



2023 MCSL All Star Relays Meet
Session II: Divisions H-O
Rockville Municipal Swim Center
7/29/2023



MCSL All-Star Relays Section II
July 29, 2023
Meet Program - All-Star Relays

Event 1 Boys 14 & Under 175 SC Meter Freestyle Relay Graduated

MCSL Relay: 1:41.06 7/10/2011 RV

Jeffrey Qin, Devin Troung, John Jeang, Darius Trou

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	North Creek		2:02.87
2	Waters Landing		2:00.82
3	Rock Creek		1:52.78
4	Washingtonian Wo		1:49.63
5	Palisades		1:50.31
6	Lake Marion		1:59.27
7	Middlebridge		2:02.10
8	Twinbrook		2:09.50

Alternates

1	North Chevy Chase: I	B	1:49.81
2	Northwest Branch: H	B	1:51.57

Event 2 Girls 14 & Under 175 SC Meter Freestyle Relay Graduated

MCSL Relay: 1:45.26 7/25/2015 SG

Nina Allen, Tia Thomas, Shannon Lamb, Sophia Diaz

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	Montgomery Squar		2:04.90
2	West Hillandale		2:04.03
3	Clopper Mill Kin		1:59.19
4	Waters Landing		1:54.45
5	Palisades		1:55.62
6	King Farm		1:59.82
7	Hillandale		2:04.75
8	Twinbrook		2:27.18

Alternates

1	Whetstone: L	B	1:55.15
2	Northwest Branch: H	B	1:56.56

Event 3 Mixed 15-18 200 SC Meter Freestyle Relay

MCSL Relay: 1:42.81 9/1/2019 QO


Catherine & Anastasia Belyakov, Cole Greenberg, G

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	Hillandale		1:57.50
2	Whetstone		1:52.38
3	Quail Valley		1:50.81
4	Rock Creek		1:50.18
5	Northwest Branch		1:50.40
6	Clopper Mill Kin		1:50.90
7	North Creek		1:56.59
8	Clarksburg Town		2:06.33

Alternates

1	Poolesville: J	B	1:50.95
2	Montgomery Square: K	B	1:51.07





REBOUND
PHYSICAL THERAPY

TRAIN WITHOUT THE PAIN!

Rebound's experienced professionals understand the unique demands placed on the bodies of athletes. Whether it is a swimming-specific issue or any other sports related injury, we can help you train without the pain.

We participate with Medicare, Carefirst, and Aetna. A physician's referral is NOT necessary for your visit.

1801 Research Blvd • Rockville, MD 20850

tel (301) 978-7730

www.ReboundRockville.com

MCSL All-Star Relays Section II
July 29, 2023
Meet Program - All-Star Relays

Event 4 Mixed 13-14 200 SC Meter Freestyle Relay

MCSL Relay: 1:46.18 7/28/2018 SG

Aidan Dewey, Sydney Allen, Nina Allen, Jason Herna

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	North Creek		2:06.15
2	New Mark Commons		2:01.66
3	Garrett Park		1:59.31
4	Northwest Branch		1:56.95
5	Calverton		1:57.83
6	Rock Creek		2:00.22
7	Norbeck Grove		2:03.56
8	Hillandale		2:09.83

Alternates

1	Tanterra: H	B	2:00.15
2	Arora Hills: I	B	2:01.75

Event 5 Mixed 8 & Under 100 SC Meter Freestyle Relay

MCSL Relay: 1:07.52 8/1/2009 TW

Timmy Ellet, Maya Drill, Cameron Darnell, Nicole

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	Middlebridge		1:33.56
2	Somerset		1:28.71
3	North Chevy Chas		1:22.66
4	Tanterra		1:20.70
5	Northwest Branch		1:21.06
6	Long Branch		1:24.03
7	Potomac Glen		1:31.82
8	Twinbrook		2:24.45

Alternates

1	Norbeck Grove: L	B	1:24.32
2	Palisades: H	B	1:24.39

Event 6 Mixed 9-10 200 SC Meter Freestyle Relay

MCSL Relay: 2:08.59 7/25/2015 SG

Harrison Quach, Amy Lamb, Caleb Vu, Nina Allen

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	Willows of Potom		2:46.78
2	Waters Landing		2:34.35
3	Palisades		2:29.94
4	Arora Hills		2:18.22
5	Potomac Woods		2:23.46
6	Hillandale		2:30.50
7	King Farm		2:36.95
8	Twinbrook		3:11.16

