



Rocky Mountain Thunder Swimming

Welcome and thank you for your interest in our swim team. We hope you decide to join us for a successful year of swimming. RMT Swimming is dedicated to improving swimming performance, stroke technique, individual goal setting and the physical and mental development of all our swimmers. RMT is well-organized, comprehensive, and competitive program.

This year RMT Swimming celebrates its seventh year as a competitive swim team. We look forward to continuing our tradition of making swimming an outstanding experience for all our athletes and their families. Our staff is thrilled to have the opportunity coaching your swimmers this year. We are a coaching staff that looks at the needs of each individual, evaluates them and provides a coaching environment that will help achieve the goals and desires of each swimmer. We don't just look at the desired outcome for each swimmer but the means on how to get there.

Over the last six years, Rocky Mountain Thunder Swimming has had a history of excellence; from State qualifiers and State Champions, to All Star Team Qualifiers, Zone Team Qualifiers, Sectional Qualifiers and Far-western Zone qualifiers. We have had a number of swimmers achieve college scholarships and many have been recruited by many top schools. We pride ourselves on our ability to teach each swimmer what it means to be a student athlete and how to balance a family and a social life.

We are happy to have the support of Wheat Ridge Recreation Center; practice will be starting Monday, September 13th. Presently, our coaching staff consists of Brent Bergstedt, Nick Barta, Amy Meyers and Sarah Hamilton totaling over 60 years of swim and coaching experience. We all bring a vast wealth of experience and true passion for this sport. We look forward to adding more coaches as our team and needs grow

RMT is a certified USA Swimming competitive swim club; our swimmers range from those who are just entering the sport to Olympic Trial Qualifiers. We have swimmers from 5 years old through 22. The only requirement is that the swimmer can swim unassisted across a 25-yard pool.

<p>This packet will help inform current and new swimmers to what this year's program will look like and what it has to offer. After you have read this please fill out our application which is attached to this packet return to RMT swimming, either at the pool or by mail.</p>
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WE DO NOT DO FUNDRAISING OF ANY KIND TO BENEFIT THE TEAM.

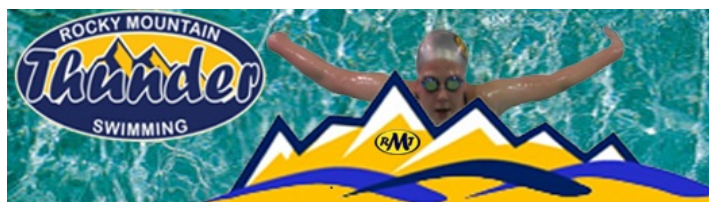
We believe that all fees should take care of all expenses for the team.

VISION:

Our vision is to achieve the desired development of each swimmer and drive them to their highest comfortable level of competition. Our ultimate goal is to have every swimmer competing at his or her highest level of performance while minimizing any injuries to these swimmers. We continuously strive to develop new techniques to aid in the development of each swimmer's ability and practice new teaching skills to uphold our expectations. Rocky Mountain Thunder Swimming strives to be the model for all swim teams in the area and in Colorado, by creating a partnership between the team, their families, the community and local schools.

MISSION:

The mission of RMT is to provide opportunity and encouragement for each of its swimmers to fully develop his or her potential in competitive swimming. The value of this mission is derived from the gradual acquisition of life enhancing attributes such as integrity, commitment, teamwork, time management and sportsmanship, which are fundamental to the pursuit of personal excellence and to the process of striving to "Be The Best That You Can Be."



Rocky Mountain Thunder Swimming Coaching Staff, as of August 1, 2010

Over 60 years of Combined Coaching and Swim experience, from 8 & Unders to Olympic Trials

Brent Bergstedt
rmtswimming@gmail.com

Brent Bergstedt has been a swimmer for 25 years. He is a 3 time All American, 5 time Summer Club State Champion, XI FINA World Masters Championship Top Ten Finisher in the 100M Breaststroke (August, 2006), and Olympic Trial Qualifier. He competed in Australia for the US National Travel Team in 1999. He is in his 18th year of coaching. He started coaching at age 12 doing private lessons. At age 16, he started coaching as a swimmer coach for Genesee Mountain Thunder. After coaching for Genesee in 2004, he started coaching Rocky Mountain Thunder as the head Age Group Coach. Later that season, he became the Head Coach. He will be assisted by qualified coaches, including current and former members of Rocky Mountain Thunder Swimming. He also has been the Head Coach of Genesee Swim Team, Mullen High School Girls Swim Team, and the Assistant Coach for 5 Parks Piranhas.

