

Winter Swim Information

The Washington DC metropolitan area is one of the most active regions for competitive swimming in the country. A few facts about local competitive club swimming:

- Local swim clubs offer programs varying from swim lessons to competitive and non-competitive programs for swimmers who are interested in improving as a summer league swimmer, or high-school swimmer, to those who are interested in swimming as a year round sport.
- Most clubs have enough options to allow a swimmer to be as serious or casual in their level of training as they wish.
- Year –round programs generally run September through the summer months, while some end in late Spring.
- Most competitive programs require try-outs and these usually occur in July.

Year Round Swim Clubs Local to the Mohican Community

<u>Team</u>	<u>Website Link</u>	Nearest Locations	<u>Swim Lessons/ Stoke Clinics/ Development Programs</u>	<u>Competitive Program</u>
All Star Aquatics (ASA)	http://www.allstaraquatics.net/Home.jsp?team=pvasa	Stone Ridge Aquatics Center - Bethesda	YES (12 & under)	YES
FINS Swimming (FINS)	www.finsswimming.com	Georgetown Prep	YES	NO
Nations' Capital (NCAP)	www.nationscapitalswimming.com	*American University pool, Holton Arms, Georgetown Prep (outdoor locations may vary)	NO	YES

Rockville-Montgomery Swim Club (RMSC)	http://rmcswimming.com/	KSAC (North Bethesda)	No, but available through the MoCo Department of Recreation at the same sites.	Yes
Sea Devils Swimming (SDS)	www.seadevils.org	Holton Arms, Wilson Pool	Yes	Yes
Tollefson Swimming	www.tollefsonswimming.com	Georgetown Prep, Outdoor locations vary	Yes	Yes

Many Mohican swimmers are involved in club team programs either on a year round basis or in the spring to prep for summer season. Some Mohican families currently or formerly involved in year round swimming include:

ASA: Coach Kevin Wagman, Rawson, Baroldi, Biesinger, Hansel, Navarrete, Redisch, Spicer, Young

FINS: Tess Spicer (Coach)

NCAP: Blot, Naum, Weliwitigoda, Berry, Owen, Chirico, Schmitt

RMSC: Babcock, Starr

Sea Devils (SDS): Hearle, Chi, Mosoti

Tollefson: Dantas, Hansel, Dacu