



## Summer 2021 Rockville Rays Swim Team Registration Information

This summer, the Rockville Rays will be competing in Division A of the Montgomery County Swim League (MCSL) along with Stonegate, Bethesda, Tallyho, Wildwood Manor, and Woodcliffe.

Our program consists of a series of dual meets divided into two levels of competition. The advanced 'A' meets are limited in the number of competitors per team (meet entries completed by coaches), while the 'B' meets are open to any swimmer not competing in the 'A' meets. We have a full season of Saturday 'A' meets and Wednesday night 'B' meets (dual and intrasquad), so all our swimmers will be guaranteed to have an opportunity to compete in at least one meet each week. Swimmers must be able to swim at least one length of the pool (without stopping) to join the team, as evaluated by the coaches.

**VERY IMPORTANT DATES!!** These are important dates for the Rays, and we need many volunteers:

- May 13<sup>th</sup>, Registration opens **ONLY** for 2019 Rays families (2019 swimmers and household members)
- May 18<sup>th</sup>, Registration opens to the public until capacity is reached – spaces fill on a first come, first serve basis.
- May 19<sup>th</sup> and June 9<sup>th</sup>, 7:00pm: Zoom Parent Orientation Meetings
- **June 12, 8am: Time Trials.** Participation by all families is needed to help run Time Trials. This meet determines our swimmers' initial seed times. We will need all parents to be available to help run the meet. Please note that only swimmers who have registered and paid their fees can participate in the Time Trials.
- July 24 Division Champs, #1 seed Rockville vs. #2 seed Stonegate hosted at Rockville.

### Practice Schedule

Rays Team practice starts Tues., June 1st, in the South Pool, North Pool, and Fitness Pool (indoors and outdoors at Rockville Swim and Fitness Center). **See page 8** for specific practice days and times.

### Registration & Fees

First, visit <https://rockvillerrays.com> and complete the online registration form. After a successful registration, you will receive a "confirmation email." Please take this email (print-out or phone) to the Rockville Swim and Fitness Center to finalize registration. This includes completing the City of Rockville Registration Form and submitting payments to the City of Rockville AND Rockville Rays Parents (more details below). Most of our team communication including swim meets sign-ups, and parent volunteer sign-ups are on-line. To allow for team planning, do not delay in registration. **To attend time trials, registration must be completed, and payments submitted by June 9th. Any registration after June 9th will still be accepted until June 12<sup>th</sup> (space permitting); however, those individuals won't be able to attend time trials.**

**Fees (two fee payments are required):**

Payable to the City of Rockville		AND	Payable to Rockville Rays Parents
Member*	Non-Member		\$80 per family
\$130 per swimmer	\$265 per swimmer		

\* To take advantage of the special pricing for Rockville Swim and Fitness Center Members, the Rays swimmer must be registered for an active aquatics or full facility membership spanning the entire session of the swim season (25 punch passes are not included).

See <http://www.rockvillemd.gov/index.aspx?NID=400> for details on membership plans.

The City of Rockville believes that everyone, regardless of income, should be able to participate in its recreation opportunities. To facilitate participation, the department offers financial assistance through programs such as the Recreation Fund and Senior Assistance Fund. **Limited financial assistance is available for Rockville residents, based on income. Please call 240-314-8620 to make an appointment. Additional Information available at: <http://www.rockvillemd.gov/384/Recreation-Financial-Assistance>**

The Swim and Fitness Center also has a Reduced-Price Membership Program (application available at the Front Desk) which may help individuals qualify for a discounted facility membership that entitles them to the member price on the Rays Program.

**Transfers to and from the Rays for swimmers who competed on a different MCSL team in the prior season:** Transfers to and from the Rays for swimmers who competed on a different MCSL team in the prior (2019) season: MCSL has implemented rules and procedures governing movement of swimmers among teams within the league. If a swimmer participated on a different MCSL team in the previous year, or if for some reason a prior Rays swimmer will be joining a different MCSL team for 2021, be sure to check the league's website at [www.mcsl.org](http://www.mcsl.org) for instructions on how to seek approval for a transfer. If MCSL approval is required (see website for details), transfer requests should be submitted by 5/1/2021, but late requests will be considered.

