



Georgia Masters Newsletter

Swimming in Georgia

April 2021

Chair's Corner – April



Happy Spring!

Hello everyone,

Can you believe we are celebrating the anniversary of "two weeks to flatten the curve"? I don't think anybody imagined the wild ride we have been put through. But, swimmers are

resilient, Masters swimmers even more so, and I have witnessed many of you making the best out of the new challenges. Home workouts, biking, running, cold water swims, teether workouts, I hope we have seen it all by now. More and more pools are reopening with the number of vaccinated people increasing daily.

There have also been swim meets! And yes, there will also be one in Georgia this month! Read on for more information. Hopefully we are seeing the light at the end of the tunnel, and I am so excited to see how things are developing to make our sport more accessible again, while everyone stays healthy.

I hope to see many of you at the SWAT meet at the end of the month. If you cannot make it, stay tuned for more opportunities, as we are working with local clubs to get more meets on the calendar!

Stay healthy and just keep swimming!

Britta

Don't Miss These Events

Georgia LMSC Midyear Meeting - April 11

Our Georgia LMSC annual midyear meeting will be held virtually as a Zoom meeting on Sunday, April 11 at 7:00pm. We welcome LMSC members to chat with us and give us your input to help us plan for the future. If you are interested in participating in the meeting, contact Bob Kohmescher at bobk340@comcast.net. Hope to see some new faces on April 11!

Swim Atlanta SCY - April 25

Finally! We have a bona fide Masters swim meet just around the corner! After over a year without swim competition, Georgia Masters members have the opportunity to compete at the Swim Atlanta SCY meet to be held on Sunday, April 25 at the Swim Atlanta Sugarloaf facility in Lawrenceville. The meet info and entry are included with this newsletter, and can also be accessed on the Georgia Masters website, www.georgiamasters.org.

Warmups for the meet begin at 10:00am and the meet starts at 11:00am. To adhere to COVID-19 restrictions, the meet attendance will be **limited to 60 entries**.

Locker rooms will NOT be available for use. Only swimmers, coaches, and support staff will be allowed in the facility. No spectators are allowed. Masks are strongly recommended when not in the water.

Heats for each event are from slow to fast, seeded by time, with men and women together. Note that both the 500 free and 400 IM are limited to 16 entries.

The entry deadline is April 19. There are no late or deck entries allowed, so be sure to get your entry in soon!

Thanks to meet director **Pat Eddy** and the Swim Atlanta club for making this meet happen. For questions, contact Pat at pateddy52@aol.com or call (404) 683-1971.

USMS Summer Fitness Challenge June 1-14

The 2nd swim in the USMS Fitness Challenge Series is coming up in June with the 2K swim- which can be done in a pool setting (SC or LC) or in open water. As with the other Fitness Challenges, it can be done in any manner. The goal is simply to complete the swim. To enter, go to the USMS website at www.usms.org and click on Fitness Events, then on the Fitness Challenge.

Entry fees will go to USMS Learn to Swim grants, supported by the USA Swimming Foundation, so you can have a good swim and donate to a good cause at the same time!

We'd like to get a good turnout of Georgia swimmers in this event.

2021 TYR Last One Fast One – April 16 – May 2

The best virtual swim event of the year is here! It's your chance to race Masters swimmers across the country in your favorite pool or open water events using the Swim.com app (times can be submitted manually or via a smartwatch).

You'll also help others learn the sport we love; \$5 from each entry fee benefits USMS Adult Learn-to-Swim grants supported by the USA Swimming

Foundation. BONUS: Through April 1, contributions will be matched (up to \$5,000 total).

Best of all, you can race as many times as you'd like during the event. Make your last one the fastest.

