



Fall/Winter 2016-2017

Rockville Swim and Fitness Center

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

www.rockvillemd.gov/swimcenter



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 2015-2016 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.

All swimmers meeting the group's prerequisites, ages 5 and above, interested in competitive swimming are welcome at RMSC. The highest priority of the program is to provide an excellent opportunity for all its participants. Highly qualified, experienced coaches are always on deck in charge of every lane of 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 45 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 2015, 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.

Most beginning fall/winter swimmers join the team between the ages of 5 and 12. At the novice level the emphasis of workouts are geared toward improving stroke mechanics, starts, turns; and building strength, endurance, and mental discipline in order 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 swim team at Rockville Swim and Fitness Center is a program offered by the City of Rockville Department of Recreation and Parks. For the purpose of competing in the local association of USA Swimming, that is "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 to be an effective participant in United States Swimming at the local, regional, and national levels.

GENERAL INFORMATION

Coaches:

The 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-times Montgomery County Public School "Coach of the Year." For the last 11 years, Dave has been the Potomac Valley Eastern Zone Team Manager. Dave returns for his 36th year at Rockville and was recently inducted into the MCSL Hall of Fame. Dave works predominately with our age group program and oversees all of the program's operations.

MARK ELDRIDGE: (ASCA Level 5) 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 for our program.

JERI KICHOUKOVA: (ASCA Level 3) is in her 20th year with RMSC, at Rockville after several years at the RMSC-Germantown site. Jeri swam collegiate for Clemson. 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 & under swimmers.

KELLY VELASQUEZ: (ASCA Level 2) returns for her 15th season of working with our younger swimmers. She co-heads our ISS (8&U) group with Allison Beinecke. Kelly swam for RMSC at the MLK Swim Center and at the collegiate level for Bucknell University, and has over 17 years of coaching experience in the RMSC program.

SARAH MCGEE: will begin her 10th season with us, working with the groups and younger swimmers.

TOM SWEET: will be in his 5th year this fall. Tom had been coaching at the Montgomery Aquatic Center site for four years after doing his club swimming here at Rockville. Tom will be coaching our Advanced Senior Group.

ALLISON BEINECKE, HENRI MOREL, and CARA CHUANG: will be coaching the 12&U practice groups as they spend their 7th year with us. All 3 of them swam for RMSC here at Rockville during their swimming careers.

STEVEN MERCER, KEVIN FISHER, DAWN TRAUB, HEATHER CONGDON, MORGAN RIBAR and WENDY LEE: will round out our staff. They will be coaching our Junior and ISS Groups.

Club Operation:

With the exception of 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 this 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

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

RSFC FIT POOL: 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, and the necessary individual attention is offered to each swimmer.

Each practice group has attendance recommendations 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, as long as 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 in order to arrive ON TIME.

Strength Programs:

All 13-Over swimmers are urged to take advantage of RMSC's strength program, conducted on site by the coaching staff. The program is offered at no additional cost to team members. The strength program is designed to increase strength in all muscle groups and to help 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.

Watching 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 in order to remove unnecessary distractions and pressures on the swimmers. Special arrangements to watch 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 USS club should visit the PVS website and complete the Transfer Form online, prior to registering with RMSC, Rockville (<https://www.emailform.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 of each category conducted during each month throughout the season. In each one of the swimmer's different events, he/she is classified according to 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 RMSC practice sites, in order to increase team interaction as well as ease the travel burden to meet sites by keeping meets local. 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 time 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.

Newsletters:

In order 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 Wednesday afternoons. If you notice you are not receiving the newsletter, email Dave Greene at dgreene@rockvillemd.gov from your current email address. Additionally, the newsletter will be posted on the bulletin board at the Swim and Fitness Center, and available online by visiting www.rockvillemd.gov/swimcenter, then clicking Rockville-Montgomery Swim Club on the left side of the screen.

Summer League Swimming:

The majority of 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.

RMSC FEES:

Realizing that for many families, fee-levels are an important part of the decision on team selection, RMSC program fees including basic costs and miscellaneous costs are as follows:

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 returning swimmer must fill out the attached registration form and pay the registration fee before the beginning of the regular practice schedule on August 31, 2016. Swimmers who are new to the RMSC-Rockville program must pay their registration fees by September 4, 2016. Early registration is encouraged. Registration fees are non-refundable, and cannot be prorated. Checks for registration fees must be made payable to: RMSC PARENTS’ CLUB, INC.

