Note that registration must be completed, and all fees paid prior to a swimmer beginning practice, if space is available.*</p>

GENERAL INFORMATION

Coaches:

A major factor in RMSC's consistent excellence over the years has been the stability and quality of the coaching staff.

DAVE GREENE: (ASCA Level 4) is the Head Coach of the Rockville site. Dave is the 2008 Potomac Valley Age Group "Coach of the Year", 2015 American Swim Coaches Association Age Group "Coach of the Year" finalist and two-time Montgomery County Public School "Coach of the Year." Dave returns for his 38th year at Rockville and was recently inducted into the MCSL Hall of Fame. Dave works predominately with our age group program and oversees all the program's operations.

MARK ELDRIDGE: (ASCA Level 5) is in his 37th year at Rockville and will be coaching our NTG program. Mark ("Mel") was a coach at the 1991 National Olympic Festival. Mel also coordinates club related matters with the Montgomery County Recreation Department sites.

JERI KICHOUKOVA: (ASCA Level 3) is in her 21st year with RMSC-Rockville, after several years at the RMSC-Germantown site. Jeri swam collegiate for Clemson University. She coached Country Glen and Quince Orchard in the MCSL and was the Quince Orchard High School Head Coach. Jeri will be working mostly with our 12-years & under swimmers.

KEVIN FISHER: is beginning his 4th year with the Rockville Site. He previously coached at KSAC. Kevin swam in Potomac Valley for almost 9 years. He will be coaching our ASG group and helping with our Senior and Senior Developmental Groups.

WENDY LEE & HEATHER CONGDON: will be our incoming new ISS Co-Head Coaches.

CHELSEA YEATMAN: will be coaching Senior Developmental and Senior groups.

CARA CHUANG, ALLISON BEINECKE, IVANA HENRY, SARAH KWON, SARAH MCGEE, MARYAM MASSOUMI, MALLORY NIEMCZUK, DAWN TRAUB, KELLY VELASQUEZ & CELENA WHITE: will round out our staff. They will be coaching our Senior, Junior and ISS Groups.

Club Operation:

Except for the paid coaching staff, the team is run by volunteers. Members (swimmers and parents) are expected to participate in the organization and functioning of the team; help raise funds necessary to operate the team; provide officiating and management for swim meets; and participate in organizing "special" team functions. Team dues provide only a portion of the team's budget. The RMSC Parents' Club, Inc. provides the organizational apparatus for the remaining needed team support.

Pools:

The team conducts workouts in two indoor and one outdoor pool at the facility:

RSFC SOUTH POOL: the original indoor pool, recently renovated (25 yards)

RSFC NORTH POOL: the larger of the indoor pools at Rockville (25 meters)

RSFC FIT POOL: the outdoor Olympic sized pool (50 meters or long course)

Workouts:

At all novice level workouts, two to three coaches will be on deck. One or two coaches usually handle Senior/advanced level workouts. Generally, each practice group will be divided among the coaches on deck so that small groups are created within the larger practice group, allowing necessary individual attention to be offered to each swimmer.

Each practice group has recommendations for attendance set by the coaches. It should be stressed that these recommendations are generally minimums. In general, the more practices per week a swimmer attends, the more improvement the swimmer will attain. Obviously, there will be some weeks during the season when these recommendations cannot be made due to illness, school, or family conflicts. This is not a problem, if the coaches are kept informed.

PROMPT, ON TIME, and REGULAR attendance of workout sessions by all swimmers is critically important to the smooth operation of each practice group, and will benefit all group members. It is the responsibility of each swimmer to keep the carpool drivers organized to arrive ON TIME.

Strength and Conditioning Programs:

All 13-Over swimmers and our Select Jr. Group are urged to take advantage of RMSC's strength program, conducted on site by Healthy Ballers and our coaching staff. The Healthy Ballers program will be provided on site for the NTG and Select Jr. Group programs at a minimal cost. Lee Sommers, who is a professional trainer and has worked with swimmers and other athletes for many years, will conduct the training. The strength program is designed to increase strength in all muscle groups and to aid in injury prevention. The program is not designed to increase bulk, as this would be counterproductive to swimming. Schedules for strength programs (for certain groups) will be provided by the coaches.

Parental Observation of Workouts:

Parents are encouraged to come and watch their children during workouts, on SUNDAYS and/or MONDAYS AND TUESDAYS ONLY. Workouts are closed to parents on all other days to remove unnecessary distractions and pressures on the swimmers. Special arrangements to watch a practice can be made by talking to a coach ahead of time.