## Parent Volunteer Information

Every family on the team is a member of the Rockville Rays Parents group, which exists to support the swim program. This year, volunteering will be required for your child to swim. If parents do not sign-up for at least **three** volunteer opportunities after registration, their swimmer will lose the eligibility to be entered in any swim meets. This includes officiating, timing, clerk of course, and other jobs listed on our sign-up website. **MCSL offers free classes (see below and on the <http://www.mcsl.org/Officials.aspx>) for new and recertifying officials.** Please seriously consider becoming a Stroke & Turn Official, Referee, or Starter. **Parents who are certified as an MCSL Referee or Starter and serve at least three times in B meets will get the Rockville Rays Parents Club fee of \$80 refunded by July 24<sup>th</sup>.**

## Officials Clinics (Free)

Register at [www.mcsl.org/Officials.aspx](http://www.mcsl.org/Officials.aspx), then choose Officials Certification on the left-hand menu.

Date(s)	Time(s)	Training Session	Location
Monday, May 24	7:00 PM	Advanced Referee	Online
Wednesday, May 26	7:00 PM	Starter	Online
Thursday, May 27	6:30 PM	Referee	Online
Tuesday, June 1	7:00 PM	Starter	Online
Wednesday, June 2	7:00 PM	Advanced Referee	Online
Thursday, June 3	7:00 PM	Starter	Online
Sunday, June 6	8:00 AM	First time S&T	Online
Sunday, June 6	7:00 PM	Recertifying S&T	Online
Monday, June 7	7:00 PM	Recertifying S&T	Online
Tuesday, June 8	6:30 PM	Referee	Online
Wednesday, June 9	7:00 PM	Automation	Online
Sunday, June 13	8:00 AM	First time S&T	Online
Sunday, June 13	6:30 PM	Referee	Online
Tuesday, June 15	8:00 AM	First time or recertifying S&T	Online
Wednesday, June 16	7:00 PM	Advanced Referee	Online

## Team Suit Information

The Rays team swimsuit this year will be the Dolphin Sliver (blue). Costs are as follows: Boy's (jammer) suit is \$35, the boy's (brief) suit is \$25, and the Girl's suit is \$45 (please add 6% tax). Team suits are available for purchase from Capital Sport and Swim (301-949-7366), located at 10558 Metropolitan Ave, Kensington MD 20895, or online at <https://capitalsportandswim.net/rockville-rays-swim-suits>, password "rays". Wearing the team suit is strongly encouraged.

**If there are any questions**, please feel free to contact Charles Schwieters via email at [charles@schwieters.org](mailto:charles@schwieters.org). For City of Rockville, Department of Recreation and Parks related questions, please contact Dave Greene at 240-314-8755 or [dgreene@rockvillemd.gov](mailto:dgreene@rockvillemd.gov).

