

RMSC Season 2025 – 2026

Registration Information

Martin Luther King Jr. Swim Center

1201 Jackson Rd, Silver Spring MD, 20904

(240)-777-8060

www.rmsscswimming.com

Try-out Information for Newcomers

Newcomers are swimmers who did not participate in the RMSC-MLK program for RMSC 2024 - 2025 Season, even if they have participated in other seasons. Listed within the group description for the developmental groups are the minimum qualifications for each group. In addition, the following criteria is used to determine possible group placement: age, technique, endurance, and team openings. All try-outs begin on time; please view the team website for details.

- Swimmers new to the RMSC program must attend a tryout.
- Pre-registration for tryouts is REQUIRED. Information can be found on the team website the under 'Joining RMSC' tab. www.rmsscswimming.com
- Attend the tryout based on swimmers age as of December 5, 2025.
- You must tryout at the site where you wish to practice.
- Swimmers ONLY need to attend ONE date at the location of their choice.
- Swimmers must arrive on time, ready to swim.
 - Swimmers who are more than 5 minutes late, will not be allowed to tryout.
- Swimmers must stay for the entire tryout.
- It is highly recommended to arrive at least 10 minutes early to allow time for check-in.
- During tryouts, a parent/legal guardian must remain on site and in the pool lobby.

Tryouts will be held on Monday, July 14 and Tuesday, July 22:

Due to program limitations, some groups may not offer tryouts.

See website for required pre-registration details and tryout times.

Attend tryout session based on age as of December 5, 2025

Tryout decisions will be made after both tryout dates have taken place and will be emailed no later than July 27.

If offered a placement on the team:

Registration must be completed within 7 days of the date of placement email. Otherwise, the offer is forfeited.

Instructions to register will be sent in the placement offer email.

Questions regarding RMSC @ MLK - please email Blair.Crosscup@montgomerycountymd.gov

Returning Swimmer Registration Information

A returning swimmer is someone who swam with RMSC-MLK during the RMSC 2024 - 2025 Season and has met the group requirements. Returning swimmers must register for the RMSC 2025 - 2026 Season by the deadline below to be guaranteed a spot on the team.

Returning swimmer registration opens July 4. Swimmers must register based on their age as December 5, 2025.

There are two ways to register:

1. Online at www.ActiveMontgomery.org.
 - a. Families MUST use the same account used for the RMSC 2024 – 2025 program registration. This is the only way to meet the pre-requisite course for online registration. If a new account is created the course pre-requisite will not be met and online registration will not be possible.
 - b. For swimmers being invited to a “Coaches Invite Group” for the first time, you will not be able to register online. You will need to come in person and register. (Example: Minis/Junior 2 to Adv Juniors; Seniors to Advanced Seniors)
 - c. Current Officials, contact Blair Crosscup by email, to verify your eligibility for the Officials discount for the upcoming season. You will need to register in-person to receive the discount. Do not register online as the discount will not be applied.
2. In person/walk-in at the Martin Luther King Jr. Swim Center during the pre-determined in-person/walk-in registration windows, **TBA**. Please do not attempt to register in person outside the pre-determined registration windows as the cashiers will not be able to assist you.

***Returning swimmer registration ends on July 13, 2025, to secure your spot.
After this date, swimmers will forfeit their spot on the team.***

Program Registration Fee (Montgomery County Recreation)

- Do not change your practice group assignment unless you are instructed to do so by your coach, or you have aged out of your previous group assignment.
- The program registration fee includes local PVS LSC meet entry fees as well as a Team Registration Package (one Arena team suit, two latex swim caps, and two team t-shirts).
 - For any swim meets held outside our PVS LSC, whether team or parent travel, additional fees will be required and must be paid in advance by the deadlines given.
- Program registration fees are payable to ActiveMontgomery by check or credit card. Fees are listed next to each course below. For the 2025-2026 season the program fees have increased approximately 3%. We anticipate a yearly increase each season moving forward.
- **Non-County resident fees add \$50 per swimmer.**
- A credit card payment plan is available; 25% due with initial registration, 25% due October 1, 25% due November 1 and the remaining 25% due on December 1, 2025. Payment plans are only available with a credit card and the card must be valid through December 2025.
 - Failure to make an installment payment on time will result in an immediate withdraw from the program.
 - If you need to update your credit card info (due to replacement) you will need to log into your family account or contact rec.financeoffice@montgomerycountymd.gov for assistance.



