

RAMS SWIMMING CLUB

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ABOUT THE RAMS

The RAM Swimming Club (RAMS) is a year round developmental, age group, junior, and senior swimming program offering professional coaching and technique instruction for swimmers of all ages and abilities.

The RAM Swimming Club is a registered United States Swimming Team. United States Swimming is a national organization. Our local swimming committee (LSC) is New England Swimming, which has member teams from Massachusetts, Vermont, New Hampshire, Rhode Island and part of Maine.

In April 1993, RAM Swimming Club was formed by a group of concerned and interested parents from the South County Area to offer the competitive swimmer an environment where each child is given the opportunity to develop their swimming capabilities to the fullest extent. In the spring of 2000 the RAMS became a coach owned organization which strives to enhance these original objectives.

The RAMS currently is a team of over 100 swimmers of various ages and abilities from beginner to international level. The RAMS welcomes motivated and interested swimmers. The RAMS team goal is to provide age appropriate training that allows swimmers to reach their full potential whether they compete locally, regionally, nationally, or internationally. We are dedicated to individual improvement with focus on stroke mechanics, team sportsmanship, positive attitude, commitment and hard work. We maintain a high coach/swimmer ratio to ensure a maximum level of individual attention.

Swimming is great exercise for cardiovascular and overall fitness and can be enjoyed throughout one's entire life. By participating in the RAMS, your child can develop higher self-esteem and confidence, and learn many life skills including time management, self-discipline and sportsmanship.

MISSION STATEMENT

The Rams Swimming Club prides itself on being a positive environment of teaching and training its swimmers to enjoy compete and excel in the sport of swimming. In addition, the Rams seek to cultivate in its athletes an appreciation of personal and team commitment. Through this commitment a sense of camaraderie in ones self and team will be contagious!

THE PROGRAM

Developmental: The main goal for this group of swimmers is to learn the four Olympic strokes (freestyle, backstroke, breaststroke and butterfly), learn to read the pace clock, learn swimming terms and improve endurance. As these swimmers advance starts and turns will also be introduced. The general age for this group is 5 and up. This group practices 3 times per week with an average water time of approximately 1-hour per practice. One day a week this group participates in dryland training/games to provide well rounded physical development as an athlete.

Age Groupers: This group is for swimmers who have a high level of endurance and good technique in all four strokes. The main goal of this group is to introduce the swimmer to a higher level of practice intensity while still improving stroke and turn skills. The swimmers in this group are encouraged to attend practices 4 times per week for 1.5 hours. Age groupers have an average of 5 practices per week offered to them.

Junior: This group is for the experienced swimmer ages 13 and over with BB times and 11 and 12 year old swimmers with A times. The swimmers in this group have an advanced level of endurance and good stroke technique in all four strokes. The main goal of this group is to increase speed while continuing to improve stroke technique. Also these swimmers will train 1-2 nights a week with the senior group to get a feeling for what it takes to compete at the next level. These swimmers practice have 6 practice per week offered to them days per week for 1:45 to 2 hours each practice and participate in dry lands 3 times.

Senior: This group is designed for swimmers 13 and over with 15/16 Age Group Cut times. These swimmers will receive high level endurance training, individualized stroke specific training, as well as cutting edge training techniques. This group has 6 practices offered to them per week and dry land training 3 times a week for an hour. Swimmers in this group are expected to make 90% of the practices and make a full commitment to the team. Another focus of this group is to prepare the swimmers for college. Swimmers will get a taste of what it takes to be a college student-athlete by balancing academics and athletics, as well as recruiting support from the Rams coaching staff.

Elite: This is our highest and most demanding practice group for the swimmer that is willing to be committed at an "above average" level. This group is geared for the experienced swimmers that are committed to high standards in training in terms of attendance and practice intensity. This is a highly competitive training group for those swimmers competing on the national & international level. Training is geared toward preparing swimmers for Sectionals Champions Series, Junior Nationals, Senior Nationals, & Olympic Trial levels of competition. A high level of commitment & attendance is required in order to participate in this group.

PRACTICE FACILITIES

The practice facilities utilized by the RAMS are the Tootell Aquatic Center located at the University of Rhode Island and the Hoyt Pool located at the St. George's School in Newport. Both pools have an 8 lane, 25-yard competition pool with non-turbulent lane lines.

To supplement our practice schedule, the RAMS hold special practices at the McDermott Athletic Complex. The McDermott Pool has a 6 lane, 50-meter pool and is located 10 minutes off of I-95 in Warwick, RI.

COMPETITION

The RAMS, as a member of the New England Swimming LSC of United States Swimming, compete in many New England calendar and championship meets during both short and long course seasons. The short course season generally runs from September to March and swimmers compete in 25-yard pools. The long course season runs from April to July and meets take place in 50-meter pools. RAMS participate in an average of one meet per month, in which swimmers usually compete Saturday and Sunday either in the morning or afternoon session. Meets vary in distance, however, most meets are no more than two hours away. Attendance at a minimum of three team meets is required during each regular season in order to establish times for championship meets.

During meets all swimmer should be in team uniform. All swimmers are required to have a team suit, team t-shirt, team competition cap and a team practice cap (practice caps for females). The coaches will also advise swimmers on the equipment needs for practice. Swimmers are responsible for purchasing their needed swim equipment and bringing it to practice.

CONTACTS

All interested swimmers should attend tryouts. For further information, please contact Matt Emmert at swimrams@hotmail.com