# **Rockville Rays COVID Safety Protocols**

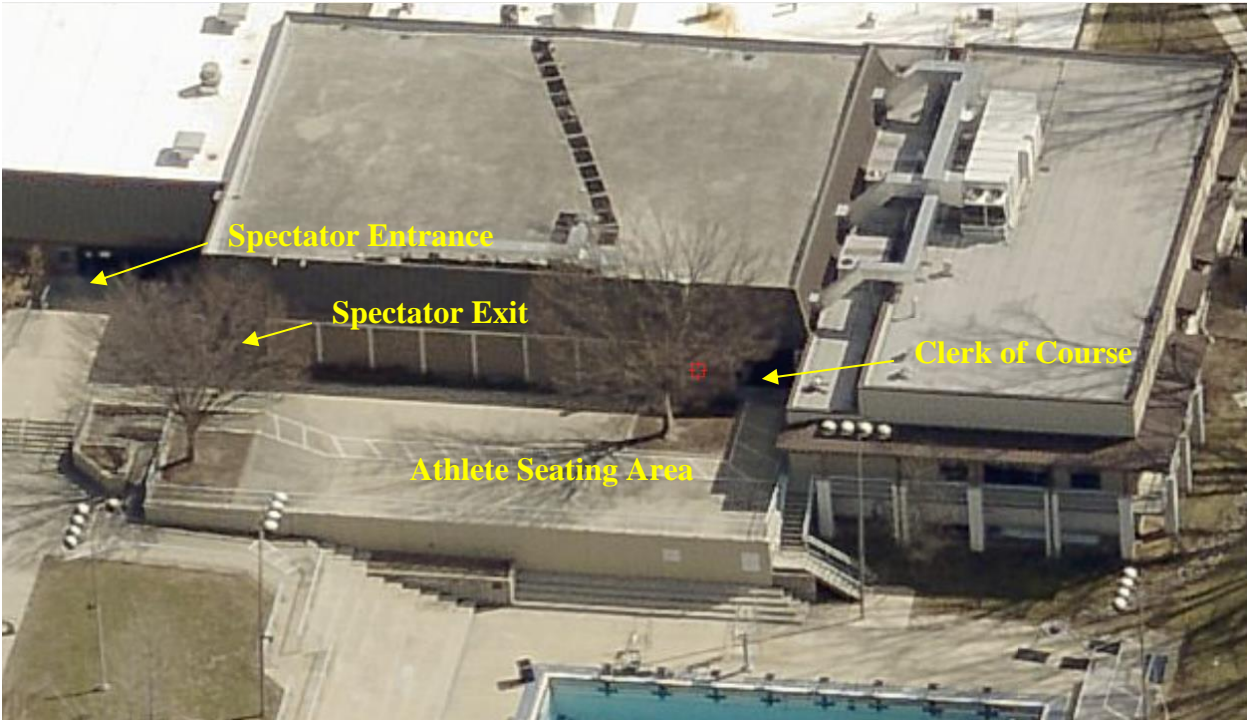
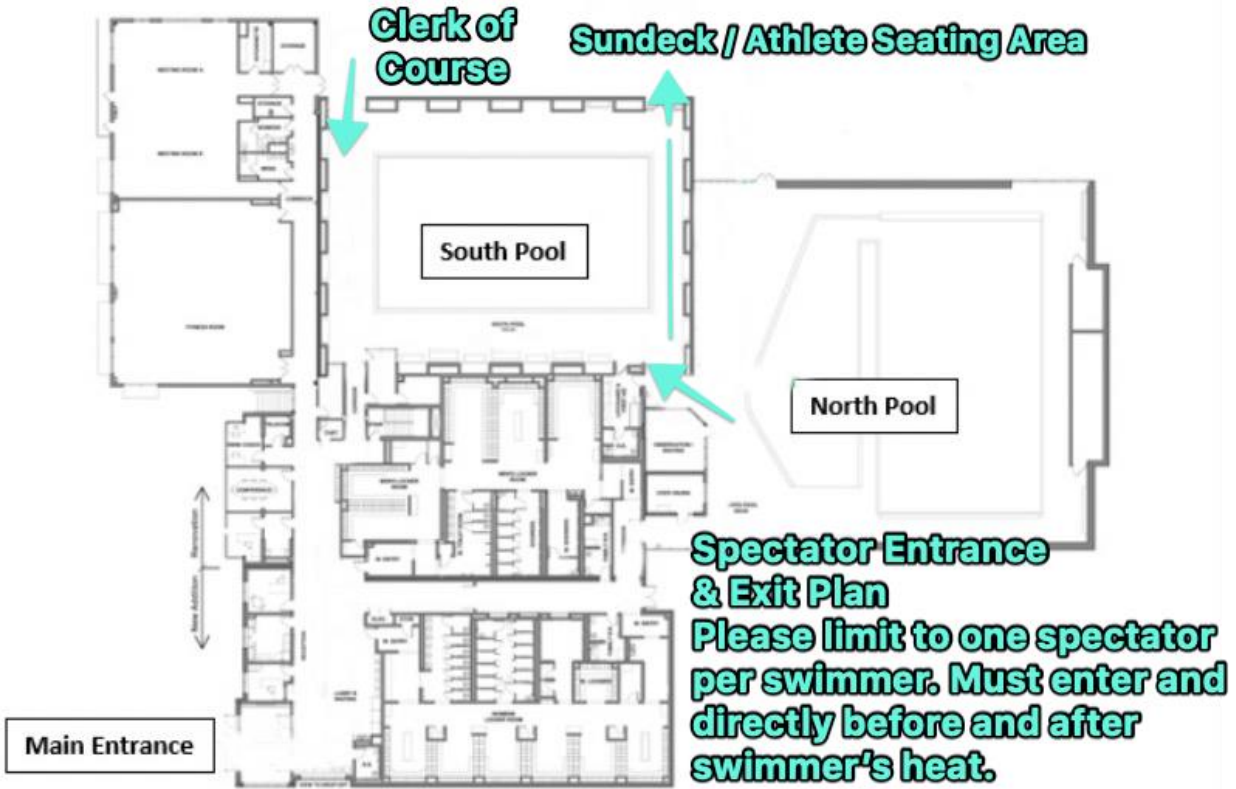
## **Rockville Swim and Fitness Center – South Pool**