Potomac Valley Swimming (PVS) Registration:

All swimmers and coaches at RMSC MUST register with Potomac Valley Swimming. This registration entitles the swimmer to an excellent insurance policy and the right to enter meets during the year. PVS registration for swimmers will be handled by the coaching staff.

Transfers:

Swimmers transferring to RMSC from another USA Swimming club should visit the PVS website and complete the Transfer Form online, prior to registering with RMSC, Rockville (<https://www.emailmeform.com/builder/form/Dwcd907Z67kGacx8g>).

Swim Meets:

Potomac Valley Swimming organizes and conducts a full schedule of swim meets during the season at area pools, including RMSC. Many RMSC parents are actively involved in managing this meet schedule.

Swim meets are classified into "OPEN", "AGE GROUP", "MINI", and "SENIOR" categories. Generally, there is one meet in each category conducted during each month throughout the season. In each one of the swimmer's different events, he or she is classified per speed in one of these categories.

The youngest official age-group in United States Swimming is 10 & under. PVS conducts "Mini-Meets" however, which are classified into 8, 7, and 6 & under age-groups. For our 8 and under swimmers, RMSC organizes several intra-squad meets amongst all 5 of the local RMSC practice sites, to increase team interaction as well as ease the travel burden to meet sites. In addition to regular classified meets, PVS hosts special meets (relays, odd-age, etc.) in which RMSC swimmers participate. Meets are generally held on Saturdays and Sundays with a few exceptions.

As a rule of thumb, each RMSC swimmer is asked to plan his/her meet participation so that they swim a minimum of one and a maximum of two meets per month. Meets are an extremely important part of each swimmer's learning process, as they provide a concrete measure of a swimmer's progress. However, too many meets in too short a period of time will wear out one's ability to prepare for a top performance. When registering swimmers for a meet, swimmers and parents should ensure that their participation in that meet is supported by RMSC, by checking

with the coaches (meet entries may be adjusted at the coaches' discretion). In addition to PVS competition, RMSC swims in dual meet competition from time to time against local and out-of-town clubs. The team also conducts a regular series of time trials and intra-squad meets during the season.

Transportation and Carpools:

It is the responsibility of each swimmer to provide his/her own transportation to and from practice sessions and local meets. All families are strongly encouraged to form carpools with other families in their neighborhood. Parents/guardians are responsible for the supervision of their children before and after practice.

Newsletters:

To keep all families up-to-date on swim meets and all team functions, the coaches publish a weekly electronic newsletter called "The Chips." This publication contains valuable information for all swimmers and parents at RMSC. Additionally, The Chips contains time-sensitive information on the week's upcoming events and meets, schedule changes and a quick review of the past week. The Chips is emailed to all families on a weekly basis. If you notice you are not receiving the newsletter, email Jacqueline Mobley at jmobley@rockvillemd.gov from your current email address. Additionally, the newsletter will be posted on the bulletin board at the Swim and Fitness Center, and is available online by visiting www.rockvillemd.gov/rmsc.

Summer League Swimming:

Most our swimmers began their careers in the MCSL, PMSL, and CCSDA leagues. We encourage our swimmers to continue to represent their summer clubs each year while attending summer long course workouts at RMSC.

Traveling Senior Team:

Each year, our National Team travels to Regional and National level meets. Swimmers who qualify to make the trip(s) to the USA Swimming National Championships, US Open Swimming Championships, and Junior National Championships are supported by the team to the greatest extent possible in the form of partial or full reimbursement for travel and room expenses. The National Team also receives team suits, uniforms, and equipment through an arrangement with our sponsor.

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 practices on time, refraining from socializing during practices, and by putting in the expected level of effort into each practice. Swimmers (and parents) are expected to follow facility rules and staff instructions.

Spaces in the Coaches' Invitational groups (National Training Group, Advanced Senior Group, Select Junior and Junior 1) are limited. 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 consideration
- 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 the 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 Fees

Realizing that for many families, costs are an important part of the decision on team selection, RMSC fees are as follows (each swimmer must pay BOTH the registration and program fee):

Registration Fee:

This registration fee covers each swimmer’s registration with Potomac Valley Swimming, all meet entry fees for the season (September – March), as well as some other incidental expenses. Each swimmer must fill out the attached registration form and pay the registration fee per the schedule on page 2 or the first day that the swimmer’s practice group begins, whichever occurs first. Swimmers who are new to the RMSC-Rockville program must pay their registration per the schedule on page 2. Early registration is encouraged. Registration fees are non-refundable, and cannot be prorated. Checks are the only method of payment accepted for registration fees must be made payable to: RMSC PARENTS’ CLUB, INC.