Alternates

1	Garrett Park: I	B	2:32.87
2	Northwest Branch: H	B	2:33.50

The Greatest Stroke Instruction and Training Anywhere



TOLLEFSON SWIMMING

Beginning Swimmers Stroke Classes
 For young swimmers not yet able to swim a length of the pool, these classes are limited to those with the instructor in the water. Swimmers learn proper breathing, head position, body position, and leg and arm movements in backstroke and freestyle.

Intermediate and Advanced Swimmers Stroke and Technique Classes
 These classes are for all swimmers able to swim the length of the pool in freestyle and backstroke. With a class limit of six, students are hand-selected for placement assuring maximum progress. Swimmers learn intermediate and advanced techniques in the four competitive strokes as well as starts, turns, and finishes.

Training/Endurance Classes
 These are 45 or 90 minute practice sessions for intermediate and advanced swimmers. Swimmers practice skills learned in stroke class to increase strength, speed, and endurance and will swim from 900 to 4,000 yards in each class.

Competitive Swimming
 Team Tollefson provides fun and competition for advanced swimmers of all ages. As a part of Potomac Valley Swimming and USA Swimming, Team Tollefson swimmers practice and compete throughout the year.

Plus...Adult Swim Classes, Triathlon Training, Red Cross Life Guard Classes

For more information contact us at 301-949-5136
 email jtollfson@tollfsonswimming.com
 www.tollfsonswimming.com



The finest swimming in the Nation's Capital

Locations/Contact Information

GEORGETOWN PREP (ROCKVILLE):
 office@nationscapitalswimming.com

GERMANTOWN/QUINCE ORCHARD:
 office@nationscapitalswimming.com

HOLTON ARMS (BETHESDA):
 office@nationscapitalswimming.com

PG SPORTS AND LEARNING:
 office@nationscapitalswimming.com

AMERICAN UNIVERSITY:
 office@nationscapitalswimming.com

703-709-8274
 www.nationscapitalswimming.com



MCSL All-Star Relays Section II
July 29, 2023
Meet Program - All-Star Relays

Event 7 Mixed 11-12 200 SC Meter Freestyle Relay

MCSL Relay: 1:53.08 7/29/2017 SG

Maria Sawadogo, Harrison Quach, Jason Hernandez-Fu

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	Middlebridge		2:19.18
2	Montgomery Squar		2:18.06
3	Germantown		2:14.14
4	Calverton		2:06.19
5	King Farm		2:10.84
6	North Creek		2:14.78
7	Waters Landing		2:18.50
8	Twinbrook		2:39.58
Alternates			
1	Olney Mill: H	B	2:08.53
2	Tanterra: H	B	2:08.82

Event 8 Boys Open 200 SC Meter Medley Relay

MCSL Relay: 1:46.25 7/9/2023 CG

Nasim Elkassem, Harrison Quach, Samir Elkassem, Br

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	Eldwick		2:04.12
2	Long Branch		1:57.88
3	Rock Creek		1:55.52
4	Calverton		1:53.13
5	North Chevy Chas		1:55.50
6	Potomac Glen		1:56.75
7	Hillandale		2:04.00
8	Clarksburg Town		2:11.53
Alternates			
1	Clopper Mill Kingsview: I	B	1:58.08
2	Tanterra: H	B	1:58.96

Event 9 Girls Open 200 SC Meter Medley Relay

MCSL Relay: 1:59.89 9/1/2021 WM

Eleanor Sun, Jane Umhofer, Clara Attar and Isla Ba

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	Hillandale		2:31.28
2	Glenmont		2:16.78
3	Quail Valley		2:13.56
4	Northwest Branch		2:09.02
5	Whetstone		2:09.15
6	Clopper Mill Kin		2:13.57
7	North Creek		2:23.40
8	Clarksburg Town		2:37.47
Alternates			
1	Tanterra: H	B	2:14.44
2	Garrett Park: I	B	2:15.06



A SMALL TEAM DELIVERING BIG RESULTS

THE TIBU PLEDGE

- **INDIVIDUAL ATTENTION**
WE KNOW ALL OF OUR SWIMMERS.
- **TEAM FUN!**
ENJOY YOUR CLUB TEAM LIKE YOU DO YOUR MCSL TEAM.
- **RESULTS**
OUR EXPERIENCED COACHING STAFF WILL BRING OUT THE BEST IN YOUR SWIMMER.

