

MOUNTAIN VIEW MASTERS SWIM & SOCIAL CLUB 2015 Registration Form

Coaches:

___ LS
___ RG
___ TW
___ CC
___ MS

Signed up w/ TU?
Y / N

New Registration

Change of Information

For payment options, hours, and other details about our program visit www.mvm.org

Last Name: _____ First Name: _____ M.I.: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

E-Mail: _____ Can we add to MVM E-Mail List? Y / N
(Recommended for weekly announcements/updates)

USMS (Pacific Masters Swimming) Number: _____
(Register/Renew on-line at <http://www.usms.org/reg/>)

Set up account on Team Unify: Y / N (If no, please visit our site www.mvm.org)

Emergency Contact Information:

Name: _____ Phone: _____

Medical Information We Should Know About: _____

Optional Personal Information:

Date of Birth: _____

How did you hear about MVM? _____

Swimming Experience: _____

Usual Practice Time & Lane: _____

Personal Swimming Goals: _____

Comments: _____

PLEASE READ & SIGN SECOND PAGE

The information provided on this form will not be distributed beyond the MVM Board of Directors and Coaching Staff Without permission of the team member.

PLEASE READ THE FOLLOWING REGARDING LANE ETIQUETTE & SIGN BELOW

These guidelines are common to all United States Masters Swimming programs and are set in place to ensure workouts are done safely and without incidence.

Overall Guidelines for swimming in a master’s workout:

- A master’s swim workout is an organized/structured workout.
- You should be following the workout given by the coach
- You should be swimming a specific cruise time & following the intervals given in the workout.
- If you want to swim your own workout you can either swim in the small pool or during lap swim hours.

Lane Leading

Who should lead the lane? The first swimmer in the lane must understand the set and all the intervals, be able to see and read the pace clock and have a good sense of pace. If you typically take it out fast and fade, you are better off swimming the set behind a teammate who will pace the set better. The Lane Leader should use common sense and realize that the way he/she swims the practice affects everyone in the lane. The other swimmers need to support their Lane Leader, politely correcting errors and electing new leaders at the correct times.

Passing

It is best to make the pass at the walls rather than in the middle of the laps. Here is how it works:

Passer: Gently taps feet of Pensee.

Pensee: At the next turn, pulls over to the RIGHT corner and stops.

Passer: Makes flip turn at LEFT corner of wall.

Pensee: Starts swimming again, behind the Passer.

Late Arrivals – If you arrive late: (I.e., ANYTIME AFTER THE DRILL SET STARTS)

- PRIOR to getting in the water, check with the coach to see what lane to get in (as lanes may have been shifted during the drill set)
- Check the white board before entering the water so you have an idea of what the workout is.
- **WAIT FOR THE SWIMMERS TO STOP BEFORE GETTING IN so they know someone else is in their lane.**
- Get in the back of the rotation
- Do NOT expect swimmers in your lane to stop and explain the set to you.
- Be as unobtrusive as possible

Early Arrivals:

If you arrive early, please either warm up in the small pool or find an empty lane. Do not get in a lane where swimmers are in the middle of their set.

I Have Read and Understand the Etiquette Guidelines for Swimming in a United States Masters Swim Program.

_____ Name

_____ Date