

Welcome to the Morris County Swim Club!

The Morris County Swim Club is dedicated to providing a multi-faceted youth swim program with the goal of meeting the needs of each competitive swimmer from ages 6 to 19.

The MCSC is a member of New Jersey Swimming and USA Swimming. We offer various types of programs for all levels of competitive swimmers, with specialized training from an impressive coaching staff that is both highly experienced, and dedicated to working with our swimmers.

Match your commitment to your goals!

We offer a flexible practice schedule to meet the needs of the swimmers. We understand that many swimmers and their families have other commitments and have designed our programs to allow the swimmers to maximize their practice time *based on their goals*. The swimmer selects which days to commit to practicing each week. There are practice times available to all ages and ability levels every practice day. The dedicated swimmer may choose to train 7 days per week and other swimmers may only care to swim once. *Match your dedication and training to your goals.*



Programs



The MCSC offers programs for a wide range of ages and ability. Whether you are a swimmer with Olympic dreams, interested in Club swimming, high school or summer league or just want to improve your strokes and conditioning, we designed programs to meet your needs.

Core Programs

Power (September – August) The Power swim program is for year-round club swimmers, combining the Short and Long Course seasons.

Short Course (September – March) Swim meets are held at 25 yard or 25 meter length pools.

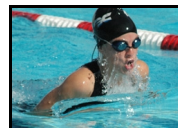
Long Course (April – August) Swim meets are held at 50 meter pool facilities.

Specialized Programs

High School School Team Prep

Winter Conditioning

Spring Training for Summer League



Individually Tailored

The MCSC understands that you may have specific needs based on your dreams, ability, schedule or commitments. Contact us to see if we can tailor a plan for you, within the MCSC program guidelines.

We also offer partial plans for new members joining mid-season with some of our programs. View the calendar on our web site for the specific dates of our programs. Availability is limited.

Send us an email or come to practice to evaluate us and for our coaches to evaluate you. Availability is limited.

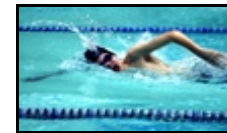
WWW.MCSCNJ.COM

MCSC Mission

The Mission of the MCSC is to develop our children who are the fabric of our future. The MCSC experience will help to shape and strengthen character throughout one's lifetime. MCSC strives to achieve personal improvement for our children and for some of them, to become championship swimmers. Success will be measured through the development of their positive attitude, confidence and caring for others.

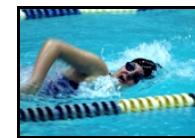
Swimmers

Our objectives are to provide swimmers with an energetic, supportive and safe environment. One target strategy is to limit the number of swimmers per lane, providing ample room



for the swimmers to stretch out their strokes during practice. Over 300 swimmers are enjoying the

MCSC experience in 2007-2008. Our current members range in age from 5 to 18, are split fairly evenly between boys and girls and come from over 20 area towns. We keep track of each swimmers progress toward their goals and standards and provide updated reporting to the parents.



Coaches

We have excellent coaches who are knowledgeable, experienced and well-qualified. They focus on stroke development and conditioning and provide a supportive atmosphere for the swimmers to train and learn. As we continue to grow, we will be searching for additional great coaches. If you would like to recommend a candidate, let us know.

Parents

We require our Core Program parents to be supportive to all members and volunteer at swim meets when attending. The MCSC does have special events, like parties and optional fund raisers that the parents coordinate. Many of our swimmers are on a summer league or may have come from another club. With these members come new ideas for improving our club.

Practice Schedule as of April 2008

The MCSC utilizes two great aquatic facilities for practicing, the Morristown Beard School in Morristown and the County College of Morris in Randolph. Check www.mcscnj.com for practice times.

The MCSC trains 7 days per week at the aquatic facility at Morristown-Beard School. It is truly impressive, and provides a wonderful training venue.

Morristown-Beard School
70 Whippany Road
Morristown, New Jersey



The MCSC also trains at the County College of Morris during the Spring and Fall seasons. Practices are held at CCM on Monday, Wednesday and Fridays, beginning at 5PM.

Swim Meets

The MCSC participates in various NJ Swimming sanctioned Invitationals and Championship meets.

MCSC swimmers at the West Point Holiday Invitational in December 2005. We encourage meets for members, but are not required.



NJ Swimming has 60+ clubs and there are far more meets to choose from in addition to those the MCSC attends. Find out more about New Jersey Swimming and other clubs by visiting njswim.org. We also participate in invitationals out-of-state. You can learn about USA Swimming and other swimming opportunities at usaswimming.org, maswim.org and metroswimming.org.

All offerings, details and costs are subject to change without notice. Sponsors and donations are appreciated.



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MCSC
MORRIS COUNTY SWIM CLUB