COME SWIM WITH THE SHARKS!



www.swimtibu.com
info@swimtibu.com

(240)-683-TIBU (8428)

- * Year Round Programs for All Ages & Skills
- * Perfect Your Strokes For Next Summer season
- * Excellent Coach to Swimmer Ratio
- * All Star Coaches focused on technique



Great Luck to all MCSL Swimmers!!

Visit us at:

FINSSWIMMING.COM

Email: FINS@finsswimming.com

Call: 301-830-3975

MCSL All-Star Relays Section II
July 29, 2023
Meet Program - All-Star Relays

Event 10 Boys 14 & Under 100 SC Meter Medley Relay Graduated

MCSL Relay: 1:01.86 7/31/2010 RV

John Jeang, Harrison Gu, Darius Truong, Sanjay Wi

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	Potomac Glen		1:20.90
2	North Creek		1:18.72
3	Somerset		1:15.00
4	North Chevy Chas		1:09.82
5	Palisades		1:11.27
6	Norbeck Grove		1:18.36
7	Ashton		1:20.25
8	Twinbrook		1:31.32

Alternates

1	Washingtonian Woods: I	B	1:10.20
2	Potomac Woods: H	B	1:14.15

Event 11 Girls 14 & Under 100 SC Meter Medley Relay Graduated

MCSL Relay: 1:04.30 7/25/2015 SG

Nina Allen, Cassandra Sanidad, Tia Thomas, Sophia

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	Hillandale		1:22.35
2	West Hillandale		1:19.63
3	King Farm		1:14.69
4	Northwest Branch		1:13.62
5	Waters Landing		1:14.46
6	Clopper Mill Kin		1:16.25
7	Montgomery Squar		1:22.34
8	Twinbrook		1:36.78

Alternates

1	Whetstone: L	B	1:14.68
2	Tanterra: H	B	1:14.91

Event 12 Boys 8 & Under 100 SC Meter Medley Relay

MCSL Relay: 1:18.80 7/31/2010 RV

Nick Karayianis, Darius Truong, Alan Li, Anthony

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	Eldwick		2:10.26
2	Potomac Glen		1:53.96
3	North Chevy Chas		1:46.00
4	Poolesville		1:43.39
5	Somerset		1:44.34
6	Tanterra		1:49.42
7	Twinbrook		2:05.47
8	Hillandale		2:11.18

Alternates

1	Arora Hills: I	B	1:52.06
2	Washingtonian Woods: I	B	1:52.88

Swim Software You'll Love
 Exceptional support
 Everything you need
 Easy-to-use

#1
Software for Summer Swim Teams

SwimTopia SwimTopia.com

Over 55% of MCSL teams choose SwimTopia



[Year-Round](#)

[Competitive Swim Team](#)

* For swimmers, ages 6 through 18

* Meet participation required

* Full year commitment



[Rising Stars](#)

* For swimmers, ages 5-12

* Designed for children who are interested in learning basic

competitive swimming technique



MCSL All-Star Relays Section II
July 29, 2023
Meet Program - All-Star Relays

Event 13 Girls 8 & Under 100 SC Meter Medley Relay

MCSL Relay: 1:19.90 7/28/2018 PO

Marlowe Bellerjeau, Kiara Kambeyanda, Caitlin Grov

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	West Hillandale		1:51.79
2	Lakelands		1:45.90
3	Germantown		1:42.95
4	Tanterra		1:39.78
5	King Farm		1:42.34
6	Northwest Branch		1:43.94
7	Norbeck Grove		1:48.75
8	Ashton		2:01.88

