



The Georgia Masters Newsletter

Swimming in Georgia

November 2016

Don't Miss These Events

St Nicholas SCM Invitational – November 20

Our last major Georgia event of 2016 is coming up: the annual St Nicholas SCM Invitational will be held at the Georgia Tech Aquatic Center on Sunday, November 20.



The meet info and entry are included in this newsletter and can also be accessed from the Georgia Masters website at www.georgiamasters.org. For on-line registration, visit https://www.clubassistant.com/club/meet_information.cfm?c=2176&smid=8177

Entry deadline for mailed entries was November 9 (received by). Mailed entries received after that date will be treated as late entries and assessed a \$10 late fee. Online entries are accepted until November 15 at 11:59pm. Warmups are at 10:00am and the meet begins at 11:00am. For questions, contact meet director **Sean Fitzgerald** at Seanfit@gmail.com. The St Nick meet is the last event of the 2016 Georgia Grand Prix Series.

2016 Grand Prix Series

April 9-19 Dixie Zone SCY Championships
June 4 UGA meet LC
July 9 Georgia Games Open Water
September 10 SSS Pentathlon
November 20 St Nicholas Invitational SCM

Those swimmers who competed at Spring Nationals in Greensboro will get credit toward the 3 event required minimum for participation in the Grand Prix, but no additional points.

Meet Recaps

Collins Hill Recap – October 30

The annual Collins Hill SCM Developmental Meet was held on Sunday morning, October 30. Twenty-six swimmers from various clubs participated in the meet. Clubs represented included: Andrew & Walter Young YMCA (AWYY), Dynamo (DYNA), Georgia Killer Whales (GMKW), Lifetime Masters (LTMS), Nighthawks Masters (NHMS), Northwest Georgia (NWGA), Marietta Stingrays (RAYS), and Swim Atlanta (SAMS). Thanks to all those who helped to make this a successful meet: **Andy Rettig** and **Harry Heath** officiated the meet; **Ian King**, **Ken Koontz** and various swimmers served as volunteer timers. Nice to see a lot of new Masters swimmers at this meet!

Other News

New Registrar



We now have a new Georgia LMSC Registrar in place. As previously announced, **Andy Rettig** is taking over this position, effective November 1. He replaces **Cody Wehunt**. Thanks to Cody for serving as Registrar this past year. For questions involving your USMS registration, contact Andy at arettig@gmail.com.

2017 USMS Registration

All current registered Georgia LSMC members should have received a notice from the National Office to renew their registration. Registration for the 2017 year began on November 1. That registration will be valid through December 31, 2017.

Club & workout group reps – be sure to register your club if you haven’t already done so. Individual swimmers will not be allowed to

register for that club until the club registration has been submitted.

Note that there have been substantial fee increases instituted by USMS for this year, particularly for club and workout group registration fees. Our Georgia LMSC Board held an emergency meeting on October 16 to discuss these fee increases and how best to accommodate our members.

For individual registrations, there has been an annual \$2 increase put in place each year, which will continue for at least another 3 years. We have reduced our LMSC fee by \$1 each year, so that individual registrations will only increase for our swimmers by \$1. The rate for 2017 is \$53.

The USMS fee for both club and workout group registration fees have increased by \$16. The current club fees are now \$61 and workout group fees are \$46.

Swimmer Profile – Sara Edwards
By Elaine Krugman



If you have participated in a Georgia Masters swim meet over the past four years, you probably noticed Sara Edwards. She was the one with the perpetual smile, jovial personality, and contagious laugh.

Having Sara on deck just automatically increases the enjoyment level for everyone around her!

I first met Sara in 2012 at the Georgia State Games Open Water Meet at Lake Acworth. I had never competed in open water before, but it was one of

the Georgia Grand Prix meets, and **Walter Leen** had talked me into giving it a try. At the lake where Sara and I met, Sara also met Walter, and he recruited her to join the Killer Whales U.S. Masters Swimming (USMS) team.

As a new Masters swimmer and Killer Whale, Sara had no goals in mind; it was something to do for fitness and fun. “The Killer Whales were a lower commitment without the pressure that you had to swim in an organized practice, so that’s what worked best for me at the time,” Sara explained.