Group	Fee (by CHECK Only)
National Training, Advanced Senior, and Select Junior	\$360.00
Senior, Senior Development, Junior I and Junior II	\$265.00
Instructional Stroke School (“Minis”)	\$210.00
High School Training Program	\$95.00

Program Fees:

The Fall 2016 – Winter 2017 Program runs from Wed. August 31, 2016 to Fri. March 24, 2017. 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 pass holders receive a 20% *discount* on program fees. Note that 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 returning swimmer must fill out the attached registration form and pay the registration fee before the beginning of the regular practice schedule on August 31, 2016. Swimmers who are new to the RMSC-Rockville program must pay their registration fees before their first scheduled practice. Program fees can be prorated (on a space available basis) for swimmers joining the program after 12/1/16. Checks for program fees should be made payable to: CITY OF ROCKVILLE:

Group	Passholder Fee	Non-PassHolder Fee
National Training Group	\$996.00	\$1,245.00
Advanced Senior and Junior Select	\$796.00	\$995.00
Senior, Senior Developmental and Junior I	\$672.00	\$840.00
Junior II	\$612.00	\$765.00
Instructional Stroke School	\$516.00	\$645.00
High School Training Program	\$268.00	\$335.00

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 according to 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 other workout aids. All equipment is available at a special team discount rate through Aardvark Swim and Sport 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.

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 once again 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 2016 – WINTER 2017 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 is the criterion 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 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 olds: Ability to swim 2 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. Swimmers are required to attend 6 to 7 practices per week.

Senior Developmental:

This group, for swimmers 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 Thurs. November 3 through Mon. February 27.

Senior:

This group is for swimmers 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 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.

Rookies – Evaluation and Placement:

A “Rookie” is any swimmer who did not participate in the 2015-2016 Fall/Winter or 2016 Spring or Spring-Summer RMSC program. In order for these swimmers to have the opportunity to join the team by being evaluated and assigned a practice group, the following opportunities have been created: MON. 7/18; 5-6pm, MON. 7/25; 5-6pm MON. 8/29; 6-7pm, TUES. 8/30; 6-7pm in the INDOOR SOUTH POOL. RSVPs for 7/18, 7/25, 8/29 and 8/30 are not required and swimmers only need to attend one try-out option. In addition to the above, swimmers can visit the website (www.rockvillemd.gov/swimcenter, then click on the Rockville-Montgomery Swim Club link on the left side of the screen) for a form to request an alternative try-out time, as well as for tryouts after the options above.

Veterans Return to Practice on Wednesday, August 31st:

All veteran RMSC swimmers not in Select Junior, Junior 1, National Training Group or Advanced Seniors should report to practice according to the regular schedule shown on the next page. However, if you are unsure of your placement for the fall / winter season, please contact Dave Greene at (240) 314-8755 or dgreene@rockvillemd.gov.

2016 RMSC ROCKVILLE SITE AUGUST PRACTICE SCHEDULES

(Mon. Aug. 22nd to Sun. Aug 28th)

The NTG, ASG and Jr. I/Select Practice Groups will begin practice Monday, August 22. All practice groups will begin their regular schedule on Wed. August 31.

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):

MON-WED-FRI	3:30 – 5:00 PM	Outdoor Pool
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FALL 2016 - WINTER 2017 RMSC ROCKVILLE SITE PRACTICE SCHEDULE
WED. AUGUST 31 THROUGH FRI. MARCH 24

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, WED, & THURS:	4:40 - 6:30 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.	North Pool

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

SENIOR III & HIGH SCHOOL TRAINING GROUP*

MONDAY:	7:30 - 9:00 p.m.	South Pool
WEDNESDAY:	3:15 - 5:30 p.m.	South Pool
THURSDAY:	4:45 - 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.	North Pool
WEDNESDAY & FRIDAY:	3:30 - 5:00 p.m.	North Pool
TUESDAY & THURSDAY:	4:30 - 6:00 p.m.	North Pool
SATURDAY:	6:00 - 8:00 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.	North Pool
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 11/3/16-2/27/17 only.



City of Rockville
Get Into It

Office Use Only: Date Processed: _____ 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 "City of Rockville"

PARENTS' NAMES _____

Last First MI.

Last First MI.

ADDRESS _____

CITY _____ STATE _____ ZIP _____

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

Email (very important): _____

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

SWIMMERS:

LAST FIRST MI. M / F DOB _____ GROUP _____

LAST FIRST MI. M / F DOB _____ GROUP _____

LAST FIRST MI. M / F DOB _____ GROUP _____

LAST FIRST MI. 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.

Signature of Participant/Guardian _____ Date _____