For more info -

<https://www.usms.org/events/2021-tyr-last-one-fast-one>



Go the Distance Awards

The 2020 Go the Distance awards, honoring the top three male and female finishers, will be given out at the Swim Atlanta meet. Those honorees are:

MEN

- Chris Greene (1st)
- John Zeigler (2nd)
- Matthew Mills (3rd)

WOMEN

- Melissa Massey (1st)
- Maryanne Countryman (2nd)
- Jennifer Almand (3rd)

We will also have the 2019 Go the Distance awards available since there were no meet opportunities last year. Those 2019 honorees are:

MEN

- Chris Greene (1st)
- Pat Eddy (2nd)
- Tyler Spencer (3rd)

WOMEN

- Melissa Massey (1st)
- Maryanne Countryman (2nd)
- Pam McClure (3rd)

Other News

Swimmer Profile –Faith Pescatore

By Elaine Krugman

I had never met Faith Pescatore; however, I knew I wanted to interview her after reading her submission in the April, 2020 newsletter for the “What Have You Been Doing?” article. I was impressed by Faith’s enthusiastic motivation for staying physically active during the COVID-19 lockdown. Nothing was going to keep her sedentary and away from the water!



Faith’s enthusiasm for swimming and *need* to swim is so similar to mine, I told her during our phone interview that I felt like I was interviewing myself! This was Faith’s reply when asked what it was that she enjoyed so much about swimming: “It’s the breathing, and almost like meditation; it’s very meditative, because you can’t really solve the world’s problems when you’re in the pool. You’re focusing on one thing... To me, it’s a form of meditation and relaxation. I have tried to do regular meditation, but I’m too antsy. Swimming *is* my meditation. I can go to the pool feeling so bad, having had an argument with somebody, or just be in a bad mood and feel lousy; and, I always come out feeling fantastic for the rest of the day. I am addicted to the endorphins, I would imagine. At this point, I can’t go more than a day without swimming. I like the way it shapes my body, and I like feeling strong.”

When the coronavirus lockdown went into effect last spring, Faith started swimming in her small outdoor pool. “I was desperate to swim because that’s my lifeline. I’m a crabby mess if I can’t swim; so, my husband heated up the 40-foot pool. I calculated that I needed 130 lengths to do a mile; so, there I was, in my backyard pool; back and forth, back and forth, doing 130 flip turns to get my mile in. Our heating bill was off the charts, but it was worth it, because I was sane!”

There are many other sports this life-long athlete participates in as well. “I’ve been athletic all my life; that’s my thing. I’ve been doing yoga for twenty years, and I am an advanced yogi. I do two yoga sessions for an hour and a half, twice a week. That’s incredible for swimming; it’s so good for your mind and your body.” Faith also golfs 18 holes, twice a week, and cycles the hills in her neighborhood for about an hour, once or twice a week, to help strengthen her lower body. She also does weight training, focusing on strengthening the muscles in her back, for proper stroke execution in swimming.

That's not all, though. Faith is learning how to play pickleball, a sport that should be easier on her serving shoulder than tennis, which she played for twenty years at the UTSA 4.0 level. After two rotator cuff repair surgeries, she decided to retire from the sport.

Finally, for recreation, Faith enjoys kayaking on Lake Lanier at least once a week—something she started doing at the beginning of the pandemic.

Swimming, however, is Faith's greatest fitness passion, and an activity she has done her entire life, thanks to being raised in a family of excellent swimmers. Her family had a backyard pool, a family membership at a nearby pool, and also lived near the beach, in Maryland; so, they spent a lot of time in the water.

Faith has always been a swimmer. "I started fitness swimming at the local YMCA when I was about 20, and I never stopped—and, I'm 63. I love it, and I have never missed a week of swimming unless I was sick. I'm religious and dedicated to it. [Swimming] has been a constant in my life, and I can't imagine ever stopping," she said.

In the 1990's, while living in Ohio, the swimming enthusiast competed in three Olympic distance triathlons and several relay triathlons with friends. It wasn't until Faith's daughter, Skylar, got into competitive pool swimming that Faith tried racing between the lane lines as well. Skylar's team would have parent competitions, so Faith would race against the other parents—something she found she enjoyed. "I realized I really wanted to compete, and I felt like I was good enough. I had heard about the National Senior Games, and I had never done a serious meet. I was reading about it, and I thought, I'm going to find out what kind of times these ladies have. I looked at the times, and I went to the pool and timed myself." After comparing her times, Faith discovered, "Wow, I could really be competitive in these races!"

