



Welcome to SWAM!

Swimming with Alaska Masters (SWAM) is a masters swimming club that includes members of all ages and abilities. Some members participate at the highest level of competition, while others are solely interested in fitness or socializing. Whether you are a triathlete or swimmer, ultimately the goal for everyone is good health. Most of all, every member has a place of importance on this team!

As a new member, you may be in the process of discovering your goals and deciding when and how you wish to train. Filling out the enclosed questionnaire will help our coaches understand your emphasis. If you have questions, problems, or suggestions regarding your training needs, don't hesitate to speak with the coaches. SWAM is a non-profit organization run by a board. So for questions regarding team policy, contact the team president or another board member.

In this packet, you will find copies of our Workout Schedule and Fees, Swimmer Information Sheet, Lane Safety and Etiquette, and SWAM Goal Sheet. Please review the packet thoroughly and submit your information and goal sheets to either of the coaches.

#### Club Goals

As part of the national organization, SWAM is dedicated to meeting the goals of United States Masters Swimming (USMS) including:

- Encouraging and promoting improved physical fitness and health in adults
- Offering adults the opportunity to participate in a lifelong fitness and/or competitive swimming program
- Enhancing fellowship and camaraderie among masters' swimmers
- Supporting our local area USMS program, Alaska Masters Swimming (AKMS)

#### New Member Requirements

If you want to be a member of SWAM you must meet the following:

- You are at least 18 years of age.
- You can swim 200 yards without stopping.
- You are interested in being physically fit and don't have medical conditions that would prevent you from participating in a regular swimming program.
- You must register with USMS within one week of joining SWAM. There is a \$34 fee; the registration form is included in this packet or you can register on-line at: <http://www.usms.org/reg/> AKMS is the team and SWAM is the workout group.

Sign up for the SWAM Google Group by using the "Subscribe to SWAM \_Alaska" link- box on our main page (<http://www.akmswim.org/SWAM>). This is the primary communication tool for SWAM through which you will receive e-mails regarding schedule changes, pool closures, upcoming events, and other SWAM-related information.

**Workout Schedule and Fees:** Please see our web site for up-to-date workout schedules and fees. <http://akmswim.org/SWAM/pages/practicesandfees.html>

**Make checks payable to SWAM.** Trimester dues are payable on the first day of the month at the start of each trimester (January, May, and September). There is a collection box in the hallway leading to the Moseley Sports Center locker rooms.

Along with SWAM dues there is an annual fee of \$38.00 for US Masters Swimming (USMS) **WHICH IS REQUIRED FOR ALL SWIMMERS.** Use the USMS registration form in this packet or go to <http://www.usms.org/reg/> to register on-line.

**NOTE:** Moseley Sports Center Pool closes for pool maintenance and holidays each semester. SWAM fees reflect these closures.

IF funds are available, SWAM may offer supervised workouts at another facility during pool closures. Dues will only cover the cost of the coach; additional costs of swimming at a municipal pool or other facility are the responsibility of the individual swimmer.

# Lane Safety and Etiquette

## Safety First

Safety is of utmost importance for everyone participating in SWAM's workouts. To prevent collisions and provide a safe, enjoyable environment for all, practice situational awareness and follow the "rules of the lane" at every workout. Hand paddles are not allowed in SWAM practices if there are four or more swimmers in a lane or the adjacent lanes.

## Situational Awareness

Be aware of what is going on in your lane. Know where you and your lane mates are in the pool, and where you are relative to each other. You should know how fast you and your lane mates are swimming relative to each other. Talk to your lane mates to find out the strokes, intervals and distances that you and your lane mates are doing and will be doing in the near future. For new swimmers, this comes with experience and guidance from your lane mates.

Situational awareness comes with experience, listening to the coach, acting predictably and communicating with your lane mates.

Start gaining situational awareness before you get in the pool. Look to see who the swimmers are in the lane and what they are doing. If you arrive late, ask the coach what's going on or wait until a lane mate is at the wall.