### **Meet Specific COVID-19 Protocols**

- Athletes should arrive and depart in their suits if possible. Locker room use should be minimized. If locker room use is needed, the outdoor bathhouse should be utilized.
- Before entering the facility, participants attest that the answer to the following questions are “no” and will only be permitted entrance if answering with ‘no’:
  - Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)? Note: temperatures are to be taken at home prior to arrival at the facility.
  - Has anyone in your family been sick or diagnosed with COVID-19?
  - Has someone you’ve been in contact with been diagnosed with COVID-19 or been in contact with someone who has the past 14 days?

**All attendees (athletes, coaches, volunteers, officials, etc.) must wear face coverings (masks) at all times when in the competition area (indoor South Pool), with the exception of athletes when warming up, cooling down, and competing. Masks should be affixed to the face without hands and must cover nose and mouth. Signs will be posted to delineate the area(s) where face coverings are required.**

- Meet participants should enter the facility via the outdoor pool’s entrance.
- Swimmers are to wear their masks until they arrive at their lane. They will put it in a plastic zipper bag behind their lane. Swimmers can immediately put their masks back on when exiting the pool.
  - For 25-meter events, a mask runner will bring masks to the other end of the pool.
- Warm-ups will be assigned.
- The athlete seating area will be designated on the sun deck.
- Spectators are permitted but must enter one heat at a time and immediately exit at the conclusion of the heat to allow the next set of spectators to enter. Spectators must wear masks while indoor in the South pool.
- The recreation pool bathhouse and fitness pool bathrooms (by snack bar) will be available emergency use for swimmers and adults to keep all meet participants outdoors. No indoor complex access is permitted by meet participants, except the south pool natatorium and entering/exiting the north pool natatorium for heat viewing.
- We request that all attendees notify the Team Representative as soon as possible in the case that they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID-19 after attending the meet.
- Note: The Rockville Swim and Fitness Center is a multi-use recreation complex. At time of MCSL / Rays meets, there may be other activities and users in the vicinity and/or adjacent areas of the pool.