His coaching staff brings a wealth of knowledge to help beginners through Olympic trial swimmers, drawing from age group, high school, college, international swimming and Olympic trial experiences.

His coaching staff ensures that kids learn vital swimming techniques and life responsibilities. They believe in maintaining a structured environment while having fun. We believe it is a framework that breeds exceptional swimmers and young adults.

Nick Barta
Irish47@gmail.com

Nick Barta has been a competitive swimmer since he was 6 years old. He is 25 years old and throughout his whole life he has always loved swimming. He swam all 4 years as a letterman at Wheat Ridge High School. He continued his swimming career at Metro State College of Denver for 3 of the 5 years that he was there. He swam on a full-ride scholarship his sophomore year. He is currently a graduate with a Business Management degree. He has coached the Stingrays Summer Club swim team for the last 7 years. One of the most rewarding things that he has obtained in coaching is seeing his swimmers drastically improve their times in all of their races. He takes this knowledge and applies it to this team to help these swimmers achieve their goals and dreams. He brings a wealth of stroke technique and the discipline needed to coach swimmers of all ages.

Amy Meyers
amy.meye@gmail.com

Amy Meyers has been coaching swimmers ranging in age and experience since 2000, and swimming competitively herself from the age of 8. Amy's swimming career started in a Lafayette, Colorado. She started swimming on the local swim team to the co-captain of the Centaurus High School Swim Team. Her passion for swimming has never faltered and has allowed her to work and compete around the country. After graduating from the University of Northern Colorado with a B.S. in Exercise Science with an emphasis in Exercise Physiology she moved out to San Francisco for four years. She immediately became involved in open water swimming and triathlons. Competing in the Alcatraz Challenge winning her age group two years in a row; Escape from the Rock, Wildflower Triathlon both on winning relay teams, and qualifying for Age Group Nationals Olympic Triathlon in 2009.

She is looking forward to becoming a part of the Rocky Mountain Thunder Swim Team and seeing what the upcoming season brings.

GROUP BREAK DOWN

Roster Group	General Age	Practice Offered	Expected but not Required Attendance	Monthly Fees	Equipment Required[#]
Senior Groups	Time Standard	6+	6	\$140.00*	Pull Buoy, Paddles, Fins, Snorkel, Cords, Running Shoes
Platinum	Time Standard	6	5	\$140.00*	Pull Buoy, Paddles, Fins, Snorkel, Cords, Running Shoes
Gold Groups	High School or Invite	6	4	\$140.00*	Pull Buoy, Paddles, Fins, Snorkel, Cords, Running Shoes
Silver Groups *Time Standard up to 13	10* -14	6	4	\$132.00*	Pull Buoy, Fins, Running Shoes
TAGS Time Standard and Invite	8 -12	6	4	\$132.00*	Pull Buoy, Fins, Running Shoes
Upper-Bronze Groups (12 and under)	12 and under	5	3	\$126.00*	Pull Buoy, Fins, Running Shoes
Bronze Development Group	10 and Under	4	2	\$120.00*	Pull Buoy, Fins
Prep Development Group	8 and under	3	2	\$95.00*	Fins

All swimmers should have an Equipment Bag; a mesh bag that can get wet and will dry. This is separate from their swim bag.

Additional Fees:

RMT USA swimming Membership Due \$155.00 per Family with 1 swimmer ****

RMT USA swimming Membership Due \$210.00 per Family with 2 swimmers ****

RMT USA swimming Membership Due \$240.00 per Family with 3 swimmers ****

RMT USA Membership Due \$250.00 per Family with 4+ swimmers ****

Annual USA Registration \$57.00 per swimmer

RMT Meet Entry Fee \$3.00 per swimmer per Meet entered

*Families with 2 or more swimmers have capped monthly fees; which means no matter what level your swimmers achieve you will not pay more than the capped fee.

⚡ **Practices will start September 13, 2010**

⚡ RMT will have an in person registration Check the website for dates at Wheat Ridge Recreation Center

⚡ RMT also provides a Rookie Camp for those who want to try out RMT for a week fee. The fee for this is \$40.

**** This fee is so that RMT does not have to do any fundraising of any kind for the team. We also don't host meets to make it easier on the parent commitment.
This fee will help with pool costs and equipment costs.