After years of Faith cheering her daughter on from the stands, all the way to the state championships

where Skylar was the youngest competitor at 14 years old, the tables were turned. Skylar became the inspiration for Faith to try competing in "real" competitions. Her daughter coached her on stroke and flip turns, and then took Faith's place in the stands to cheer her mom on in the 2016 Georgia Golden Olympics, the qualifying meet for the 2017 National Senior Games. She placed second in both the 50 and 500 freestyle events (55-59 age group), at the state meet.

To help prepare her for the National Senior Games, Faith joined USMS (United States Masters Swimming) and trained with Coach Kai at the West Gwinnett Park Aquatic Center. She also competed in a couple of local Masters meets.

At the National Senior Games, in Birmingham, in 2017, Skylar cheered her mom on to a 7th place finish in the 500 free, and 13th in the 50 free, in the 60-65 age group. "Coming in 7th (in the 500 free), when I hadn't done any training, was super exciting to me," Faith said of her first national competition.

After the tables completed their turn by mother and daughter, Jan Murphy, a columnist with *The Wall Street Journal*, took an interest in their story and wrote about their experience, on March 17, 2018. "It was my 15 minutes of fame!" Faith laughed.

Since then, Faith has continued training under the watchful eye of her coach at the West Gwinnett pool. "Coach Kai is the best coach. He really emphasizes pulling from your back muscles (to protect the shoulders from injury) He has perfected my technique to the point where I was at a stroke clinic, and the coach pulled me aside and said, "Your technique is so good, you could be teaching this class."

"Coach Kai has really concentrated on pulling with your forearm, not your entire arm; making sure your elbow is raised. and your forearm is like a paddle; pulling from your back muscles; pointing your hips down to the bottom of the pool on each side, and gliding. Gliding has reduced my stroke

count from 18 to 15; so, he is focusing on that, and making sure each stroke counts. He's an excellent technique coach."

Faith emphasizes quality over quantity when she trains, so she does a lot of stroke drills. In addition, she works on her flip turns with fast dolphin kicks off the walls. "This last year, I accomplished two things that I really wanted to get in place before the National Senior Games, and that is making sure I have a really fast flip turn, and I can undulate to almost the 15-meter mark now," the 5'11" tall, 63-year-old explained.

The Finis Tempo Trainer is a swim aid Faith likes using in her training to help her with proper pacing. Her goal for the 2021 National Senior Games is to race the 500 freestyle in 7:40, so Coach Kai has her training 4 x 25-yard sets of freestyle on :23 intervals, as a starting point to prepare her to reach that goal. She is gradually adding yardage to eventually be able to achieve her goal.

To improve her core strength for those fast dolphin kicks off the turns, Faith does 10 minutes of vertical dolphin and freestyle kicks while holding one-pound weights above the water. When I commented how fit she must be from those vertical kick sets, she laughed and said, "Aside from the corona (virus) belly I think a lot of people got over these past few months, I don't think I have anything sagging!"

In addition to competing in future National Senior Games meets, the retired physician's assistant looks forward to participating in local swim meets again. She especially enjoys the developmental meets at West Gwinnett Aquatic Center, which she says are more relaxed and low-key. "I'm not really that great with pressure; I get a little too nervous."

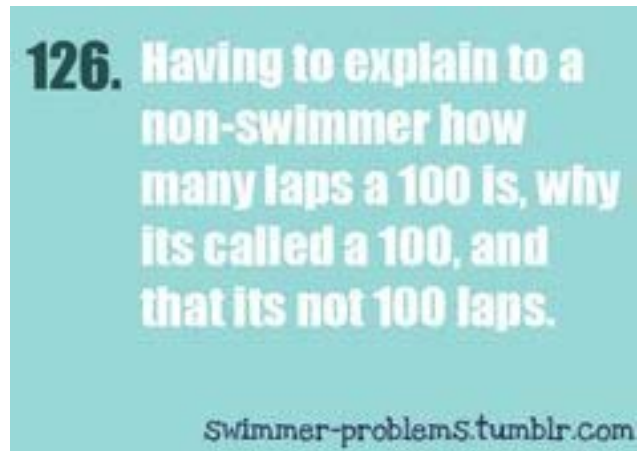
Another experience Faith looks forward to enjoying again is teaching other adults how to swim. As she explained, "I got my Adult Learn to Swim (ALTS) certification a couple of years ago, because I kept thinking about how much I love

