

# San Mateo Masters



San Mateo Masters is a USMS Masters Swim Team with 200+ swimmers ranging from age 18 & up. We are recognized as the 1st Masters Swim Team in the United States. Our swimmers come in all different shapes, sizes, and abilities. Experience in competitive swimming is not necessary. We provide structured group workouts, motivation, stroke advice and camaraderie. All San Mateo Athletic Club members are welcome to try a complimentary workout. Simply introduce yourself to the coach on the deck and hop in the pool!

**Head Coach: Tom Reudy**

**Assistant Coaches: Katie Elgaen, Cindy Lee & Jane Worden**

## Practice Times:

Monday – Friday	5:45 – 7:00am
Monday – Friday	7:00 – 8:00am
Monday/Wednesday/Friday	10:00 – 11:00am
Monday – Friday	12:00 – 1:00pm
Monday - Thursday	6:00 – 7:15pm
Saturday & Sunday (long course meters)	7:15 – 9:00am

## Focus for Each Day

Monday	Distance Free
Tuesday	IM/Stroke
Wednesday	Quality Free
Thursday	Mid Distance Free
Friday	Stroke/IM
Saturday	Mid Distance Free
Sunday	Aerobic Base Mix

## Events & Changes to the Schedule:

Saturday Jan. 28 <sup>th</sup>	Both Pools will be open from 3:30 – 6:30pm only. No workout
Sunday Jan. 29 <sup>th</sup>	Both Pools will be open from 3:30 – 6:30pm only. No workout
Saturday Feb. 11 <sup>th</sup>	USF Swim Meet San Francisco, CA
Monday Feb. 20 <sup>th</sup>	Presidents Day – One workout Only on this day 8:00am – 10:00am Longcourse
Saturday March 3	Annual Soup Dinner
Fri. – Sun March 30 – April 1	Pacific Masters SCY Championships

## Fees:

***San Mateo Masters is available to San Mateo Athletic Club members only***

Fee for SMAC members

\$20 per month in addition to SMAC dues

Drop in fee for USMS registered swimmers:

\$15/per visit (must present USMS card)

## Information & Registration

Contact Coach Tom at (650) 378-7373 or [reudyt@smccd.edu](mailto:reudyt@smccd.edu)

# San Mateo Masters Registration Form

Name:	Gender: F M	Date of Birth:
Phone Number:	Emergency Contact Number:	
Email:	USMS number:	

**San Mateo Masters Swim Team is offered to members of the San Mateo Athletic Club only  
All swimmers must register with United States Masters Swimming (\$42/year)  
Monthly Fee: \$20**

## **Cancellation Policy**

Any member (a "Member") of the San Mateo Masters swim team (the "Masters") may resign from the Masters by giving advance written notice to the San Mateo Athletic Club's ("SMAC") Aquatics Director, subject to the following terms and conditions. Resignation notices received by the SMAC Aquatics Director on or before the first calendar day of the month will become effective on the last day of that month. Written resignation notices received by the SMAC Aquatics Director on or after the second calendar day of the month will become effective on the last calendar day of the following month. Masters dues will continue to accrue until the resignation is effective. No resignation will be effective and dues shall continue to be payable hereunder until all required payments have been received by SMAC. After Member's resignation has become effective, he/she will not be subject to any further Masters swimming dues and all Masters swimming privileges will be terminated.

## **Please read and sign the release below**

I, \_\_\_\_\_, have voluntarily requested to participate in the Masters. I recognize that participation in the Masters does not require that I help remove the pool covers or change the lane lines and if I choose to do so I do so on my own volition and at my own risk. I am aware that attending or participating in these activities involves risk of injury to person and property. I voluntarily accept and assume all risk from attending and participating in these activities. In consideration of being permitted to participate in these activities, I agree, on behalf of myself, my heirs, personal representatives and assignees, not to make any claim against or sue the City of San Mateo, College of San Mateo, San Mateo Athletic Club or any of their employees, officers, directors, agents, contractors, members or board members (collectively referred to as the "RELEASED PARTIES") for any injury or damage to myself, anyone else, or any property arising from the negligence, or other acts, however caused, of any of the Released Parties. In addition, I release and discharge the Released Parties from any and all actions, liabilities, losses, claims or demands that I, my heirs, personal representatives or assignees, have or may hereafter have for personal injuries to myself, anyone else, or any property damage resulting from my participation in the San Mateo Masters and other activities related thereto. **I HAVE CAREFULLY READ THE LANGUAGE ABOVE. I UNDERSTAND THIS IS A COMPLETE RELEASE OF ALL LIABILITY, AS WELL AS A PROMISE NOT TO SUE OR MAKE A CLAIM.**

Date: \_\_\_\_\_ Participant Signature: \_\_\_\_\_