In 2014, the enthusiastic swimmer downsized from a Killer Whale to a Rainbow Trout, because she decided she needed to swim in organized practices. The Atlanta Rainbow Trout offered that option at Georgia Tech’s pool.

As Sara remembered, “I wanted to increase my overall level of commitment, and I decided as I was joining the [Atlanta Rainbow] Trout that I wanted to do the 4.4-mile swim across the Chesapeake Bay, in Maryland (where she grew up). I had been thinking about it for a couple of years, so I entered the lottery to see if I could get in, and I did.”



“Last summer I did that swim. It was my first really big goal. It was incredible, because they shut down the Chesapeake Bay to shipping traffic, and we swam between the two spans of the bridge... The water was 76 degrees and most people were wearing wetsuits. I decided at the last minute that I

couldn’t wear a wetsuit. It was just so hot, there was no way!”

Sara didn’t have a time goal for the swim; her expectations were just to finish. Previously, she had swum in lakes where tides and currents weren’t an issue. In the Chesapeake Bay, it was a challenge. She finished in 3-1/2 hours which was the time she had told her parents and aunt to meet her on shore. “They barely recognized me when I came out of the water, because they expected me to have a wetsuit on. That was funny! I was just so thrilled to finish!” Sara said with her characteristic laugh.

Competing in open water is Sara’s passion, and her regular event is the Georgia Games Open Water Meet where we met. Although she first entered the 1K, Sara has been increasing her distance over the years. After moving up to the 3K, she competed in the 5K race the past two years.

In the pool, Sara looks forward to competing at the Southside Pentathlon and her home meets (Spring Splash and St. Nick’s) at Georgia Tech. This year, she joined me as two of only four women who competed in the Ironman Pentathlon at the Southside Pentathlon meet in Jonesboro, and we cheered each other on.

At the last Spring Splash at Georgia Tech, Sara kept very busy on deck. “I’m the Swimming Chair for the Trout, so it’s my job to work with the coaches and to help run the meet. I was really lucky that Sean [Fitzgerald] learned how to run the meet management software; so, he did the meet management and heat sheets. I did the volunteer coordination and made sure the timers were there. I also handled the lane counters and parking passes.”

Sara had this to say about her day-to-day responsibilities as Swimming Chair: “Sometimes I really love it, and sometimes it’s hard, because I’m conducting team business during practices, answering questions, and welcoming new swimmers; and, that’s really fun. It’s hard

sometimes, though, because I'll miss (swimming) yardage during practice."

Due to her recent return to full-time employment, the time Sara is able to spend in the pool is something she covets. "My training has varied so much this year. I was unemployed for 4-1/2 months, so I swam five or six days per week during that period. I went back to work in late July, so lately it's 3 times per week and about 2,500 to 3,000 yards. I just try to keep up with the workout, and keep up with my lane."

The work Sara put in as a swimmer paid off for her last April when she competed in the Spring Splash at Georgia Tech. She had been training with both the Southside Seals and Atlanta Rainbow Trout; however, she got worked extra hard with the Seals. "The Southside Seals coach, Megan, has a way of pushing you on the workout. I dropped a lot of time on a lot of my events [in the Spring Splash], and I was really excited, because I hadn't dropped time in a while."

In the future, Sara hopes to compete in a national competition, if there is one in the southeast region. She also has the 2017 Dixie Zone Long Course Championships (in Greenville) on her radar. In addition, the open water enthusiast has a goal that will take her out of the pool. "I think I want to do ocean swimming. The summer before I did the Chesapeake Bay swim, I went to a swim clinic at the state park where the starting line was, and the clinician talked about the Ocean Games in Ocean City, Maryland. I thought, wow, that would be so different. I've gone from lakes, to a bay, to a river—and I love rivers—and, I thought, well, I could swim the ocean. I would love to do that, so I think I am going to put the Ocean Games on my list for next year," Sara said.

