



Nation's Capital Swim Club

J&M/Alexandria Program Information
2023-2024

J&M Program Information

Developmental Programs: Offered at Franconia and GW Rec (no meets available)

- Learn To Compete (LTC ages 5-8)
- Stroke School and Stroke Academy (SS ages 6-9 and SA ages 10 and above)

Hybrid Programs: Offered at all three sites (restrictions apply), please inquire

- Fitness and Summer Prep (ages 10-16, 1-3 days per week, meets available)
- High School Training and Fitness (8th graders through HS seniors, select meets available)

USA Swim Team Competitive Programs: Offered at all three sites

- **Age Group 1** (ages 6-8, 1-2 times per week)
- **Age Group 2** (ages 9-11, 1-2 times per week, 3 days available with recommendation)
- **Age Group 3** (ages 11-14, 3 or more days per week, 1-2 day option available at certain locations)

The following are only offered at Franconia Rec:

- **Age Group Performance** (ages 12-14, 3 or more days per week coach recommendation)
- **Senior Prep** (Ages 13 -18, 3 or more days per week, by coach recommendation)
- **Senior** (ages 13 and over minimum 4 days per week of training by coach recommendation)

Head Coach Contact Information:

- Head Coach, Co-Owner: Jeff King jking961@gmail.com
- Assistant Head Coach, Co-Owner: Matt Murray jmattswim@verizon.net

Site Manager Information:

- **Franconia District Rec Center** (formerly Lee District): 6601 Telegraph Road, Alexandria VA
 - Paul Makin, Head Age Group Coach (paul.j.makin@gmail.com)
 - Trish Buswell, Age Group Coach, 8 & Under coach (trishbuwell@gmail.com)
- **Providence Rec Center:** 7525 Marc Drive, Falls Church, VA
 - Patrick Morris, Age Group Coach (pdmorris28@gmail.com)
 - Jill Kelly, Age Group Coach (JillMKing14@gmail.com)
- **George Washington Rec Center:** 8426 Old Mount Vernon Road, Alexandria VA
 - Marye Carter, 8 & Under/Swim Development Coach (coachcarter@gmail.com)
 - Dylan Keightley, Age Group Coach (Dylank94@vt.edu)