Group	Fee (by CHECK Only)
National Training (Includes fee for dry-land training)	\$660.00
Advanced Senior & Select Junior	\$360.00
Senior, Senior Development, Junior I and Junior II	\$265.00
Instructional Stroke School (“Mini’s”)	\$210.00
High School Training Program	\$95.00

Program Fees:

The Fall 2018 – Winter 2019 Program runs from Tuesday, September 4th, 2018 to Friday, March 22nd, 2019. Program Fees are based on a swimmer’s practice group and on their membership status at the Rockville Swim and Fitness Center. Winter and Annual membership pass holders receive a *20% discount* on program fees. Note that the swimmer’s membership pass cannot expire prior to the last day of practice. These fees are payable either in full or through a monthly installment plan. Families who choose to take advantage of the installment plan must guarantee their payment with a valid credit card. Credit cards will be billed on or about the first of the month. Each swimmer must fill out the attached registration form and pay fees per the schedule on page 2. Swimmers who are new to the RMSC-Rockville program must pay their fees after a successful tryout per the schedule on page 2. Program fees can be prorated (on a space available basis) for swimmers joining the program after 11/1/18. Checks for program fees must be made payable to: CITY OF ROCKVILLE or paid via Visa, MasterCard or cash.

Group	Member Fee	Non-Member Fee
National Training Group	\$1016.00	\$1270.00
Advanced Senior and Junior Select	\$812.00	\$1015.00
Senior, Senior Developmental and Junior I	\$684.00	\$855.00
Junior II	\$624.00	\$780.00
Instructional Stroke School	\$528.00	\$660.00
High School Training Program	\$272.00	\$340.00

MISCELLANEOUS COSTS & SCHOLARSHIP OPPORTUNITIES

Swim Meet Entries:

Meet entry fees will NOT be the responsibility of each swimmer/family. All meet entry fees (individual and relay) will be paid by the RMSC Parents' Club.

Equipment:

Various training equipment is required per the swimmer's level. 8 & under swimmers need only a suit, swim cap, goggles, a kickboard and swim fins. Advanced swimmers are required to purchase some additional workout aids. All equipment is available at a special team discount rate through Cassel's in Wintergreen Plaza. Some of the merchandise is also available at the front desk of the Swim and Fitness Center. Please speak with a coach prior to purchasing any equipment to confirm the group's requirements.

ISS/Jr. II/Sr./SD: Fins and kickboard

Jr. I/Select/ASG: Fins/hand paddles/pull buoy/kickboard/snorkel (option but recommended)

NTG: All the above with snorkel being required

Debbie Mermelstein Memorial Fund:

This fund has been established to promote Junior-level swimming at RMSC and is administered by the RMSC Parents' Club. Scholarship assistance for the cost of swim team participation is offered to those in need and will benefit children who could not otherwise afford to participate in the program. Individuals interested in taking advantage of this fund should email Head Coach Dave Greene at dgreene@rockvillemd.gov with their request and supporting documentation.

Jamie Martens Senior Scholarship Fund:

In a unanimous consent, the RMSC Parents' Club Board of Directors established a scholarship fund for senior swimmers. It is available to any RMSC swimmers who might otherwise be unable to afford to participate in the RMSC program. Individuals interested in taking advantage of this fund should email Head Coach Dave Greene at dgreene@rockvillemd.gov with their request and supporting documentation.

FALL 2018 – WINTER 2019 RMSC ROCKVILLE SITE PRACTICE GROUPS

Instructional Stroke School (ISS):

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

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

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

8-year-old: 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 being 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:

9 – 12-year-old: 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 by invitation only, for dedicated swimmers ages 9 to 14 with the goal of becoming nationally qualified. The emphasis will be on refining stroke mechanics and

preparing for the rigors of more intense training. 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.

High School Training Program:

This group will cater to those athletes who are participating in their high school swim team program and are looking for a little more practice time. The group will practice along with the Senior Developmental Group during the high school season. The program will run from Monday, November 5th through Wednesday, February 27th.

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. 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. 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. Swimmers are expected to attend all practices.