Although she is a distance freestyler at heart, Sara has other events she'll be adding to her pool event line-up at future meets. "I'm not a backstroker, but breaststroke is growing on me. I think the fly is kind of a bad-ass stroke, so I try to do that a little more when fly fits in with the timing [in a meet line-up] when I pick [race] events."

When I asked Sara if she had any advice for other Masters swimmers – whether it be about swim meets or workouts – she focused her reply on the training aspects of the sport: "Do what works for you, whether it's regular practices or not. At team practices, just get in the first few times and don't think about it. Just try to follow along the best you can. I think it's overwhelming for some people – the first time you smack hands over the lane lines, or someone runs into you; it's like, 'Oh my God, I can't do this!' But, do it for a couple of weeks, and it will work itself out. Don't be intimidated; just have fun with it."

These past four years as a Masters swimmer have been a lot of fun for Sara, and there are aspects of the sport she particularly likes. As she explained, "Swimming was something my dad did when he was growing up, and he swam in college. He coached so many of the teams my brother and I were on. He would always help out at swim practice, and then he swam Masters himself. It wasn't something I really thought about until **Walter** came up to me [at the Georgia Games Open Water Meet], and I thought, yeah, that sounds cool! I think the people are amazing. You can get really involved if you want to, or, just show up and swim.

"This year, there were a few meets I didn't do, because I was unemployed and trying to be mindful of finances; but, I really like swimming, because it's a sport where you don't have to spend a lot of money, or, you can have fun and travel, and spend a little more. I like how bare-bones the sport is, and you're not relying on the flashiest gear to raise your level of competitiveness other than a decent swimsuit."

Like so many other Masters swimmers, though, the people are what Sara likes most about USMS. "Number One is the camaraderie at meets-- seeing so many different types of people with different swimming backgrounds... I love seeing everyone! Also, with swimming, you're in a different world for an hour or so; it's really nice. My life has become so much more hectic now [working full-

time],” Sara said, adding that she often thinks to herself, ‘Yep, I need a break; I’m going to the pool!’

If you happen to be at the pool for a practice or swim meet when Sara is there for one of her much-needed breaks, consider yourself lucky, because her presence will make your day a brighter one!

**News for Non-Competitive
and Solo
Fitness Swimmers**

Teaching Swimming

By Bob Kohmescher

Teaching swimming is fun. It reminds you of everything you take for granted in the water. It forces you to problem solve. And it reminds you how much fun it is to move through the water.

I’m living in an active senior adult community in Sun City Peachtree. One of my tennis friends asked if I could teach her to swim. “Sure!” I responded.

First task is to teach relaxation in the water. You don’t *tell* someone to relax in the water, you have them try some simple skills to demonstrate their natural buoyancy. If one simple skill doesn’t work, you find an even simpler skill. Your success as a teacher is dependent on how well you problem solve.

I was lucky because my student was very buoyant and was very relaxed on her back. So I introduced her to the arm movement of the elementary backstroke (remember that stroke?).

Two of the challenges of learning that movement is a smooth recovery and a strong stroke. Don’t take for granted that a beginner will naturally

understand how to get power from the arm movement of the elementary backstroke. Learning that “feel” of the water as you bring your arms from an extended position to your side is a critical skill.

It’s not a matter of just watching the instructor demonstrate the stroke, it’s becoming comfortable with each mini-skill. As you see your student struggle to master each mini-skill, your challenge is to figure out what works for that student. Although we’ve all been trained to think about the position of our hands in the water and how to maximize propulsion and minimize negative movements, it’s a whole new world for the beginner swimmer. Try doing 3 new things at once in the water and see how successful you’d be – probably not very because you’re concentrating on doing just one of them correctly.

