



Fall/Winter 2013-2014

Germantown Indoor Swim Center

18000 Central Park Circle, Boyds, MD 20841 (240) 777-6830

September 9, 2013 – March 23, 2014

REGISTRATION INFORMATION

Newcomers' Evaluation – Newcomers are swimmers who did not participate in the RMSC-GISC program Spring/Summer 2013, even if they have participated in other seasons. Evaluations for skill assessment and group placement will be held September 3 & 4. Newcomers must attend one of the following sessions:

8 & under:	5:30 - 6:30 PM
9-10 years:	6:15 - 7:15 PM
11-12 years:	4:45 - 5:45 PM
13 & over:	3:30 - 5:00 PM, Wednesday, September 4th ONLY

Registration forms for newcomers will not be accepted or available until AFTER evaluations have taken place and a placement has been offered by the coaches.

Returning Swimmers – A returning swimmer is someone who swam with RMSC-GISC during the Spring/Summer 2013 season. They have been registered with USA Swimming for 2013. These swimmers can pre-register for the Fall/Winter 2013/14 program. To do so, COMPLETE & SIGN THE REGISTRATON FORM attach the PROGRAM FEE PAYMENT and return. Forms may be emailed to jon.smink@montgomerycountymd.gov, handed in at GISC or mailed to: Kennedy Shriver Aquatic Center, Attn: Christa Krukiel, 5900 Executive Boulevard, N. Bethesda, MD 20852

Returning swimmer registration begins Monday, August 12th, 2013

Registration ends for returning swimmers on Sunday, September 1st, 2013 in order to secure your spot.

Program Fee – Program fees are payable to MCR by VISA, MasterCard, Check or Cash. Non-County residents must add \$15 per swimmer. This payment includes the 2014 United States of America Swimming (USAS) membership fees and all the PVS meet fees. To offset the cost of the program, payments can be credited to individual accounts prior to the start of the program. Installment fees and payment plans are NOT available. **All fees must be paid in full by the first day of practice.**

The final date to register and to withdraw is February 1, 2014

Questions Regarding RMSC @ GISC – Please email jon.smink@montgomerycountymd.gov or call 240-777-6830.

Do not change your practice group assignment unless instructed to do so by your coach.

PRACTICE GROUPS

Minis – For 8&Unders who can swim both freestyle, using good rhythmic breathing, and backstroke. Swimmers will learn proper stroke technique, including breaststroke and butterfly, flip turns, and starts from the blocks. Emphasis is on orientation to competitive swimming, participation in meets and having a fun experience.

Recommended practice attendance: 2/week

Fall/Winter (361289)	\$810
Monday, Wednesday	5:15 - 6:00 PM
Friday	5:30 - 6:30 PM
Sunday	7:00 - 8:00 AM

Juniors – For swimmers ages 9-12 who are able to swim at least freestyle and backstroke. Emphasis is on basic stroke mechanics, starts and turns. An introduction to conditioning and endurance are part of the program. This group is for all new swimmers and graduates of Minis. Participation in USAS meets is highly recommended but not required.

Recommended practice attendance: 2/week

Fall/Winter (361291)	\$830
Monday	6:00 – 7:00 PM
Thursday & Friday	6:30 - 7:30 PM
Sunday	7:00 - 8:00 AM

Advanced Juniors – Entry by coach’s invitation only. For swimmers ages 9-12 who have achieved basic mastery of the four competitive strokes. The focus is on training for competition, goal setting, endurance and dryland exercises geared toward injury prevention. Participation in USAS meets 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 (361292)	\$1200
Tuesday, Wednesday	6:00 - 7:30 PM
Thursday	5:00 – 6:30 PM
Friday	5:30 - 7:00 PM
Sunday	7:00 - 8:30 AM

National Development Group – Entry by coach’s invitation only. For swimmers ages 11-14 who have committed to upper level swimming in the RMSC program as their primary activity. Emphasis is on swimming technique, conditioning, goal setting and performance in USAS competition. Dryland training and participation in USAS meets are 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

Fall/Winter (361293)	\$1500
Monday, Wednesday	6:00 - 7:30 PM; dryland 5:15 – 6:00 PM
Tuesday	5:30 - 7:30 PM
Wednesday	4:45 – 6:30 AM
Thursday	5:30 – 7:00 PM
Saturday	6:30 - 9:00 AM; dryland 9:00 – 10:00 AM

Seniors – For swimmers ages 13-18 who range from summer league experience to high school swimming background. Emphasis is on stroke mechanics, conditioning and endurance. This program is geared for swimmers interested in improving skills and gaining a better training base. Participation in USAS meets is highly recommended but not required.

Recommended practice attendance: 3/week

Fall/Winter (361294)	\$1200
Monday	7:00 – 8:00 PM
Tuesday	4:45 - 6:15 AM
Tuesday	5:00 - 6:00 PM
Thursday & Friday	3:30 - 5:00 PM
Sunday	6:30 – 8:00 AM

Advanced Seniors – Entry by coach’s invitation only. Designed for the high school athlete who has a firm commitment to swimming and is looking for continued development in the sport. These swimmers train at a high level and are required to participate in dryland training and USAS 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 (361295)	\$1500
Monday, Wednesday	3:30 – 5:15 PM; dryland 5:15 – 6:15 PM
Tuesday & Thursday	4:45 - 6:30 AM
Tuesday	3:30 - 5:00 PM
Friday	3:30 - 5:30 PM
Saturday	5:30 – 7:30 AM; dryland 7:30 – 8:30 AM

National Training Group – Entry by coach’s invitation only. For swimmers 13 & over who have made a commitment to swimming as their primary activity. Athletes are expected to focus on qualification for and competition in USAS meets which lead to the National level. Swimmers will participate in water and dryland training as part of an overall program to ensure success. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum practices required: 7/week**

Fall/Winter (361296)	\$1850
Monday, Wednesday & Friday	4:45 - 6:30 AM
Monday & Wednesday	3:30 - 6:00 PM
Tuesday, Thursday & Friday	3:30 - 5:30 PM; drylands, except Friday, 5:30 – 6:30 PM
Saturday	6:30 - 9:00 AM; dryland 9:00 – 10:00 AM