# **Rockville Rays COVID Safety Protocols**

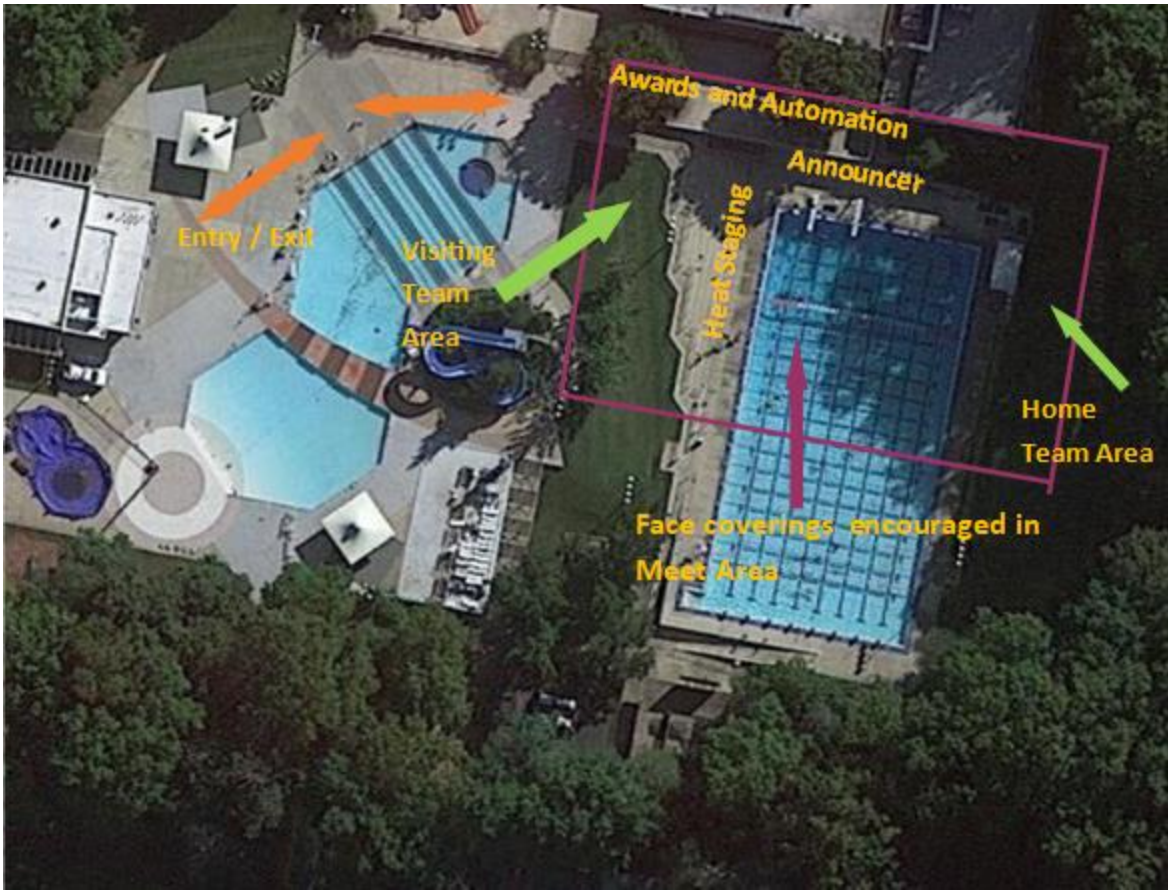
## **Rockville Swim and Fitness Center – Fitness Pool**

### **Meet Specific COVID-19 Protocols**

- Athletes should arrive and depart in their suits if possible. Locker room use should be minimized.
- Before entering the facility, participants attest that the answer to the following questions are “no” and will only be permitted entrance if answering with ‘no’:
  - Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)? Note: temperatures are to be taken at home prior to arrival at the facility.
  - Has anyone in your family been sick or diagnosed with COVID-19?
  - Has someone you’ve been in contact with been diagnosed with COVID-19 or been in contact with someone who has the past 14 days?