If the distances are short, get in the pool during a rest interval so the other swimmers can see you while they are resting on the wall.

If the distances are long, get in the pool feet first and wait by the wall out of the way so your lane mates' MAY see that you are there. They may not see you, so be very aware if you start swimming in the middle of the set.

Start swimming at an appropriate time so you won't disrupt the traffic flow.

It is every swimmer's responsibility to help his or her lane mates with situational awareness. Communication is the key. Verbally establish whether you want to swim circles or split the lane. Let your lane mates know when you want to change the order of swimmers. Make it clear to your lane mates any time you want to deviate from what is expected.

When the pool is crowded and the lanes are full (3 or more swimmers per lane), there is less flexibility for varying from the workout. Expect to circle swim and share a lane with multiple swimmers. Be considerate.

## Rules of the Lane

**Five Second Rule** -- Unless your lane mates and you decide otherwise, leave 5 seconds behind the swimmer in front of you. This will help your lane mates with their situational awareness. This spacing also allows swimmers adequate space to execute turns. The coach and your lane mates will help you learn to read and use the pace clock.

**Swim on the right side of the lane** -- Unless you are passing someone and exercising extra caution, keep all parts of your body on the right side of the black line. Try to center your body between the black line on the bottom of the pool and the lane line.

Turns should be done straight in and out of the wall. After the swimmer ahead of you has turned and passed you, angle across the black line to position yourself for a turn. While traveling straight into the wall, you will pass the black cross and initiate your turn.

The higher intensity swimmer has the right of way -- If you are practicing drills and another swimmer in your lane is doing a set on a tight interval, it is up to the slower swimmer to stay out of the way.

The faster swimmer has the right of way -- Assuming two swimmers are in a set with equal intensity, the slower swimmer must give way to the faster swimmer in a passing situation or when deciding who leads on the next sendoff. Stop at the wall, not mid-pool, to let someone pass.

The swimmer in motion has the right of way -- A swimmer stopped at the wall should give way to those who are turning or finishing. Never leave the wall just in front of someone who is about to turn. A swimmer on a rest interval should shorten or lengthen the interval by a few seconds in order to reduce traffic problems with those who are coming toward the wall for a turn. If you are faster than the incoming swimmer, leave at least 5 seconds ahead of the incoming swimmer. If you are slower than the incoming swimmer, wait next to the lane line and leave 5 seconds after that swimmer makes the turn.

Interval swimmers have the right of way -- When the pool and lanes are full, swimmers following the workout and swimming on set intervals have precedence. Expect to circle swim and share a lane with multiple swimmers. If you need to vary from the prescribed workout, do so in a way that does not interfere with those following the workout.

Signaling swimmers while in motion -- A faster swimmer who wants to pass should tap the slower swimmer on the foot. The slower swimmer moves as far to the right as possible (up against the lane line), finishes the length, and stops at the wall, next to the lane line, to let the faster swimmer pass. Stop next to the lane line and stand by the wall so the following swimmer(s) have room to turn. You may need to let several swimmers pass before you can merge back in smoothly. The faster swimmer should execute the turn as quickly as possible to allow those being passed to merge back in with only a short break.

Clear the wall-- If there are more than three swimmers in a lane, the wall can become blocked when finishing a swim. As soon as you touch the wall, stand and step to the black line (behind your lane mates) to clear the wall for swimmers who still have to finish.

### Dealing with Problems

If you feel that someone is causing traffic problems in your lane, politely tell him or her exactly what you think is wrong. Allow new swimmers extra latitude. Everybody on SWAM wants to get along, but sometimes people make mistakes. Tell the coach if the problem is not quickly resolved. If the coach cannot resolve your issues, please speak with a board member.

### Other Considerations

While swimming butterfly, it is difficult to stay completely on the right side of the lane. Going into a one-arm butterfly may be prudent at times, but give people swimming butterfly extra consideration.