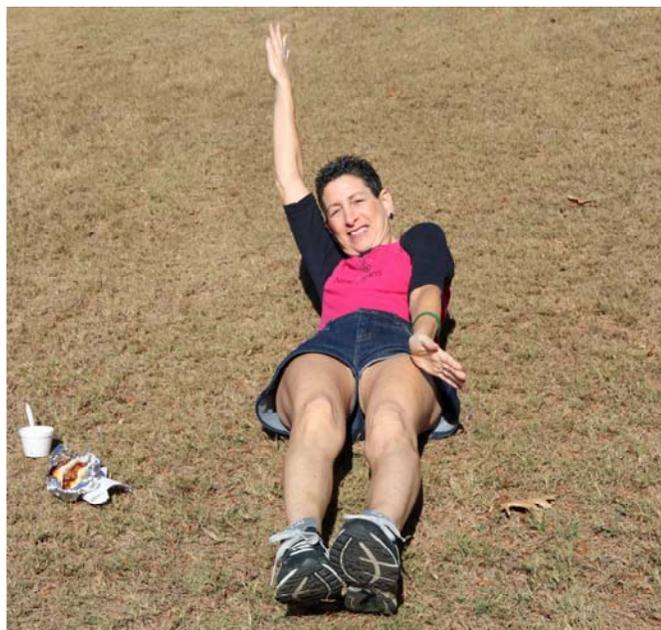
In my last lesson, I taught my student how to scull and tread water. What comes natural to us as swimmers is anything but natural to a beginner. She could see me moving my hands first in one direction and then another. But until she mastered the feel of the water using her hands, she was just moving her hands back and forth in the water to no effect. Everything takes time and patience!

Speaking of how much fun it is to move through the water, I tried something I hadn’t done in awhile. Try sculling feet first on your back with your arms extended behind your head (the position you are in after you push off the wall swimming backstroke). Goal: at least 25 yards feet first. If you can’t do it, challenge one of your swim mates to teach you how!

Dry Land Drills

1. Dress for the weather.
2. Works best on a warm Saturday afternoon.
3. Put your food to the side of your body, e.g., your hotdog.
4. Backstroke drills work best because you’re already on your back!

See below for illustration of above instructions:



P.S. Keep your head back, resting in the grass. Don't look at the photographer (me).

Suggested Workout

Kiefer Swim Workout

Warm Up (700 yards)

- 300 swim alternating 50 free/50 back, match your cycles. If you took 20 cycles for the 50 free try to match it with 20 cycles for the 50 back (one cycle=one stroke w/ left arm; one stroke w/ right arm).
- 4 x 50's extension kick on :10 rest take your time! (extension: kick on side, one arm extended)
- 100 pull alternating 25 free/25 back match your cycles
- 100 catch up freestyle drill (pause at end of each stroke so right hand touches left, etc.)

Drills (1,000 yards)

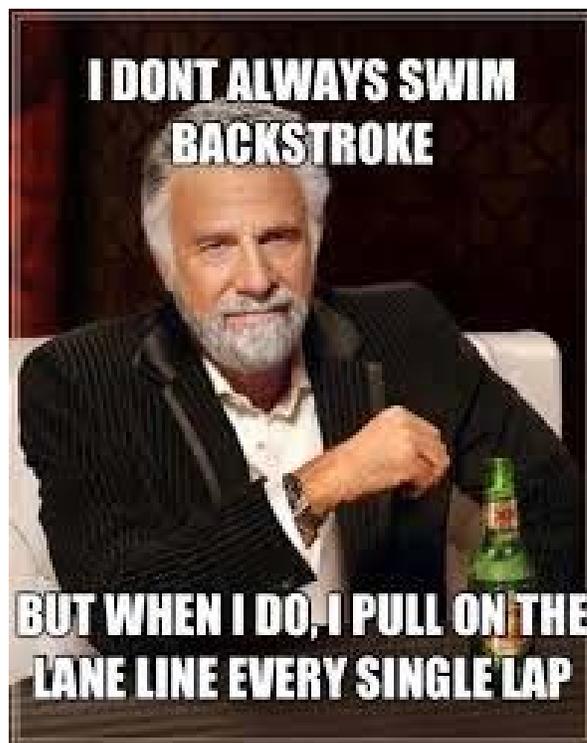
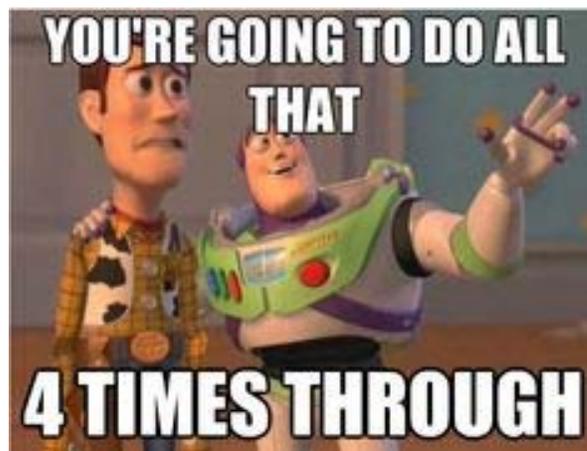
After swimming each of these 3 bullets, repeat