**All attendees (athletes, coaches, volunteers, officials, etc.) are encouraged to wear face coverings (masks) at all times when in the competition area, with the exception of athletes when warming up, cooling down, and competing. Masks should be affixed to the face without hands and must cover nose and mouth.**

- Swimmers are encouraged to wear their masks until they arrive at their lane. They will put it in a plastic zipper bag behind their lane. Swimmers can immediately put their masks back on when exiting the pool.
  - For 25-meter events, a mask runner will bring masks to the other end of the pool.
- Warm-ups will be assigned.
- Team areas will be designated to provide enough room for physical distancing.
- Spectators are permitted but must stay out of the competition area and maintain physical distancing at all times. Tents/chairs should be set up 10 feet apart. Spectators are encouraged to wear masks.
- The recreation pool bathhouse and fitness pool bathrooms (by snack bar) will be available emergency use for swimmers and adults to keep all meet participants outdoors. No indoor complex access is permitted by meet participants.
- We request that all attendees notify the Team Representative as soon as possible in the case that they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID-19 after attending the meet.
- Note: The Rockville Swim and Fitness Center is a multi-use recreation complex. At time of MCSL / Rays meets, there may be other activities and users in the vicinity and/or adjacent areas of the pool.



# 2021 Rockville Rays Calendar

## Practices

Date Range	Practice Schedule	
<b>Tuesday, June 1st – Friday, June 18</b>	<b>Mondays, Wednesdays, Fridays</b>	<b>Age / Skill Level</b>
	5:00 - 6:00 PM North Pool (6 lanes, 25 meters)	10 years old and younger, Level 1 or 2
	6:00 - 7:00 PM Fitness Pool (10 lanes, 25 meters)	11 - 14 years old and younger, Level 1 or 2 9 years old and younger, Level 3 or 4
	7:00 - 8:00 PM Fitness Pool (10 lanes, 25 meters)	10 years old and older, Level 3 or 4 or 5
	<b>Tuesdays, Thursdays</b>	
	5:00 - 6:00 PM Rec Pool (6 lanes, 19 yards)	10 years old and younger, Level 1 or 2 or 3
	6:00 - 7:00 PM Rec Pool (6 lanes, 19 yards)	10 years old and younger, Level 4 11 - 13 years old and younger, All Levels
	7:00 - 8:00 PM Rec Pool (6 lanes, 19 yards)	14 years old and older, All Levels All ages, Level 5
<b>Monday, June 21 - Friday, July 23</b>	<b>Mondays, Friday</b>	
	5:00 - 6:00 PM South Pool (6 lanes, 25 yards)	12 years old and younger, Level 1 or 2 or 3 9 years old and younger, Level 4
	6:00 - 7:00 PM South Pool (6 lanes, 25 yards)	10 years old and older, Level 4 13 years old and older, All Levels All ages, Level 5
	<b>Tuesdays, Thursdays</b>	
	5:00 - 5:50 PM South Pool (6 lanes, 25 yards)	10 years old and younger, Level 1 or 2 or 3
	5:50 - 6:40 PM South Pool (6 lanes, 25 yards)	10 years old and younger, Level 4 11 - 13 years old, Level 1 or 2 or 3
	6:40 - 7:30 PM South Pool (6 lanes, 25 yards)	14 years old and older, All Levels All ages, Level 5

The guideline for levels are as follows:

- Level 1 - cannot do all four strokes
- Level 2 - can do a 25 of all four strokes
- Level 3 - can do a 50 of all four strokes
- Level 4 - swims for a team year-round [ISS/Minis or JR2/Junior groups]
- Level 5 - swims for a team year-round [JR1/Advanced Juniors, Select/NDG, and any Senior group]

If you feel that your swimmer does not belong in their assigned group, or you will not be able to attend any assigned practices for the entirety of the summer, please contact Cara at [rays.cchuang@gmail.com](mailto:rays.cchuang@gmail.com).



## Meets & Events

Meet times and locations are subject to change. Any changes will be sent through email using the email address provided during online registration. Please note that each pool may require different COVID safety precautions.