Alternates

1	North Chevy Chase: I	B	1:45.15
2	Clopper Mill Kingsview: I	B	1:46.07

Event 14 Boys 9-10 100 SC Meter Medley Relay

MCSL Relay: 1:07.41 7/30/2016 CG

Nasim Elkassem, Samir Elkassem, Brady Begin, Thoma

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	Long Branch		1:33.59
2	West Hillandale		1:29.94
3	King Farm		1:25.78
4	North Chevy Chas		1:16.06
5	Northwest Branch		1:21.21
6	Quail Valley		1:29.66
7	Ashton		1:31.00
8	Twinbrook		1:38.67

Alternates

1	Garrett Park: I	B	1:19.65
2	Washingtonian Woods: I	B	1:24.97

Event 15 Girls 9-10 100 SC Meter Medley Relay

MCSL Relay: 1:06.40 7/25/2015 SG

Nina Allen, Miranda Sanidad, Sydney Allen, Amy Lam

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	West Hillandale		1:38.25
2	Waters Landing		1:25.58
3	Washingtonian Wo		1:22.59
4	Potomac Woods		1:18.40
5	Carderock Spring		1:20.65
6	Montgomery Squar		1:23.00
7	Hillandale		1:35.47
8	Potomac Glen		NT

Alternates

1	Potomac Glen: K	B	1:23.78
2	Garrett Park: I	B	1:24.44

JOE FLAHERTY'S DOLPHINS

Swim Lessons, Clinics, & Team Training
All Year Round!

JFD will contribute to the overall development of young people through building up confidence, determination and cooperation with which to face the challenges of life.

- ✓ Ages 3 to adult
- ✓ Flexible scheduling - 7 days a week
- ✓ Siblings of all ages/levels may practice at the same time!
- ✓ Multiple pool locations in Montgomery County

We have trained several swimmers who went on to Olympic Trials, and one who went on to Olympic Gold!

★ Recent Accomplishments ★

JFD swimmers set multiple PVS & MCSL records, made a junior national cut, and had several top 5 national 10 & under event rankings. Our head coach was inducted into the MCSL Hall of Fame in 2014.

Call or Email Us Today
301-916-1852

16512 Roundabout Drive, Gaithersburg, MD 20878
 EMAIL: jfdschedules@gmail.com | FAX: (301)-916-2952
JFDolphins.com

**SWIM FAST
THROW HARD
PLAY FIERCE**

The water polo club for boys and girls ages 8 - 18 for the greater DC region. **Join us!**

CapitalWaterPolo.com

MCSL All-Star Relays Section II
July 29, 2023
Meet Program - All-Star Relays

Event 16 Mixed 15-18 200 SC Meter Medley Relay

MCSL Relay: 1:51.35 9/1/2019 TH

Phoebe Bacon, Josh Wolfson, Maya Fischer, Brett Fe

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	Hillandale		2:11.44
2	Rock Creek		2:04.91
3	Quail Valley		2:02.59
4	Northwest Branch		2:00.28
5	Clopper Mill Kin		2:02.38
6	Whetstone		2:03.38
7	North Creek		2:07.25
8	Clarksburg Town		2:20.15

Alternates

1	Montgomery Square: K	B	2:03.81
2	Garrett Park: I	B	2:04.24

Event 17 Boys 11-12 200 SC Meter Medley Relay

MCSL Relay: 2:08.33 7/25/2015 TH

Brett Feyerick, Ben Long Zuo, Cameron Barclay, Jos

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	Flower Hill		3:02.29
2	Fallsmead		2:41.13
3	Northwest Branch		2:35.50
4	Tanterra		2:30.46
5	Rock Creek		2:30.75
6	Garrett Park		2:35.62
7	Lakelands		2:41.66
8	Long Branch		3:04.28

Alternates

1	King Farm: J	B	2:37.13
2	Washingtonian Woods: I	B	2:38.14

Event 18 Girls 11-12 200 SC Meter Medley Relay

MCSL Relay: 2:11.84 8/1/2009 RV

Elaina Gu, Jessica Chen, Scarlett Sun, Emily Zhang

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	New Mark Commons		2:41.07
2	West Hillandale		2:37.25
3	Glenmont		2:34.56
4	Calverton		2:30.06
5	Germantown		2:33.34
6	Middlebridge		2:35.44
7	Waters Landing		2:38.81
8	Twinbrook		3:11.99

Alternates

1	Tanterra: H	B	2:31.73
2	Olney Mill: H	B	2:31.88



JOE FLAHERTY'S DOLPHINS

Coaches' Training

PROGRAMS TAILORED FOR
Head, Assistant, Pre-Team, & Team Reps

We can come to your pool, or you can come to us over winter break, spring break or in August.