swimming; and, how many people would come up and say to me, 'I wish I could swim as well as you;' or, 'I am getting older, my knee hurts from running, I can't play tennis anymore, and I need to pick up a sport that will help me stay fit for the rest of my life. So, because of that, I felt I needed to do this. I need to teach people how to swim."

Faith practiced what she learned on three ladies at her neighborhood pool. One of the ladies could only swim a couple of strokes when she started, but with Faith's patient instruction, she was ultimately able to swim the entire length of the pool. "That was a great experience," she said, adding that she would like to teach lessons at the West Gwinnett Aquatic Center after she earns her Water Safety Instructor certificate. "I really enjoy teaching a lot; it's so gratifying."

About her future in the sport Faith loves, she concluded, "Even if I'm not competing, I am always going to swim for fitness, I hope, as long as I'm alive. I see myself swimming into my '90's, if I live that long. I also feel like I am giving back and showing other people the joy of swimming. I've already done that with three students, and it was really rewarding."

Swimming Humor



Upcoming Events

April 2021			
11*	Georgia LMSC Mid Year Meeting via Zoom. Contact Bob Kohmescher for info: bobk340@comcast.net	25*	Swim Atlanta SCY (entry attached)
May 2021			
TBA	Georgia LMSC Zoom Conference call at 7pm Contact Britta at brittaoleary@gmail.com		
13-14	Clearwater, FL - SCY	15-28	USMS Winter Fitness Challenge – 30-minute swim
June 2021			
TBA	Georgia LMSC Zoom Conference call at 7pm Contact Brita at brittaoleary@gmail.com	5-6	Bumpy Jones Classic LCY – Sarasota, FL
6	Chattanooga Rat Race Open Water Swim – 5k Hixson, TN		
July 2021			
TBA	Georgia LMSC Zoom Conference call at 7pm Contact Brita at brittaoleary@gmail.com	21-25	USMS SCY Nationals – Greensboro, NC (tentative)
August 2021			
TBA	Georgia LMSC Zoom Conference call at 7pm Contact Brita at brittaoleary@gmail.com	21	Clearwater, FL - LCM

Information on these and other Dixie Zone events can be found on the Dixie Zone website at www.dixiezone.org/Meets.htm.

*Dates in red are Georgia LMSC events.

<i>Swim Websites</i>	
ASL Silverking TRI-Masters	Swimasl.com
Athens Bulldog Swim Club	http://www.athensbulldogs.com
Atlanta Rainbow Trout	https://www.atlantarainbowtrout.com
Atlanta Water Jocks	http://www.atlantawaterjocks.com
Chastain Park Athletic Club	www.ChastainParkAthleticClub.org
Columbus Aquatic Club	http://www.swimhurricanes.com
Concourse Athletic Club	wellbridge.com/concourse-athletic-club/sandy-springs
Cumming Waves Swim Team	www.cummingwaves.net
Decatur Family YMCA	ddy.ymcaatlanta.org
DeKalb Aquatics Masters	http://daqswim.com
Douglas County Stingrays	www.swimdc.com
Dynamo Swim Club Masters	http://dynamoswimclub.com
Fyns	http://www.fynsmasters.com
Great White Shark Aquatics	www.gwsaswim.com
John P. Thayer YMCA Masters Swim	Columbusymca.com
Savannah Masters	http://www.tlb975.wix.com/mastersswimming
Stingrays Masters Swimming	http://www.stingraysswimming.com
Swim Gainesville	www.swimgainesville.com
Swim Macon Masters	www.swimmacon.com

