

New Jersey Masters Swimming

Masters Open Water Swim Clinic



Saturday, June 20, 9 a.m.-12 p.m.

Upper Mohawk Lake

Sparta, NJ



WORKOUTS ■ SAFETY ■ STARTS
TECHNIQUE ■ NAVIGATION ■ FINISH

USMS Long Distance All American Jeff Jotz and other experienced open water swimmers will prepare you for swimming in everything from a backyard pond to the English Channel. Clinic will consist of dryland instruction as well as swimming in the shallow waters of Upper Lake Mohawk. **Beginners and advanced open water swimmers are welcome, but all swimmers should be able to complete an 800-yard pool swim without difficulty before participating in this clinic.** Pizza will be provided after the clinic for participants.

Wetsuits are allowed and strongly encouraged if the water temperature is below 65F.

ENTRIES: The clinic is open to all Masters Swimmers holding a valid 2009 USMS registration card. A copy of your card must accompany your entry! Non-USMS members can register for a one-day USMS membership for an additional \$12, payable to NJ-LMSC (form attached).

COST: **Pre-registration required.** \$25 if postmarked before June 13; \$35 after. Clinic size is limited to 25 swimmers. Make check payable to Jeff Jotz Aquatics and mail to P.O. Box 873, Rahway, NJ 07065.

DIRECTIONS: Take Route 80 West to Exit 34B (Sparta/Jefferson) to Route 15 North. Travel approximately 10.6 miles on Rt 15 and take the 517/Sparta/Franklin exit. At the light at the end of the exit ramp, take a left on Rt 517 South for 2.1 miles and then turn left on South Shore Trail into the Our Lady of the Lake Church parking lot. Upper Lake Mohawk is on the other side of South Shore Trail from the church parking lot.

NAME:	ADDRESS:
USMS NO.:	CITY/STATE/ZIP:
E-MAIL:	PHONE (day):
AMOUNT ENCLOSED:	PHONE (eve./cell):

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 MASTERS 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. (Rule Book Article 203.1)

Signature _____

Date _____

Non-USMS members may fill out and mail in this attached form for a one-day registration*

2009 ONE EVENT REGISTRATION FORM



U.S. MASTERS SWIMMING

2009 ONE EVENT MEMBERSHIP APPLICATION

USMS Fee: \$10.00
 LMSC Fee: \$2.00
TOTAL FEE \$12.00

Make check payable to: "NJ LMSC"

Register with same name you will use for competition. Print clearly.

Last Name		First Name		Init	For Office Use
Street				Apt	
City		State	Zip	Phone No.	
Date of Birth		Age	Sex	Today's Date	
Mo.	Day	Yr		Mo	Day Yr

OEVT - One Event Membership Event Date: 6/20/09

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Signature _____

*** Don't stop there! For only an additional \$23 (\$35 total) you can become a full-fledged member of NJ Masters Swimming. Your annual membership entitles you to the following:**

Eligibility for all Masters-sanctioned swim meets, clinics, open water swims and social events

USMS Swimmer Magazine

The Fast Lane bimonthly NJ Masters newsletter

And much, much more!

Questions? Contact Jeff Jotz at jjotz@yahoo.com
 Or call (732) 382-9419 (evenings).