JFD Awards

- ★ **Councilman Creative Coaching Award**
Presented by the American Swim Coaches Association to JFD at the World's Coaches Convention
- ★ **Small Business Award**
From the Montgomery County Workforce Development Board for our Coaches Training Programs

System's Achievements

- ★ Division "A" 22 out of 25 years
- ★ 6 MCSL Championships
- ★ Undefeated "B TEAM" 16 Consecutive years
- ★ 254 Meet and 90 pre-team swimmers
- ★ O division to B division in 5 years

Learn what Coach Flaherty shared at the World's Coaches Convention!

Call or Email Us Today

301-916-1852

16512 Roundabout Drive, Gaithersburg, MD 20878
 EMAIL: jfdschedules@gmail.com | FAX: (301)-916-2952
JFDolphins.com





Swim School | KIDS | COMPETITIVE | TRIATHLETE

REGISTER TODAY!

Kids & Adult Learn to Swim, Competitive & Triathlete

- Warm water Endless Pools
- Excellent instructors
- Competitive private lessons for experienced swimmers, using video analysis

- Team Nights, providing up to 24 swimmers the opportunity to get video analysis AND allow team building activities in the waiting area before and during the event

SwimLabs Montgomery County
 353 Muddy Branch Rd., Gaithersburg, MD 20878
 (240) 801-4518 | swimlabs.com



MCSL All-Star Relays Section II
July 29, 2023
Meet Program - All-Star Relays

Event 19 Boys 13-14 200 SC Meter Medley Relay

MCSL Relay: 1:55.07 7/27/2013 UC

Brandon Cu, Ryan O'Leary, Jason Tang, Samuel Tarte

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	Flower Hill		2:34.77
2	Lake Marion		2:17.27
3	Waters Landing		2:09.91
4	Garrett Park		2:06.22
5	Glenmont		2:07.34
6	Rock Creek		2:12.07
7	North Creek		2:32.82
8	Clarksburg Town		2:36.06

Alternates

1	King Farm: J	B	2:18.52
2	Carderock Springs: J	B	2:18.84

Event 20 Girls 13-14 200 SC Meter Medley Relay

MCSL Relay: 2:05.65 8/1/2009 IF

Laura Garcia, Natalie Kronfli, Natalya Ares, Bridg

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	Flower Hill		2:55.56
2	Fallsmead		2:31.59
3	New Mark Commons		2:28.76
4	Northwest Branch		2:14.07
5	Norbeck Grove		2:26.50
6	Garrett Park		2:28.97
7	Poolesville		2:33.93
8	Olney Mill		NT

Alternates

1	Olney Mill: H	B	2:29.33
2	Montgomery Square: K	B	2:32.83

Event 21 Boys 18 & Under 250 SC Meter Freestyle Relay Crescendo

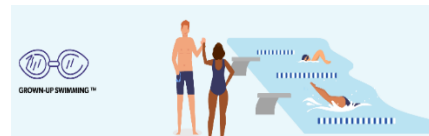
MCSL Relay: 2:14.69 8/1/2009 TW

Timmy Ellett, Noah Burgett, Eric Friedland, Garret

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	Hillandale		2:43.41
2	Montgomery Squar		2:38.18
3	Somerset		2:30.41
4	Washingtonian Wo		2:27.78
5	Northwest Branch		2:30.02
6	North Creek		2:37.97
7	Norbeck Grove		2:42.52
8	Clarksburg Town		3:08.32

Alternates

1	North Chevy Chase: I	B	2:28.40
2	Tanterra: H	B	2:31.47



Summer League Swimming - for Grown-Ups!

Who said only the kids can have fun in the pool?