- 8 x 25's (1, 3, 5 & 7: kick on your back); (2, 4, 6 & 8: 3 right arm, 3 left arm)
- 4 x 50's descend 1-4 (swim each 50 faster than the previous 50)
- 100 pull long perfect stroke

Main Set (1,800 yards)

- 5 x 100's freestyle
- 500 yards (paddles optional)
- 100 easy choice, recover
- 4x 50's (3 fast, one easy)
- 100 easy loosen
- 400 yards

2600 cumulative yards



Upcoming Events

November 2016			
*20	St. Nicholas SCM Invitational at Georgia Tech		
December 2016			
	Georgia LMSC Conference Call at 7:15; contact Lisa Watson at lisa.watson@ung.edu	2-4	Columbia, SC – SCM
10-11	Coral Springs, FL – SCM		
January 2017			
	Georgia LMSC Conference Call at 7:15; contact Lisa Watson at lisa.watson@ung.edu	21-22	Charlotte, NC - SCY
February 2017			
	Georgia LMSC Conference Call at 7:15; contact Lisa Watson at lisa.watson@ung.edu	11-12	Auburn, AI – SCY
26	Greensboro, NC – SCY		
March 2017			
TBA	St. Patrick’s Day SCY Invitational at Dynamo	TBA	Georgia LMSC Mid-Year Meeting

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.

Who Y’All Can Call

Name	Title	Phone	Email
Rob Copeland	Long Distance	(678) 817-1602	rob_copland@comcast.net
Donna Hooe	Coaches Chair	(912) 884-6456	rdhooe1@juno.com
Sean Fitzgerald	Vice-Chair	(404) 496-4422	seanfit@gmail.com
Bob Kohmescher	Newsletter Editor	(770) 722-2192	bobk340@comcast.net
Ian King	Member At Large	(678) 471-8483	ianeking_roswell@hotmail.com
David Morrill	Safety	(770) 862-2533	latycar@latycar.org
Britta O’Leary	Member At Large	(636) 295-3222	b.boesing@gmail.com
Andy Rettig	LMSC Registrar	(678) 417-6411	arettig@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	LMSC 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

Swim Websites

Name	Website
Athens Bulldog Swim Club	http://www.athensbulldogs.com
Atlanta Rainbow Trout	www.atlantarainbowtrout.com/
Atlanta Water Jocks	www.atlantawaterjocks.com
Chastain Park Athletic Club	www.ChastainParkAthleticClub.org
Concourse Athletic Club Masters	https://www.wellbridge.com/concourse-athletic-club/sandy-springs
DeKalb Aquatics Masters	http://daqswim.com
Dixie Zone	www.dixiezone.org
Dynamo Masters	www.dynamomasters.com/index.html
Frances Meadows Aquatic Center	http://www.gainesville.org
Fyns	http://www.fynsmasters.com
Georgia Masters Swimming	www.georgiamasters.org
Golden Isles Swimming	www.goldenislesswimteam.org
John P. Thayer YMCA Masters Swim	www.Columbusymca.com
Nautical Milers Special Needs Swim Team	http://www.facebook.com/NauticalMilersSwimTeam
Northwest Georgia Aquatics	www.teamunify.com/ganga
Richmond Hill Swim Club	http://richmondhillswimclub.com
Savannah Masters	http://www.tlb975.wix.com/mastersswimming
Stingrays Masters Swimming	www.stingraysswimming.com
Swim Atlanta Masters	www.swimatlantamasters.com/
Swim Macon Masters	www.swimmacon.com
Tiftarea Tidal Wave	www.tiftareatidalwave.com
Warner Robins Aquanauts	http://wraswim.com
Windy Hill Athletic Club Masters	http://www.midtown.com/windyhill

