

Extreme Aquatic Master Swim Club

What is United States Master Swimming?

United States Master Swimming (USMS) is a national organization that provides organized workouts, competitions, clinics, and workshops for adults aged 18 and over. Programs are open to all adults who are dedicated to improving their fitness through swimming.

USMS organization is composed of several zones, regions and local clubs. For example, EAMS is our local club and we are in the Oklahoma region that is part of the South Central Zone. Competition is based on this organizational structure with local, regional, zone and national championships.

About the Team

Extreme Aquatic Team (EAT) was founded October 12, 1998 in order to give swimmers of all skill levels an opportunity to learn the art of competitive swimming. Since its inception, it has been the goal of all EAT programs to challenge swimmers to be the best swimmer he/she can be.

In September 2007, Extreme Aquatic Team began offering coached workouts for Master Swimmers. Extreme Aquatic Master Swim Club (EAMS) was formed shortly thereafter. The Masters program is geared toward adult swimmers that still enjoy swimming competitively or just like staying in shape.

Who are the club members?

EAMS are represented by fitness swimmers, competitive swimmers, and triathletes. Our team is composed of swimming ability from beginners to national caliber.

What are the club goals?

- To help swimmers improve fitness and/or train for specific goals.
- Provide structured workouts with well-thought-out training assistance.

Club Contacts

Coach	Cindy Goddard	cgoddard1@cox.net
Registration	Susan Bercaw	sbercaw@cox.net
Treasurer	Jan Stowe	janet.stowe@csd.disa.mil

Practice Schedule

- UCO Hamilton Field House Pool on Monday thru Friday, 5:15-6:45 am; and Saturday from 6:30-8:00 am.

AG Extreme Aquatic Master Swim Club

Registration

Name: _____ Date of Birth: _____ Sex: _____ Age: _____

Mailing Address: _____

Day Phone: _____ Evening Phone: _____

Email Address: _____ USMS#: _____

United States Masters Swimming (USMS) Registration and Fee

- **All members must be registered with USMS. There are no exceptions to this rule due to compliance with insurance regulations unless the member is a registered athlete with USA swimming.**
- New members must be registered within one week after joining.
- All members must renew their registration by the second week of January.
- Unregistered members will not be allowed to swim.
- Visitors must be registered with USMS or USA.

Application Process

- Complete the Extreme Aquatic Master Swim Club registration form and sign the waiver at the bottom of this page.
- Complete a USMS registration form and make a check payable to Oklahoma Masters Swimming for the annual registration fee/ or provide a copy of your current USMS card.
- Write a \$45.00 check to Extreme Aquatic Team for dues.
- Please give both registration form and checks to Susan Bercaw or place in the Completed Registration File.

Membership and Payment Schedule

Monthly membership dues for Extreme Aquatic Master Swim Club are \$45.00 per month. Payment should be received by the 10th of each month for that swimming period. Payments received after the 10th are subject to a \$10.00 late fee. It is your responsibility to inform the coach and team treasurer when leaving the team.

Extreme Aquatic Master Swim Club Waiver

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTER SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTER SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUAL OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by the Membership Dues Policy.

Signed: _____

Date: _____