

*** All Coach's Invite Groups will be required to sign a Swimmer/Parent/Coach Agreement ***

Junior 2 - *Entry by coach's invitation only*. All invited to this group will be required to sign a Swimmer/Parent Agreement. For swimmers ages 9-12 who have achieved proficient skill level in all 4 competitive strokes. Emphasis is on stroke technique, starts, turns and exposure to endurance training. Swim meet participation is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum practices required: 2/week**

Fall/Winter (8492)	\$875
Mon, Wednesday	6:15 - 7:15 PM
Friday	5:15 - 6:15 PM
Sunday	7:15 - 8:30 AM

Advanced Juniors - *Entry by coach's invitation only*. All invited to this group will be required to sign a Swimmer/Parent Agreement. For swimmers ages 9-12 who have achieved a high level of proficiency in all four competitive strokes. The focus is on advanced stroke technique, training for competitions, goal setting and endurance training. An introduction to dryland exercises geared toward injury prevention is also possible. Swim meet participation is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group.

Minimum practices required: 3/week

Fall/Winter (8496)	\$1250
Tues, Thurs, Friday	5:15 - 6:15 PM
Wednesday	5:45 - 7:15 PM; Dryland 5:15 - 5:45 PM
Sunday	7:30 - 9:00 AM

National Developmental Group - *Entry by coach's invitation only*. All invited to this group will be required to sign a Swimmer/Parent Agreement. For swimmers ages 10-13 who have committed to upper level swimming in the RMSC program as their primary activity. Emphasis is on stroke mechanics, conditioning and goal setting. Dryland training and swim meet participation is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum practices required: 5/week** **Required practices: Sunday AM**

Fall/Winter (8497)	\$1600		
Mon, Friday	5:45 - 7:15 PM	Wednesday	4:45 - 6:00 AM
Tues, Thursday	5:15 - 7:15 PM	Sunday	7:00 - 9:00 AM
Dryland Training: Tuesday 4:45 - 5:15 PM, Friday 5:15 - 5:45 PM			

Seniors - For swimmers ages 13 - 18 who have summer swim team or high school competitive experience. A working legal knowledge of all four competitive strokes is required. Emphasis is on stroke technique, conditioning and endurance training.

Recommended practice attendance: 3/week

Fall/Winter (8508)	\$1250
Tues, Wed, Friday	4:00 - 5:15 PM
Thursday	4:00 - 5:15 PM; Dryland 5:15 - 6:00 PM
Saturday	7:30 - 9:00 AM

Advanced Seniors - *Entry by coach's invitation only*. All invited to this group will be required to sign a Swimmer/Parent Agreement. For swimmers ages 13 & over who have made a commitment to swimming. Emphasis is on stroke mechanics, conditioning, dryland training, goal setting and participation in required swim meets. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum practices required: 6/week**

Fall/Winter (8513)	\$1600		
Mon, Wed, Friday	4:00 - 5:45 PM	Tues, Thursday	4:00 - 5:15 PM
Tues, Thursday	4:45 - 6:15 AM	Saturday	5:30 - 7:30 AM
Dryland Training: Tues & Thurs 5:15 - 6:00 PM; Saturday 7:30 - 8:00 AM			

National Training Group - *Entry by coach's invitation only*. All invited to this group will be required to sign a Swimmer/Parent Agreement. For swimmers 13 & over who have made a commitment to swimming as their primary activity. Athletes are expected to focus on qualification for and participation in the swim meets which lead to National level competition. Participation in dryland training is also required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum practices required: 6/week (8th & 9th graders); 7/week (10th graders); 8/week (11th & 12th graders)**

Fall/Winter (8514)	\$1950		
Mon - Thursday	4:00 - 6:15 PM	Friday	4:00 - 5:15 PM
Wed, Friday	4:45 - 6:15 AM	Saturday	6:00 - 9:00 AM
Dryland Training: Mon. & Wed. 6:15 - 7:15 PM; Fri. 5:15 - 6:15 PM			