



# Blue Wave Masters Swim Team

Our Masters program is designed to help swimmers improve fitness and/or train for specific goals, and offer active support for a healthy lifestyle through friendship and camaraderie. The Masters program is open to all adult swimmers 18 and over (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming. Masters swimming offers a structured practice with a certified coach. The masters team is an extension of the year round Blue Wave Swim Team that swims at the pavilion.

The practices would begin Monday September 14, 2009. The month of September would be a free trial to try it out, and payments would begin on October 1. All swimmers need to be registered with USMS by the first week of October.

Contact [coachkira@ashburnvillage.org](mailto:coachkira@ashburnvillage.org) for questions

## SCHEDULE OPTIONS:

Mornings	
Monday	5:00-6:00am
Wednesday	5:00-6:00am
Friday	5:00-6:00am
Afternoons	
Tuesday	12:00-1:00pm
Thursday	12:00-1:00pm
Evenings	
Tuesday	8:00-9:00pm
Thursday	8:00-9:00pm

*You can choose which practices to attend*

## PRICING:

There are two different payment options: We will also be assessing a \$20 administration fee per person

<b>Punch card option:</b>	<b>Number of Practices</b>	10 practices per punch card:
	<b>Cost</b>	\$95 for <b>Residents</b> \$120 for <b>Non Residents</b>
	After the punch card has been used up you would need to renew the card by paying again	
<b>Monthly fee option:</b>	<b>Number of Practices</b>	Come to as many practices as you like during the month.
	<b>Cost</b>	\$152 for <b>Residents</b> \$192 for <b>Non Residents</b>
	Pay in advance for the entire month. The Monthly fee would be renewed each month unless you opt out:	

**How to Register with USMS:** the registration form is attached and would need to be returned to USMS by the first week of October. Swimmers need to register as "Unattached" for now until BWST is registered as a team. The USMS fee is \$25 and the registration would be good until Dec. 31, 2009. Then you would need to register again in January 2010, which would cost \$33, and would be valid for an entire year.



## Blue Wave Masters Swim Team Registration Form

Name:
Mailing Address:
Phone Number:
Email Address:

I would like to pay by (circle one):

Check      or      Credit Card

I am a (circle one):

Resident (member)      or      Non-Resident

I will be choosing the 10 practice punch card option: \$95 (resident) or \$120 (non-resident) **OR**

I will be choosing the monthly fee option: \$152 (resident) or \$192 (non-resident)

**TOTAL AMOUNT DUE** (dues plus \$20 administration fee per person): \_\_\_\_\_

Which practices do you expect to attend most regularly?

*Check all that apply.*

5:00-6:00am (M,W,F)

12:00-1:00pm (T,Th)

8:00-9:00pm (T,Th)

What are you looking to get out of swimming for Blue Wave Masters?

\_\_\_\_\_

Do you want to compete in Masters Meets? Yes       No       Maybe

<b>If paying by credit card please fill out the following information</b> <i>If paying by check please make payable to Blue Wave Swim Team and attach to this form.</i> <i>Monthly payments using credit cards will be charged the 1st of each month.</i>
Name:
Type of Card (Visa, etc):
Card Number:
Exp. Date:
Signature:



<b>2009</b>	
<b>USMS, INC and LMSC for Virginia Registration</b>	
New	Renewal - <i>Your Current USMS Number</i>

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_  
*Important: Register with the name that you will use when you enter meets. Please read carefully and print clearly.*

Street Address: \_\_\_\_\_  
 \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_  
 \_\_\_\_\_

Telephone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

E-mail address: \_\_\_\_\_ Are you a Coach:  USMS  USA-S  
 Are you an Official:  USMS  USA-S

**Swim Team**

VMST Virginia Masters - OR -  Unattached

- OR -

**All Other Teams**

- |  |   |
|--|---|
| <input type="checkbox"/> ACAM Atlantic Coast Athletic Club       | <input type="checkbox"/> RSFM Robious Sports & Fitness Masters        |
| <input type="checkbox"/> BMS Blacksburg Masters                  | <input type="checkbox"/> SMAC Shenandoah Marlins Aquatic Club Masters |
| <input type="checkbox"/> BYRM Beckley-Raleigh YMCA Masters       | <input type="checkbox"/> SHYM South Hampton YMCA Masters              |
| <input type="checkbox"/> CAM Coomes Aquatic Masters              | <input type="checkbox"/> SPST Stafford Piranhas Swim Team             |
| <input type="checkbox"/> CFYM Charleston Family YMCA             | <input type="checkbox"/> SUNF Sunfish Masters                         |
| <input type="checkbox"/> FAFF Fredericksburg American Family Fit | <input type="checkbox"/> SQST SwimQuest Masters                       |
| <input type="checkbox"/> GBT Green Bank Turtles                  | <input type="checkbox"/> URMS University of Richmond Masters          |
| <input type="checkbox"/> LAMS Leesburg Area Masters              | <input type="checkbox"/> VBSC Valley Blues Swim Club                  |
| <input type="checkbox"/> LTSM LetSwim Masters                    | <input type="checkbox"/> WAVA Warrenton Masters Swim Team             |
| <input type="checkbox"/> RCA Rockbridge Co. Aquatics             | <input type="checkbox"/> WMS Winchester Masters Swimming              |

**Make check payable to:  
LMSC for Virginia**

**Mail this form and check to:**  
 Lisa Bennett  
 11812 Winfore Dr.  
 Midlothian VA 23113  
 (804) 379-5324  
[swimlab56@msn.com](mailto:swimlab56@msn.com)

Select Yes \_\_\_ or No \_\_\_ I would accept an electronic version of the newsletter to the email address provided above instead of a paper copy  
 On rare occasions, USMS may need to inform me of an important issue, I **DO / DO NOT** wish to receive them.  
 A USMS sponsor may wish to offer you information emailed from the USMS National Office, I **DO / DO NOT** wish to receive them. *(Email addresses are not supplied to the sponsor.)*

**Fees:**  
 VMST \$48

- OR -

All Other Teams  
 And Unattached \$33  
 Overseas Mailing \$10

**Other Fees:**

	I wish to contribute \$1 (or \$ _____) to the International Swimming Hall of Fame Foundation. I have added this amount to my 2009 registration fees.
	I wish to contribute \$1 (or \$ _____) to the United States Masters Swimming Foundation. I have added this amount to my 2009 registration fees.

**TOTAL AMT:** \$ \_\_\_\_\_ **All registrations are valid through December 31, 2009.** *NOTE: For new members joining in September and October of 2009, the registration fees are reduced by \$8. The Fee for VMST is thus \$40 and for All Others \$25.*

**WAIVER:** I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not 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 MASTERS 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 THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTER SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

**SIGNATURE (required):** \_\_\_\_\_ **DATE** \_\_\_\_\_

**☺ - PLEASE BE SURE TO SIGN YOUR FORM - ☺**

Benefits of Membership include: A subscription to USMS's magazine, *USMS SWIMMER*, during the length of the membership year (\$8.00 of the annual dues is designated for the magazine subscription), and periodic mailings from the Local Masters Swimming Committee. VMST members also receive additional VMST newsletters. USMS Registered swimmers are covered with secondary accident insurance.

- 1) In practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered.
- 2) In USMS sanctioned meets where all competitors are USMS registered.