Rookie Tryouts – Evaluation and Placement:

A “New Swimmer” is any swimmer who did not participate in the 2017-2018 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: MONDAY 7/23/18 OR MONDAY 8/20/18. Pre-registration is required (no fee charged). To pre-register, visit www.rockvillemd.gov/registration and register for the “course number” from the chart below. Swimmers should only register for one try-out option. Try-outs are held at the Rockville Swim and Fitness Center.

Swimmer Type	Option 1 Date / Time	Option 1 Course #	Option 2 Date / Time	Option 2 Course #
12 and under, new to club swimming	Mon. 7/23/18, 5:00pm start	7140	Mon. 8/20/18, 6:00pm start	7143
13 and over, new to club swimming	Mon. 7/23/18, 6:00pm start	7141	Mon. 8/20/18, 7:00pm start	7144
Transfers from other RMSC practice sites / USS Club Teams, any age	Mon. 7/23/18, 7:00pm start	7142	Mon. 8/20/18, 7:00pm start	7145

Note: spaces available for new swimmers are VERY limited. Review this packet 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.

Veterans Return to Practice in August

Swimmers in Select Junior, Junior 1, Advanced Senior or the National Training Group will begin practice in August, (see schedule below). All veteran RMSC swimmers not in Select Junior, Junior 1, National Training Group or Advanced Seniors should report to practice per the regular schedule shown on the next page, starting Tues. 9/4. If you are unsure of your placement for the fall / winter season, please contact Dave Greene at (240) 314-8755 or dgreene@rockvillemd.gov.

2018 RMSC, ROCKVILLE “PRE SEASON” PRACTICE SCHEDULES (Mon. 8/20 to Sun. 9/2)

SELECT JUNIOR/ JUNIOR I:

MON - FRI: 6:30 – 8:00 am Outdoor Pool

SUN: 6:00 – 8:00 am Outdoor Pool

NATIONAL TRAINING GROUP (NTG):

MON – FRI: 8:00 – 9:30 AM Outdoor Pool

SUN: TBA

ADVANCED SENIOR GROUP (ASG):

(Note: Practice starts Monday, August 27 to Sunday, September 2)

MON-WED-FRI 3:30 – 5:00 PM Outdoor Pool

FALL 2018 - WINTER 2019 RMSC, ROCKVILLE SITE

PRACTICE SCHEDULE: TUES. SEPTEMBER 4 THROUGH FRI. MARCH 22

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

(Swimmers can only attend Friday PM practice if they have attended any AM practice Monday-Thursday)

SATURDAY:	7:30 - 9:00 a.m.	North Pool
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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

(Dryland Training 4:20 – 5:20 p.m.)

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
WEDNESDAY:	7:30 - 8:30 p.m.	South Pool
THURSDAY:	4:40 - 6:15 a.m.	South Pool
FRIDAY:	8:00 - 9:00 p.m.	South Pool

SENIOR & HIGH SCHOOL TRAINING GROUP*

MONDAY:	7:30 - 9:00 p.m.	South Pool
WEDNESDAY:	3:30 - 5:00 p.m.	North Pool
THURSDAY:	4:40 - 6:00 a.m.	North Pool
FRIDAY:	3:30 - 5:00 p.m.	North Pool
SATURDAY:	6:00 - 8:00 a.m.	South Pool

ADVANCED SENIOR GROUP:

MONDAY:	4:40 - 6:15 a.m.	South Pool
TUESDAY:	4:30 - 6:00 a.m.	North Pool
MON; WED. & FRIDAY:	3:30 - 5:00 p.m.	North Pool
THURSDAY:	4:30 - 6:00 a.m.	North Pool
SATURDAY:	6:00 - 8:00 a.m.	South Pool
(Dryland Training - Tues.& Thurs) 3:30 - 4:15 p.m.		

NATIONAL TRAINING GROUP:

MON, TUES & THURS:	3:15 - 5:30 p.m.	South Pool
MON & WED:	4:30 - 6:00 a.m.	North Pool
WED:	5:00 - 5:30 p.m.	South Pool
(Dryland training will be from 3:20-4:20 p.m.)		
FRIDAY:	4:45 - 6:30 a.m.	South Pool
FRIDAY:	3:15 - 5:00 p.m.	South Pool
SUNDAY:	6:00 - 8:00 a.m.	South Pool

*High School Training Group is from 11/5/18-2/27/19 only.

**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 jmoble@rockvillemd.gov to ensure that we have your correct email address on file for newsletter distribution.

SWIMMERS:

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

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 _____