Georgia Teams & Clubs

Georgia Clubs			
Name	Abbr	Contact	Email
Andrew & Walter Young YMCA	AWYY	Iilonga Thandiwe	linz.t@mindspring.com
Atlanta Rainbow Trout	ART	Sean Fitzgerald	seanfit@gmail.com
Atlanta Water Jocks	AWJ	Lorenzo Benucci	lbenucci@gmail.com
Brad Akins YMCA Barracudas	BAYB	Meredith Carroll	meredith@gapiedmontymca.org
Chastain Park Athletic Club	CPAC	Jim King	jimkingusa@gmail.com
Concourse Athletic Club Masters	CM	Nancy Overheim	cacmasteratl@gmail.com
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	daqswim@bellsouth.net
Frances Meadows Aquatic Cnter	FMAC	Meghan Modisette	mmodisette@gainesville.org
Georgia Masters	GAJA	Lisa L Watson	Lisa.Watson@ung.edu
Golden Tiger Aquatic Club	GTAC	Nate Rhoads	nrhoads@brenau.edu
Gwinnett County Masters Club	GMAC	Destry Dispain	Destry.Dispain@gwinnettcounty.com
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	sbalkcum@ymcacolumbusga.com
Life Time Swim Georgia	LTMS	Ryan Bell	ryanbell@msn.com

Nautical Milers Special Needs Swim Team	NAUT	Patrick Thoreson	patrick_thoreson@yahoo.com
Northwest Georgia Aquatics	NWGA	Karney McNear	nwgaquatics@gmail.com
Northwest YMCA Grayfins	YGF	Muriel Cochran	murielcochran@gmail.com
Richmond Hill Swim Club	RHSC	Anne Cutchin	rhscswimcoach@gmail.com
Stingrays Masters Swimming	RAY	Ian Goss	rayscoach@gmail.com
Summit Family YMCA	SY	Mike Steele	mikes@ymcaatlanta.org
Tiftarea Tidal Wave	TTW	Dustin Bengston	tiftareatidalwave@gmail.com
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	keith.berryhill@windyhillclub.com
<i>Georgia Superteam (GAJA)</i>			
ASL Silverking TRI-Masters	ASLM	Kathleen Greely	aslcoachgreely@gmail.com
Athens Bulldog Swim Club	DAWG	Craig Page	craigwpage@gmail.com
Dynamo Swim Masters	DYNA	Coach Maria Thrash	mariat0202@aol.com
Fyns	FYNS	Raquel Terroba	Fyns.coach@gmail.com
Georgia Masters Killer Whales	GMKW	Lisa Watson	lisa.watson@ung.edu
Golden Isles Swimming	GIST	Betty Veater	betty@stmarkstowers.com
Lake & Mountain Hilltoppers	LMH	Bill Pave	wpave@windstream.net
Life Time Swim Alpharetta	ALPL	Ryan Moss	
Life Time Swim Johns Creek	JCL	Merrie Copeland	
Life Time Swim Woodstock	WSKL	Elizabeth Gibson	
Life Time Swim Atlanta	ATLL	Lauren Lamb	
Life Time Swim Sugarloaf	SUGL	Jonathan Sims	
Savannah Masters	SAVM	Donna Hooe	rdhope1@juno.com
Southside Seals	SSS	Rob Copeland	rob_copeland@comcast.net
Stingrays Masters	RAYS	Ian Goss	rayscoach@gmail.com
Swim Atlanta Masters	SAMS	Scott Davis	scot@swimatlanta.com
Swim Macon Masters	SMM	Tana Selby	tanatanas@bellsouth.net
Warner Robins Aquanauts	WRAM	Daniel Murray	coach@wraswim.com



St. Nick's SCM Invitational
GA Tech Campus Recreation Center (CRC)
November 20, 2016

Hosted by: Atlanta Rainbow Trout
Meet Director: Sean Fitzgerald

USMS Sanction #: 456-S006
Date: November 20, 2016

Time: Sunday Warm-ups start at 9AM; Meet starts at 10AM.