Meet Events

- 25 Freestyle
- 25 Butterfly
- 25 Backstroke
- 25 Breaststroke
- 100 IM (Fly/Back/Breast/Free)
- 50 Freestyle
- 50 Butterfly
- 50 Backstroke
- 50 Breaststroke
- 4 x 50 Freestyle Relay*
- 4 x 50 Medley Relay*

Races seeded by age group (50-59, etc.)
 All relays are mixed age

Heat Winner Ribbons!

Walk-out songs! Fun Relays!
 Bring your own Lu/Crisis, or exchange a heat winner ribbon for your favorite beverage after you race.
 Just remember - no glass on the pool deck!

Practice Schedule

Up to you & your team! Practices are always optional. Hire a coach or organize a casual meet up during free swim hours. We'll give you access to a wide selection of workouts for you to pick and choose your favorite sets from. Like a buffet. Yum!

Start a Team

grownupswimming.com/form-a-team
 A team could be affiliated with a kid's summer league team, existing masters teams, or random groups of friends.

All we need is your Team Name, the Team Captain, and whether you want to host a meet.

But what will I do with my kids?

I can't leave them at home!
 Bring 'em to the meet, we'll need timers.;

\$75 Meet Participation Fee Includes:

- Entry into all four meets
- Starset (Official/DJ/Color Commentator)
- Wireless timing system for all meets
- Trophies for top 3 team finishers
- Written and organized workouts
- Communication of all details regarding meet sign-ups, times, location, and relays
- Insurance

Sign up as a free agent or start a team today!

Visit grownupswimming.com/dmv | Contact lauren@grownupswimming.com



CAPITAL
SPORT & SWIM

**BIG ENOUGH TO SERVE YOU...
 SMALL ENOUGH TO CARE!**

TEAM DEALER FOR:

SPEEDO TYR DOLFIN ADIDAS

**SHOW YOUR SPIRIT WITH
 CUSTOM TEAMWEAR**

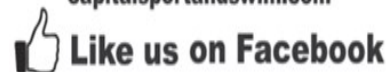
IN HOUSE SCREEN PRINTING

WORKING WITH TEAMS FOR 25 YEARS!

DON'T FORGET WE CARRY LACROSSE & FIELD HOCKEY

10558 METROPOLITAN AVE. PHONE: (301) 949-7366
KENSINGTON, MD 20895 E-MAIL: cssmd@verizon.net

capitalsportandswim.com



MCSL All-Star Relays Section II
July 29, 2023
Meet Program - All-Star Relays

Event 22 Girls 18 & Under 250 SC Meter Freestyle Relay Crescendo

MCSL Relay: 2:26.79 9/1/2019 TH

Amelia Martin, Dana Clocker, Phoebe Bacon, Karis E

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	Hillandale		2:53.38
2	Montgomery Squar		2:44.96
3	Clopper Mill Kin		2:44.30
4	Northwest Branch		2:39.15
5	Whetstone		2:41.95
6	Poolesville		2:44.81
7	Willows of Potom		2:50.48
8	Twinbrook		3:18.44

Alternates

1	Tanterra: H	B	2:43.97
2	Norbeck Grove: L	B	2:46.88



Celebrating 25+ years of excellence

WWW.FAST92.ORG

We are all about long term development and steady progress.

Where you start is not as important as where you finish.

We look for great kids then turn them into great swimmers.

Developing champion swimmers since 1992

- Low swimmer to coach ratios
- Stroke Development at all levels
- Novice to National
- Progressive training to eliminate injury
- Non - competitive group options

Contact us at

FAIRLANDSWIM@COMCAST.NET

(301) 526 - 6597

MONTGOMERY STROKE & TURN CLINIC
 SUNDAY EVENING SWIM CLINICS

- CONVENIENT SUNDAY EVENING CLINIC TIMES
- PROFESSIONAL COACHING AT A COMPETITIVE PRICE
- SESSIONS RUN OCTOBER TO MAY
- DESIGNED FOR SUMMER LEAGUE SWIMMERS 5 TO 18
- SIX MONTGOMERY COUNTY LOCATIONS
- FOCUS ON STROKE TECHNIQUE

WWW.MSTCSWIM.COM

machineaquatics.com

realize your potential



Locations

Fairland Aquatic Center
 University of Maryland

For tryout information contact

301.377.3116

becky@machineaquatics.com