RMT SWIMMING APPLICATION FORM: (One form per swimmer please)

Rocky Mountain Thunder Swimming is currently accepting applications for swimmers who are interested in joining. Please fill this form out completely as this will give our coaching staff a better idea of the appropriate group placement and if RMT is the best place for your swimmer. We notify all applicants within 72 hours from when we receive your application. Notification will be either an acceptance on the team and group placement, an invitation to a swimming evaluation, or a discussion of additional options for your swimmer. Please mail to, email to or bring with you to the pool.

RMT Swimming
978 Northridge Ct.
Golden CO, 80401
 Or rmtswimming@gmail.com

Parent Information:

Father: (First and Last) _____

Mother: (First and Last) _____

Phone: Home _____ Father's Cell _____ Mother's Cell _____

Address: Street _____ City _____ Zip _____

Swimmer:

Name: Last _____ First _____ MI _____

Birth Date: _____ Age: _____ Sex: M / F (circle one)

Current USA Club and USA # _____ / _____ Summer Club _____

School Attending: _____ Grade: _____

Best Times:

Event	Times	Yards/ Meters / LCM



Frequently Asked Questions

Coaches:

1. Who will be coaching each group?

Right now, as we do not know the number of swimmers for each group, this is not finalized. Brent and Nick will be working with both the Senior and Age group swimmers along with the prep kids on technique during certain practices.

Amy's Current groups are Prep, Bronze, Upper Bronze,

Nick's current groups are TAG, Silver 1 and 2, Gold 2

Brent's current groups are Gold 1 and 2, Platinum, Senior Group 1 and 2

Masters 1 and 2 will be coached by Brent, Nick and Amy

2. Will there be any other coaches?

We will be adding additional coaches as needed

Programs:

1. Will there be a dry land Program?

Over the last year Brent with the help of various Dryland specialists has developed a dry land program the best fits RMT swimmers. Amy Meyers brings a new element to the team this year with her **Bachelor of Science in Sport and Exercise Science degree**. She will help oversee the team during dry land practices.

Also Rick Olderman again this year will be our team Physical Therapist. Rick will be working within his private practice. He is available for physical therapy work or individualized conditioning programs, if needed.

2. Can we take private stroke lessons?

Yes you can. RMT Coaches will be available for lessons. If you are using a non-RMT coach for lessons, we ask you to coordinate through Brent so he can communicate directly with your instructor.

3. When can we start?

Practices will begin on September 13. If you sign up before September 1, you can participate in our Rookie camp September 6 – 11, free of charge.

4. Why are your monthly fees set at the price they are?

Since we are a coach owned and operated team, setting the lowest price possible while still obtaining the maximum pool time available is our goal. We feel that kids 12 and up should be getting four to five practices per week, each lasting at least one and ½ hours. Some teams in our area are lower in cost but do not offer the amount of pool time that we feel would be beneficial for swimmers of that age.

5. Is there a Board of Directors?

As RMT is a non-profit corporation, there is a board of directors but there is not a parent board. We are coach owned and operated.

6. What is the parent's role?

We will need assistance from parents that are willing to help with our Thunder Club. This club helps with social events, team travel arrangements, website development and maintenance. They will help with team newsletters and new parent orientations. We also believe coaches should coach and parents should parent and swimmers should swim. Most of us prefer it that way. Open communication is vital and will occur. PLEASE COME AND TALK TO US IF YOU HAVE A PROBLEM.

7. Are Parents allowed on deck during practices?

You may observe for the first and last 10 minutes of practices, otherwise, we ask the pool area be reserved for swimmers and coaches to focus on the task at hand. We feel this allows your swimmer to take ownership of their own swimming, which is necessary for their successful, long-term progression in the sport.

8. Most club teams do fundraising. Does this team?

At this time we do not anticipate any fundraising activities for this team. The RMT USA Swimming Membership Fee is designed to get rid of the need for fund raising. We pursue sponsorships and donations of course. However, we do, do a fundraising event every spring to help a local charity and over the last 4 years we have raised over \$22,000 for these charities.

9. Can my child participate in High School Swimming and RMT swimming at the same time?

We love our swimmers to swim high school and encourage them to participate. During the actual high school competitive season for either girls or boys, if a swimmer chooses to compete for their high school, they should train with their high school team at least 3 days a week (except for official non-contact days.) Some swimmers may choose not to compete for their high school teams and they will continue to train with RMT and compete in USA swimming meets. This helps create a team atmosphere for the high school and eliminates any potential for conflict of interest. This concept is strongly supported by most high school coaches. We are open to meeting with your high school coach to discuss season plans if desired. Talk to Coach Nick or Brent if you have any questions.