- **NOTE – starting with the RMSC 2026-2027 Season, the payment plans will be in 2 installments: 50% due with initial registration and 50% due November 1, 2026.**
- The final day to request a pro-rated program withdrawal is 2/28/2026.
 - After this date no refunds will be given.
 - Medical reason for a withdrawal request, a doctor's note must be provided. The note must include the dates the swimmer is unable to participate.
 - If a swimmer is returning prior to the end of the season, for a medical reason, the refund or credit will be provided when the swimmer returns to practice and only if payment for the program has been completed. A doctor's note must be provided with the date of return included.
- Pending space availability, the last day to register is December 31

USA Swimmer Registration Fee (USAS)

- Starting August 1, 2022, USAS required swimmers to register directly with USAS.
- Families will pay the USAS registration fee directly to USAS (approx. \$100). Do not create new swimmer/family accounts, use the same account as the 2024-2025 season.
 - **For returning swimmers**, families will receive information when it is time to renew the USA Swimmer registration, usually in late fall.
 - **For new swimmers**, information for registering with USAS will be sent in August/September after you have completed the registration process through ActiveMontgomery. The procedure for new swimmers is different than returning swimmers.
- Failure to properly register with USAS will result in swimmers being ineligible to practice and participate in meets. A program withdrawal will be processed after one reminder to comply.

Questions regarding RMSC @ MLK - please email Blair.Crosscup@montgomerycountymd.gov

Family Requirements

1. **Minor Athlete Abuse Prevention Policy (MAAPP):** USA Swimming member clubs have been required to implement this policy. The MAAPP must be reviewed, signed, and submitted to RMSC on an annual basis. When registering for the RMSC program, MAAPP is included in the course registration. To complete the team registration, you will be required to acknowledge and agree to adhere to all the MAAPP policies.
2. **Safe Sport Education** – Our goal, as a team, is to become a “Safe Sport Recognized” club by USAS.
 - a. Parents – visit <https://learn.usaswimming.org/>, register and create a non-member account. Select/complete the Parent's Guide to Misconduct in Sport course
 - b. Athletes - visit www.usaswimming.org/safe-sport/learn
 - i. 12-17 years old complete the Safe Sport for Athletes
 - ii. 18 years & older are REQUIRED to complete Safe Sport Training for Adult Athletes

For more information visit www.usaswimming.org/safe-sport or www.rmscswimming.com/safesport
3. **Meet Volunteers** – except for the coaching staff, all meets are run by volunteers, including meet officials. Meet officials have gone through many hours of training to become certified officials. It takes many additional parent volunteers to run meets. Parents must volunteer to work at least 2 meet sessions for each child in the program each season.

DEVELOPMENTAL PRACTICE GROUPS

For all developmental groups – In order to secure a spot as a returning swimmer for the next RMSC Season, one practice per week is required.

****There is a two-week session break from March 28 - April 12, 2026****

Minis – For ages 8 & under. Will learn proper stroke technique, including breaststroke and butterfly, starts and turns. Emphasis is on orientation to competitive swimming, participation in swim meets and having fun experiences.

Swimmers may attend any combination of practices offered to the group.

Recommended practice attendance: 2/week; Required 1/week.

Course #R01018-103	*September 8 – May 22, 2026*		\$1,235
Monday	6:30 - 7:30 PM	Friday	6:30 – 7:15 PM
Wednesday	6:15 – 7:15 PM	Sunday	8:45 – 9:30 AM

Junior 1 – For ages 9-12. Emphasis is on learning proper stroke techniques, starts and turns. Participation in swim meets is highly recommended, but not required.