Facility: Georgia Tech Campus Recreation Center (CRC). 10 Lanes, Short-Course Meters 10 Lanes for warm-up/warm-down continuously running through the meet. <http://www.crc.gatech.edu/aquatics/>

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, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

A separate warm up pool will be available throughout the meet.

Address: 750 Ferst Dr NW, Atlanta, GA 30318. Parking Available in lot across Ferst Drive from the Campus Recreation Center (CRC) or behind the CRC on Tech Parkway/Please pick up a parking pass inside the facility.

Eligibility: The meet is open to all persons 18 years and older as of November 20, 2016. Your age on December 31, 2016 determines your age at the meet. USMS REGISTRATION IS REQUIRED. If you are not registered, your application can be accepted at the meet. **Please include a copy of your USMS card with your registration.**

Events: Swimmers may enter up to 5 individual events per day and 3 relays.

Awards: Ribbons will be awarded for 1st, 2nd, and 3rd places. Team scores will be kept and the teams with the highest scores will receive awards. High point winners will also receive an award.

Timing: Touchpads/electronic timing with hand/stopwatch backup.

Scoring: Top eight finishers will score as follows: 20, 17, 16, 15, 14, 13, 12, 11 for Individual events and 40, 34, 32, 30, 28, 26, 24, 22 for relays.

Fees: \$40 covers facility and meet costs.

Seeding: All events except for the 400 Free and 800 Free will be seeded in advance and slowest to fastest. The 400 & 800 Free will be seeded slowest to fastest and only after positive check-in has expired. Men and Women will be seeded together based on time.

Relays will be deck-seeded and relay heat/lane assignments posted at the meet. Psych sheets will be posted at www.georgiamasters.org around November 17th (depending on the number of late entries being processed).

Relays: Entries for the 200 free relay will be due at 9:30 AM. All other relay entries will be due 45 minutes before each relay and will be announced at the meet.

Entry deadline: Paper entries must be received by Wednesday, November 9th. Mailed entries received after that date will be assessed a \$10 late fee. No new heats will be created to accommodate late entries.

ENTER ONLINE at https://www.clubassistant.com/club/meet_information.cfm?c=2176&smid=8177 until November 15th at 11:59PM. No late fee with online registration!



Include a copy of your USMS Card!

Last Name:		First Name:		Middle Initial:
Date of birth:	USMS#:	Team/Club Affiliation (NOT GAJA):		
Gender:	Email address:			

Circle the event number and provide your best Short-Course Meter (25M) time for each event you plan to enter. No deck entries will be accepted for Individual events. Maximum of 5 individual events per day. **400 & 800 Free limited to the first 30 entries.**

Warm ups 10 AM; Meet Starts 11AM					
#	EVENT	Time (00:00:00)	#	EVENT	Time (00:00:00)
1	800 Free		13	100 Back	
2	400 IM		14	50 Fly	
3	Women 200 Free Relay		15	200 Free	
4	Men 200 Free Relay		16	100 Breast	
5	Mixed 200 Free Relay		17	200 Fly	
6	50 Breast		18	50 Free	
7	100 Free		19	200 Back	
8	100 Fly		20	100 IM	
9	50 Back		21	Women 200 Medley Relay	
10	200 Breaststroke		22	Men 200 Medley Relay	
11	200 IM		23	Mixed 200 Medley Relay	
12	Exhibition Reindeer Relay		24	400 Free	

Payment Info:
Meet Entry Fee:
 \$40.00

Make Checks Payable to: **Atlanta Rainbow Trout**
Mail to: Sean Fitzgerald 847 Wildwood Rd NE, Atlanta, GA 30324

Paper Entry must be received by Wednesday, November 9th.

Online entry: https://www.clubassistant.com/club/meet_information.cfm?c=2176&smid=8177

Questions? Email seanfit@gmail.com

Must sign USMS Liability Release on Back of Entry



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");

1. 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.
2. 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.
3. 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.
4. 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.
5. 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