10. Is my swimmer allowed to swim both RMT and a Summer Club Team?

Unfortunately, Summer Club Swimming in the local area does not allow swimmers to be on a USA team and a Summer Club Team at the same time. However, RMT is a huge supporter of local Summer Club teams. We do our best to get kids ready for summer club if they wish to swim it. We strongly encourage swimmers to stay with us over the summer but support any choice the swimmer makes in this matter.

11. How should interested swimmers be approached?

USA Swimming does have a strict recruiting policy and RMT expects all future and current members to adhere to these guidelines. If you are approached by a current

member of a USA Swim team that is interested in RMT, have them contact a RMT coach via email.

Please Contact an RMT Coach if you have Further Questions or Need Clarification. Thank You.



Check Us Out!!!!

We Work Hard and Play Hard



RMT Swimming is a competitive swimming team affiliated with USA Swimming that employs a staff of highly skilled, certified professional coaches. We offer programs for swimmers of all ages and levels of development, from the five-year-old beginner to the Olympic medalist. RMT is a co-ed swim team open to the public. We encourage a continued support of "Summer Club" and High School Swimming. Many of our swimmers still swim for summer clubs and high schools around the area.



Just because you do a different sport in the fall, doesn't mean you can't swim with us.

The goal of Rocky Mountain Thunder Swimming is to give young athletes an opportunity to learn to swim faster, have fun doing it, and to excel outside of the pool. With RMT Swimming, swimmers will be challenged to swim faster, learn responsibility and to achieve their goals. Each swimmer will receive instruction and drills designed to increase his or her stroke efficiency and technique, while at the same time enhancing his or her aerobic conditioning and anaerobic development. Teamwork, sportsmanship, time management, integrity and commitment are the core values of this team, along with maintaining a fun atmosphere.

WE ARE THE THUNDER !!!

We are Closer than
You Think!!!!

Wheat Ridge
Recreation Center

Open House: September 6th, 4:00pm

Practice Starts: September 13th

To get what you have never had, you must do what you've never done !!!

2010 -2011 Team Sign Up: September 6 - 11, 2010 Starting at 4:00pm and goes to 8:00pm. Wheat Ridge Recreation Center

PLEASE COME JOIN US FOR OUR ROOKIE CAMPS:

Rookie Camp: September 7 to 11, 2010

This is a chance for you to try us at a very low cost, you will get to train with the team and we get to show you what we can do.

Shirt Included, if you sign up before August 20.

After August 20, shirts are not available.

(Please Detach Here)

Rookie Camp: September 7 to 11, 2010

Name(s) and Age(s): _____

T-shirt Size: _____

Email: _____

Phone: _____

Method of Payment Check

Make Checks Out To: RMT Money Order

Rookie Camp 12 and under

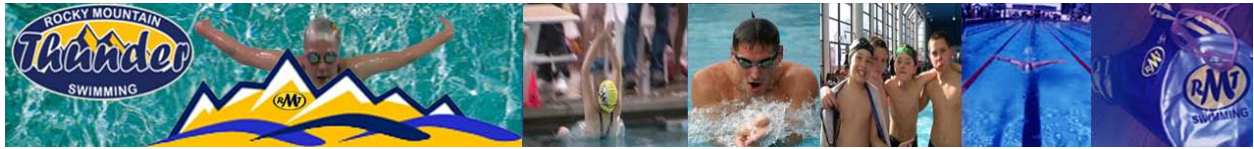
Rookie Camp 13 and up

Time	Price
5:00 - 6:00 T-F	\$40.00
6:00 - 7:00 T-TH	\$50.00
5:00- 6:00 F	
8:00am- 9:30 SAT	

Total: _____

Detach and Send To:

RMT SWIMMING // Home office: 978 Northridge Ct. Golden, CO 80401 // 720.280.8946
www.rmtswimming.com // rmtswimming@gmail.com



OPEN HOUSE / Try Out FORM

(ONE PER SWIMMER)

TURN IN TO A COACH WHEN YOU ARRIVE.

ROOKIE CAMP:

_____ **12 AND UNDER, 5:00PM**

_____ **13 AND OVER, 6:00PM**

Swimmer's Name: _____

Current Age: _____ **Sex: M / F (circle one)**

Birthdate: _____

Prior Team(s): _____

Best Events / Times:

Parent's Names: _____

Address: _____

Contact Phone Number: _____

Email Address (print very clear): _____

COACHES NOTES: