

USMS Open Water Clinic

Sunday, June 7, 2015

Forest Park Aquatic Center, Noblesville, Indiana

The Noblesville Adult Swim Team and Forest Park Aquatic Center will host a USMS Open Water Swimming Clinic in beautiful Forest Park, Noblesville, IN. The clinic is open to beginners as well as experienced open water swimmers and is designed to develop skills and knowledge specific to racing in open water. Proceeds will go to the Friends of Central Pool, Inc., an Indiana Non-Profit 501(c)(3) corporation which operates the Forest Park Aquatic Center.

Dick Sidner, a USMS and ASCA certified coach and open water specialist will be joined by a league of local and experienced open water swimmers and coaches to deliver this engaging open water-specific curriculum.

The clinic will be delivered in one morning session with an optional session in Morse Reservoir immediately following a break for lunch.

Session One: Pool Open Water and Video Analysis - Forest Park Aquatic Center 8:00-11:00 AM. This session will develop proper form and incorporate training techniques designed to build your open water skill set during pool workouts. This session will include video analysis and group open water drills.

Lunch: Provided by our sponsor – Maxlife Chiropractic.

Optional Session Two: Open Water – Morse Reservoir Noon to 1:30 PM. This session is limited to 20 swimmers. The optional session at Morse Reservoir will teach open water techniques, especially sighting, navigating buoys, beach and water starts and finishes and recommendations appropriate for short or long distance open water swims.

The cost to attend the clinic is \$40.00 (\$50.00 deck entry), limited to 40 participants. The optional session in Morse is an additional \$20.00 and is limited to 20 participants.

Registration Form
2015 USMS Open Water Swim Clinic
at Forest Park Aquatic Center, Noblesville, IN

Name (PLEASE PRINT): _____

Email: _____ Phone: _____

Emergency Contact: _____ Emergency Phone: _____

Please attach copy of USMS card. Please circle sessions desired below.

Session 1. (Limited to 20) 8:00-11:00 AM, Forest Park Aquatic Center. \$40.

Session 2 (Optional & limited to 20), Morse Reservoir, 12:00 to 1:30 PM \$20.

TOTAL enclosed \$ _____. Make checks payable to **Friends of Central Pool, Inc.**

Please return the form to, Dick Sidner, OW Clinic Director, 1510 Persimmon Pl., Noblesville, IN 46062, or deliver to Forest Park Aquatic Center, Main Office.

You are not required to be a member of USMS, but will need to sign a 30 day waiver.

Contact: dsidner@gmail.com or call (317) 695-9885. Registration deadline is noon EST, 6/1/2015. Deck entries may be accepted, if space permits, but will increase to \$50.

Please read and sign: LIABILITY RELEASE

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, INCLUDING NOBLESVILLE ADULT SWIM TEAM, HOST FACILITIES, INCLUDING SOUTH HARBOUR PROPERTY OWNERS ASSOCIATION (SHPOA) AND FRIENDS OF CENTRAL POOL, INC., 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Swimmer's Signature: _____ Date: _____