Date(s)	Time(s)	Event	Location
Saturday, June 12	8:00 AM	Rays Time Trials	Rockville Fitness Pool
Wednesday, June 16	6:00 PM	0B Meet: Intrasquad	Rockville South Pool
Saturday, June 19	9:00 AM	A Meet: Rays vs. Wildwood	Rockville Fitness Pool
Wednesday, June 23	5:30 PM	1B Meet: Rays vs. Bethesda	Rockville Fitness Pool
Saturday, June 26	9:00 AM	A Meet: Rays at Bethesda	Bethesda Pool
Wednesday, June 30	6:00 PM	2B Meet: Rays at Woodley Gardens	Woodley Gardens Pool
Saturday, July 3	9:00 AM	A Meet: Rays vs. Tallyho	Rockville Fitness Pool
Wednesday, July 7	6:00 PM	3B Meet: Intrasquad	Rockville South Pool
Saturday, July 10	9:00 AM	A Meet: Rays at Woodcliffe	Woodcliffe Pool
Wednesday, July 14	6:00 PM	4B Meet: Rays vs. King Farm	Rockville Fitness Pool
Saturday, July 17	9:00 AM	A Meet: Rays vs. Stonegate	Rockville Fitness Pool
Wednesday, July 21	6:00 PM	5B Meet: Intrasquad	Rockville South Pool
Saturday, July 24	8:00 AM	Divisional Meet: #1 Seed Rockville vs. #2 Seed Stonegate	Rockville Fitness Pool



Office Use Only:
Course # 19785
Date Processed: _____
Initials: _____

## ROCKVILLE RAYS SWIM TEAM REGISTRATION FORM – 2021

**First - Please visit the Rays website (<https://www.rockvillerrays.com/>) to complete the Team Membership Form.**

Documentation of Online Sign-Up will be required before payment is accepted at the Swim and Fitness Center to finalize registration for the team. The **REGISTRATION FEE** of \$80.00 per family is payable by **check only** to: **“ROCKVILLE RAYS PARENTS”**.

The **PROGRAM FEE** paid by cash, check (payable to **City of Rockville**) or credit card **at the Swim and Fitness Center Front Desk** is **\$130.00 for Swim and Fitness Center members, \$265.00 for non-members**. Note that membership must be valid for the swimmer, for the length of the Rays program. Registrations can also be submitted via mail to RSFC / Rays Registration, 355 Martins Lane, Rockville MD 20850. For mail-in registrations, be sure to include both check payments and documentation (print out) of your online Rays Team Membership Form submission.

**PARENT / GUARDIANS' NAMES** \_\_\_\_\_

Last First MI.

Last First MI.

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Home Phone # \_\_\_\_\_ Parent 1 Cell # \_\_\_\_\_ Parent 1 Cell # \_\_\_\_\_

Email (very important): \_\_\_\_\_

**SWIMMERS:**

\_\_\_\_\_ M / F DOB \_\_\_\_\_

LAST FIRST MI.

\_\_\_\_\_ M / F DOB \_\_\_\_\_

LAST FIRST MI.

\_\_\_\_\_ M / F DOB \_\_\_\_\_

LAST FIRST MI.

**Note for Swimmers transferring from other MCSL teams:** If a swimmer had participated on a different MCSL team last year, check the league’s website at [www.mcsl.org](http://www.mcsl.org) for instructions on how to seek approval for a transfer. If MCSL approval is required (see website for details), transfer requests must have been submitted by 5/1/21.

**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.

I have read and understood the COVID procedures and accept all risks and agree to comply with all conditions of participation. Signature here signifies the entire document as printed in the registration packet has been read, understood agreed to. If conflict arises between the information in this document and other facility-specific instructions, the stricter standard applies.

Signature of Participant/Guardian (if participant is under 18) \_\_\_\_\_ Date \_\_\_\_\_