Tidal Wave Masters Swimming	tidalwaveswimming.com
Tidal Wave Masters Swimming	tidalwaveswimming.com
Windy Hill Athletic Club Masters	http://www.midtown.com/windyhill
Georgia Masters Swimming	www.georgiamasters.org
USMS Southeastern Zone	http://www.southeastzone.org/links.html
USMS	www.USMS.org

***For more information about the clubs and teams,
Visit www.georgiamasters.org***

GEORGIA CLUBS

Atlanta Rainbow Trout	ART	Jake Macks	jake.macks@gmail.com
Atlanta Water Jocks	AWJ	Lorenzo Benucci	lbenucci@gmail.com
Camden PSA Masters	CAST	John Eife	jdeife@co.camden.ga.us
Chastain Park Athletic Club	CPAC	Star Brackin	masters@chastainparkac.org
Columbus Aquatic Club	HURM	Andrew Beggs	andrew.t.beggs@gmail.com
Concourse Athletic Club	CONC	Chris Nasser	swim@concoursemasters.com
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	melissa@dagswim.com
Dutch Island Dolphins	DID	Joyce Bustinduy	jobustinduy@gmail.com
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	sbalkcum@ymcacolumbusga.com
Kennesaw State University Masters	KSUM	Cheryl Richardson	bricha89@kennesaw.edu
Nautical Milers Special Needs Team	NAUT	Patrick Thoreson	patrick_thoreson@yahoo.com
Southern Eagle Aquatics	SEGA	Beau Caldwell	swimsega@gmail.com
Spartans Aquatic Masters Club	SAMC	Kris Kester	spartanscoachkarl@gmail.com
Summer Hill Orcas Swim Club	SHOC	Kaleigh Shook	summerhillrec@gmail.com
Swim Gainesville	SG	Joy Kelleher	joylohr@yahoo.com
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	keith.berryhill@windyhillclub.com

GEORGIA SUPER TEAMS - GAJA

Georgia Masters	GAJA	Lisa L Watson	lisa.watson@ung.edu
Athens Bulldog Swim Club	ABSC	Craig Page	craigwpage@gmail.com
Augusta Recreation and Parks Blue Tides	ARP	Barbara Ingold	arpbluetides@gmail.com
Douglas County Stingreys	DCS	Jarrod Hunte	coachjrodhunte@gmail.com
Dynamo Swim Club Masters	DYNA	Mike Cotter	mikedynamo@earthlink.net
Georgia Masters Killer Whales	GMKW	Lisa Watson	lisa.watson@ung.edu
NightHawks Masters	NHMS	Lisa Watson	lisa.watson@ung.edu
Savannah Masters	SAVM	John Denion	jmd7362@gmail.com

Southside Seals	SSS	Rob Copeland	rob_copeland@comcast.net
Stingrays Masters	RAYS	Michael Soderlund	msoderlund@coca-cola.com
Swim Beyond Atlanta	SBA	Mandi Bell	mandi@swimbeyond.com
Swim Macon Masters	SMM	Jason Michael	mrbreaker66@gmail.com
Warner Robins Aquanuts	WHA	Daniel Murray	dmurray54.dm@gmail.com
LIFE TIME SWIM			
Life Time Swim Alpharetta	ALPL	Aquatics Manager	GAALAquaticsManager@lt.life
Life Time Swim Atlanta	ATLL	Aquatics Manager	GAATAquaticsManager@lt.life
SWIM ATLANTA MASTERS			
Swim Atlanta Masters-Cumming	SAMS	Andrew Rogers	andrew@swimatlanta.com
Swim Atlanta Masters-Georgia Tech	SAMS	Clarín Ellard	coachclarin@gmail.com
Swim Atlanta Masters-Hamilton Mill	SAMS	Mary Tripp	mary@swimatlanta.com
Swim Atlanta Masters-Johns Creek	SAMS	Elizabeth Stowe	elizabeth@swimatlanta.com
Swim Atlanta Masters-Marietta	SAMS	Pat Eddy	pateddy52@aol.com
Swim Atlanta Masters-Roswell	SAMS	Ryan Bried	ryanbried@swimatlanta.com
Swim Atlanta Masters-Sugarloaf	SAMS	Scot Davis	scot@swimatlanta.com