Swimmers may attend any combination of practices offered to the group.

Recommended practice attendance: 2/week; Required 1/week.

Course #R01021-103	*September 8 – May 22, 2026*		\$1,235
Tuesday	6:00 – 7:30 PM	Sunday	8:30 – 9:30 AM
Thursday	5:30 – 6:30 PM		

Seniors – For ages 13-18 – Swimmers should have summer swim team or high school competitive experience. Emphasis is on stroke technique, conditioning, and endurance training.

Swimmers may only attend practices offered to the specific option registered for.

Recommended practice attendance: 3/week; Required 1/week

Seniors (Summer Option not included): \$2,060 (*September 8 – May 22, 2026*)

If an Option (A or B) is full, swimmers will be placed on the waiting list and registered for the other Option.

Option A – Course #R01067-103	Option B – Course #R01068-103
Monday 6:00 – 7:00 PM	Tuesday 6:30 – 7:30 PM
Tuesday 6:00 – 7:00 PM	Wednesday 6:00 – 7:30 PM
Thursday 4:00 – 5:30 PM	Thursday 6:00 – 7:00 PM
Friday 4:00 – 6:00 PM	Friday 5:30 – 7:30 PM
Saturday 7:00 – 9:00 AM	Saturday 7:00 – 9:00 AM

Summer Seniors: \$465 (May 23 – July 24, 2026) – The opportunity to add Summer Seniors will be available in March of 2026. Practice schedule will be released in May 2026.

ADVANCED PRACTICE GROUPS

**FOR ALL ADVANCED PRACTICE GROUPS – ENTRY IS BY COACH’S INVITATION ONLY.
A SIGNED SWIMMER/PARENT AGREEMENT IS REQUIRED.**

****There is a two-week session break from March 28 - April 12, 2026* (except NTG’s)***

Junior 2 - 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.

Swimmers may attend any combination of practices offered to the group.

Minimum practices required: 2/week

Course #R01022-103	*September 8 – May 22, 2026*			\$1,390
Monday, Friday	5:30 - 6:30 PM	Sunday	7:30 – 8:45 AM	
Wednesday	5:00 - 6:15 PM			

Advanced Junior Group (AJG) - 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. 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

Course #R01020-103	*September 8 – July 24, 2026*			\$2,625
Monday, Thursday	6:30 – 7:30 PM	Friday	5:45 – 7:30 PM	
Wednesday	6:00 – 7:30 PM	Sunday	7:00 - 8:45 AM	

National Developmental Group (NDG) - For swimmers ages 11-14 (swimmers who are 14 and in 9th grade are not eligible for this group) 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

Course #R01026-103	*September 8 – July 24, 2026*			\$3,065
Monday, Tuesday	4:30 – 6:30 PM	Friday	4:30 – 6:00 PM	
Wednesday	4:45 – 6:00 AM	Sunday	6:00 – 8:30 AM	
Thursday	4:45 – 7:30 PM			

Advanced Senior Group (ASG) - 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.

<i>Minimum practices required: 6/week</i>		<i>Required Practices: Wednesday PM & Saturday AM</i>	
Course #R01025-103	*September 8 – July 24, 2026*		\$3,195
Monday, Friday	4:45 – 6:15 AM	Tuesday, Wednesday	4:00 – 6:00 PM
Monday, Thursday	4:00 – 6:15 PM	Saturday	6:00 - 8:00 AM

National Training Group (NTG) - 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.

<i>Minimum Practices required:7/week</i>		<i>Required Practices: Mon/Tues/Thursday PM, Fri/Saturday AM</i>	
Course #R01027-103	*September 8 – July 24, 2026* (1-week break, TBD Spring 2026)		\$4,480
Monday, Wednesday, Friday	4:45 - 6:15 AM	Friday	4:00 – 6:30 PM
Monday, Wednesday	4:00 - 7:00 PM	Saturday	5:30 – 8:30 AM
Tuesday, Thursday	4:00 - 6:00 PM		