

Chips off the Rock



The Rockville-Montgomery Swim Club



“Perform your best when your best is required. Your best is required everyday.”

Thursday, September 19, 2019 Our 51st Year

Weekend Practice Schedule

Friday, September 14:

All Groups: Regular Practice Schedule

Saturday, September 15:

All Groups: Regular Practice Schedule

Sunday, September 16:

All Groups – Regular Practice Schedule

RMSC is an Arena Team

For the third season The Rockville Montgomery Swim Club will officially be an Arena Team. Our vendor is Cassel's. Cassel's and Arena will be at the swim center in the next few weeks. Please make sure to check email as to the date when we finalize.

Swim Equipment

ISS: Fins and Kickboard

Jr. 2: Fins and Kickboard

Jr. 2 Morning swimmers or Jr. 1

timesharing swimmers: Fins, Kickboard, paddles and pull buoy

Jr. 1/Select/ASG/Sr./SD: Fins, Kickboard, paddles and Pull Buoy.

NTG: All the above plus snorkel

RMSC White Cap Required

Beginning at our first Swim Meet and at every swim meet this year and every year. Every RMSC swimmer is required to wear a White RMSC cap. Swimmers may choose to wear NO cap if they desire. No swimmer will be allowed to compete in any other cap. If you desire another cap or different material (dome or silicone) you can purchase at Cassel's.

Name Cap Ordering:

[RMSC Silicone Name Caps](#)

Watching Practices and Speaking with Coaches

As stated in our brochure, parents are invited to watch their swimmers participate on Monday and Tuesday afternoons and any morning practice that they attend. Parents will not be allowed on deck for any other practice. This has been a team rule for over 35 years. Also, please allow the coaches to focus on the swimmers during a practice session. If you have a question or should speak with a coach, please wait until practice is over. The coaching staff appreciates your willingness to cooperate fully in this matter. Finally, Please **DO NOT COACH YOUR CHILD!!!!!!If it continues, we will suspend all rights to watching practices. It is disruptive to what the coaches are doing. PLEASE STOP**

Entering a Swim Meet

Your first swim meet is getting closer and closer. Here is a quick and easy process for entering. Go to the bulletin board in the hallway leading to the South Indoor Pool. Find the meet that you want to enter, for example the RMSC Kick-Off Invitational. The entire meet announcement will be posted on that board. Take some time to read the announcement. If you do not have time, then you can find the announcements for Potomac Valley meets online at www.pvswim.org. Get a white meet entry form (they are right next to the board) and fill out the swimmer's name and age. Next, pick his/her events (usually 3 events per day). Write the description of the event (e.g. 100 Free) and the corresponding meet event number. Do not put any entry times on the form. Once complete, this put the form into the church collection box, next to the front desk. A copy of the meet entry will be posted on the bulletin board next to the announcement sometime shortly after the entry deadline for you to check. Please see Dave or your coach if you have any questions.



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Upcoming Meets

Eat N Meet Mini Meet – Sunday, October 6.

This is the first Mini Meet of the season. It will be held at the Rockville Swim and Fitness Center’s South Pool.

Entries are due no later than Tuesday, October 1.

RMSC Kick-off Invitational Meet – October 11-13.

This is the first competition for the rest of the program and will be held at the Germantown Aquatic Center. It is open to all swimmers that are ages 9 and above

Entries are No later than: Friday.

September 27

Meet Announcement:

<http://pvs swim.org/1920meet/20-05-ma.pdf>

National Age Group Challenge Meet – November 2-3.

This is the fastest age group meet in the country for late October. The Meet is only for 9-14-year-old swimmers that are selected for this meet. Several well-known out of town teams will come and compete against RMSC. The meet will be held at the MLK Swim Center.

Coaches do entries only.

Autumn Mini Meet – November 9-10.

The second Mini Meet of the season to be held at the Olney Swim Center.

Meet Announcement:

Entries due: TBA

Upcoming Meets Cont.

RMSC Distance Meet – November 9-10.

This is the first distance meet of the year to be held at the Olney Swim Center.

Entries are due TBA

RMSC November Invitational – November 15-17.

This meet is open to all swimmers. The meet will be held at the Germantown Aquatic Center.

Entries are due TBA.