GEORGIA SUPER TEAMS - YMCA

YMCA of Metro Atlanta	ATLY	Becky Shipley	beckys@ymcaatlanta.org
Andrew & Walter Young YMCA Masters	AWYY	lilonga Thandiwe	linz.t@mindspring.com
Decatur Family YMCA	DFY	Beth Costello	bethc@ymcaatlanta.org
G.Cecil Prueett Community Center YMCA			
J.M Tull-Gwinnett Family YMCA			
McCleskey-East Cobb Family YMCA			
Summit Family YMCA			-

Who Y'All Can Call

Name	Title	Phone	Email
Rob Copeland	Long Distance	(678) 817-1602	rob_copeland@comcast.net
Pat Eddy	Coaches Chair	(614) 670-1108	pateddy52@aol.com
Elizabeth Giesecking	Member At Large		elizabeth@giesecking.us
Bob Kohmescher	Newsletter Editor	(770) 722-2192	bobk340@comcast.net
Elaine Krugman	Contributing Editor	(678) 603-1543	ekkrugman@gmail.com
Stephanie Lemmons	Social Media		snlemmons@gmail.com
Britta O'Leary	LMSC Chair	(636) 295-3222	brittaoleary@gmail.com
Andy Rettig	Membership Coordinator	(678) 417-6411	arettig@gmail.com
Mark Rogers	Member At Large		mlrogers_98@yahoo.com
Leann Rossi	Member At Large		swimfastatlanta@gmail.com

Ed Saltzman	Treasurer, Records, Meet Sanctions, Communications	(770) 442-9075	swimsalt@bellsouth.net
Jeff Tacca	Member At Large	(404) 256-0733	jtacca@comcast.net
Lisa Watson	Vice-Chair	(770) 497-1901 (678)717-3646	lisa.watson@ung.edu
Karol Welling	Secretary	(770) 631-9195	krw83@mindspring.com
John Zeigler	Fitness	(770) 972-7981	jvzeigler@bellsouth.net

Visit the Georgia Masters Webpage
<https://www.georgiamasters.org/GAM/>

If you haven't visited our webpage, you're missing out on a lot of information about swimming in Georgia!

- Watch a video on U.S. Masters Swimming
- USMS Workout Library
- Our Local Masters Swim Committee (LMSC) – they keep our organization going
- Looking for Georgia swimming records?
- Want to check on Georgia meet results?
- Would you like to learn a little more about your fellow swimmers? You'll find all of the past swimmer profiles. Click on People.
- Looking for a place to swim or a club to join? Click on Places to Swim or Teams
- Past issues of the newsletter can be found by clicking on News.

Visit our Georgia LMSC – US Masters Swimming Facebook Page

Join our Facebook page and keep abreast of happenings in our swimming community!.

SWIM ATLANTA

Get back in the pool meet

Sunday, April 25, 2021

Sanction No. 451-S001

Held Under the Sanction/Approval of USMS, Inc. & Georgia LMSC

Due to Covid-19 restrictions the meet will be limited to the first 60 entries received

- Time:** Sunday--Warm ups at 10:00 a.m. Meet begins at 11:00 a.m.
- Location:** SwimAtlanta
4850 Sugarloaf Parkway, Lawrenceville, GA 30044
678-442-7946
This facilities competition pool is an 8 lane, 25-yard pool with automatic electronic timing and scoreboard. **The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.**
The pool depth at the start end equals (enter depth – 8 ft.) and turn end depth equals (enter depth- 8 ft).
12 warm-up lanes will be available.
- Timing:** Automatic electronic timing will be used. Note: This is a Category II meet – times will count for Top Ten and Records.
- Eligibility:** The meet is open to all **Georgia LMSC** members 18 years and older as of April 25, 2021.
USMS REGISTRATION IS REQUIRED. Be sure to include a copy of your USMS card with your entry.
- Rules:** 2021 USMS rules apply.
- Events:** Swimmers may enter up to five events.
- Deadline:** Entries must be received by Monday, April 19th.
- Fees:** \$45.00 for up to 5 events; No deck entries or late entries allowed.
Make checks payable to **Swim Atlanta**.
Mail to:
Pat Eddy
3398 Galts Road
Acworth, GA 30102-1132
Pateddy52@aol.com
(614) 670-1108
- Seeding:** All events are pre-seeded and timed finals. Heats are seeded and swum from slowest to fastest, with men and women seeded together. The 500 Free and 400 Individual Medley will be seeded fastest to slowest and **limited to the first 16 entries received.**

SWIM ATLANTA

Get back in the pool meet
Sunday, April 25, 2021

ENTRY FORM

Name	Sex	Age	DOB
Address		Cell/home phone	
City		State	Zip
USMS#		Team	
E-mail			

SEED TIME	EVENT	SEED TIME	EVENT
	1. 500 Freestyle		9. 50 Butterfly
	2. 50 Breaststroke		10. 200 Breaststroke
	3. 100 Backstroke		11. 100 Freestyle
	4. 200 Butterfly		12. 50 Backstroke
	5. 50 Freestyle		13. 100 Butterfly
	6. 100 Breaststroke		14. 100 Individual Medley
	7. 200 Backstroke		15. 200 Freestyle
	8. 200 Individual Medley		16. 400 Individual Medley
			17. 800 Free Relay

Circle event number and indicate seed time if known

Fees (Make checks payable to **Swim Atlanta**)

ALL EVENTS	\$45.00
TOTAL AMOUNT ENCLOSED	

MISC. INFORMATION: The facility will be closed to spectators. Only swimmers, coaches, officials, and support staff will be allowed in facility. Locker rooms will be off limits. The wearing of Masks is **STRONGLY** encouraged.

Mail to:

Pat Eddy

3398 Galts Road

Acworth, GA 30102-1132

Patddy52@aol.com

**Must sign and return USMS Liability Release and USMS Covid-19
Attendee Screening Form with your Entry**



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

- I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
- I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
- I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
- I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 or have traveled to or from a highly impacted area, I will not attend an Event for at least two weeks after exposure or symptoms have subsided or I have returned from a highly impacted area. In addition, if I discover I have been exposed to a suspected or positive case of COVID-19 or have tested positive for COVID-19, I will notify the USMS coach or club administrator immediately.
- I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
- I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	



USMS COVID-19 Attendee Screening Form

The following form is based on CDC guidance and must be completed by all attendees (swimmers, volunteers, officials, and facility staff) in the 24 hours prior to the event and submitted prior to entering the facility. If the answer to any of these questions is yes, the participant shall not attend the event unless clearance is given by their medical provider.

Name Printed		Date	
Name Signature		Temperature	
In the past 48 hours, have you had any of the following symptoms?			
Yes <input type="checkbox"/> No <input type="checkbox"/>	Fever of 100.4 F (38 C) or above	Yes <input type="checkbox"/> No <input type="checkbox"/>	Cough
Yes <input type="checkbox"/> No <input type="checkbox"/>	Trouble breathing, shortness of breath, or severe wheezing	Yes <input type="checkbox"/> No <input type="checkbox"/>	Muscle aches
Yes <input type="checkbox"/> No <input type="checkbox"/>	Chills or repeated shaking with chills	Yes <input type="checkbox"/> No <input type="checkbox"/>	Sore throat
Yes <input type="checkbox"/> No <input type="checkbox"/>	Loss of sense of smell or taste, or a change in taste	Yes <input type="checkbox"/> No <input type="checkbox"/>	Headache
Yes <input type="checkbox"/> No <input type="checkbox"/>	Nausea, vomiting, or diarrhea		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Within the past 14 days, have you been in close proximity (6 feet or closer for a cumulative total of 15 minutes) to any individual who tested positive for COVID-19 or has symptoms consistent with COVID-19?		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Are you isolating or quarantining because you may have been exposed to a person with COVID-19 or are worried that you may be sick with COVID-19?		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Are you currently waiting on the results of a COVID-19 test?		

The event host shall keep all original USMS COVID-19 Attendee Screening Forms for no less than 90 days following the completion of the event or until directed by USMS to dispose of them.