People doing backstroke can't see when approaching the wall. Give them space to finish, if you are at the wall. Pay attention to where they are relative to you.

Swimmers with more experience may deviate from these rules occasionally. Those occasions often involve one swimmer passing another without either swimmer stopping or sometimes even slowing down. This requires well-developed situational awareness for ALL swimmers in the lane.

Remember, all SWAMmers want to enjoy their experience in the pool. Pay attention to these simple rules of lane etiquette, communicate clearly with your lane mates, relax and have fun.

# Swimmer Information Sheet

If you need a current USMS registration, please fill out the USMS registration form, on the next page, within one week of joining SWAM. Our insurance requires that ALL participants be USMS members. You can also register online at <http://www.usms.org/reg/>

Benefits of AKMS/USMS Membership are extensive. You can find a complete list of benefits here: <http://www.usms.org/reg/content/benefits>

USMS Registered swimmers are covered with secondary accident insurance 1) in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered and 2) in USMS sanctioned meets where all competitors are USMS registered.

Please fill out the form below so that you can be added to our membership roster.

Check membership type:  Gold  Silver  Bronze  Senior  Punch Card

Name (required\*) \_\_\_\_\_

Street mailing address or P.O Box\* \_\_\_\_\_

City, state, zip code\* \_\_\_\_\_

Email \_\_\_\_\_

Phone number(s)\* \_\_\_\_\_

USMS registration number\*: \_\_\_\_\_

## Registering as a United States Masters Swimmer in Alaska

Because of Alaska's small population base, we have organized as one "club" for the state: **AKMS**. Within this club, there are multiple workout groups (or teams) around the state. This structure gives us the opportunity to create a larger Alaska team when we compete at nationals or other out-of-state meets. You have the option to register with AKMS and a workout group, or with AKMS and to be unaffiliated with any workout group.

Alternatively, if you do not wish to register with AKMS, you can register as "UNAT (unattached)." You will be a USMS member, but will not be affiliated with any team. As an unattached swimmer, you will not accumulate points for your workout group at sanctioned masters meets nor will any relays in which you participate be considered for top ten times, but you will be a member of USMS.

Please choose a Club: AKMS (Alaska Masters) - allows the option represent Alaska when attending  
 ! meets Outside  
 ! UNAT (unattached) - A USMS member "at large"

Workout group (optionally add acronym to AKMS or UNAT in 'Club or Unattached' box):

Name	Acronym	Location
Aleutian Island Masters	- AIM	Unalaska, Dutch Harbor or other Aleutian community
Aurora Masters	- AST	Anchorage
Alaska Tri Club	- ATC	Alaska
Aqua Tech Prep	- ATP	Anchorage
Baranof Barracudas Swim Club	- BBSC	Sitka
Buckner Masters Swim Team	- BMST	Anchorage
Chugiak Aquatics Club	- CAC	Chugiak/Eagle River
Craig Masters	- CRAIG	Craig
Fairbanks Arctic Masters Swimming	- FAST	Fairbanks
Haines Masters Swimming	- HAINES	Haines
Juneau Masters Swimming	- JUNM	Juneau
Ketchikan Masters Swimming	- KETM	Ketchikan
Knik Masters	- KNIK	Anchorage/Eagle River
Kodiak Masters	- KOD	Kodiak
Northern Lights Swim Club Masters	- NLSC	Southcentral AK
Nome Masters	- NOME	Nome
North Pole Aqua Turtles	- NPOL	North Pole
Petersburg Masters Swimming	- PBURG	Petersburg
Swimming With Alaska Masters	- SWAM	Southcentral AK
The Alaska Club	- TAC	Anchorage
Top of the World Swimming	- TOWS	Kenai/Soldotna or other Kenai Peninsula community
University of Alaska Anchorage Masters	- UAAM	Anchorage

**Please use the following page to register.**



# 2016 Membership Application

All 2016 memberships expire on December 31, 2016

Renewal – my last USMS number was \_\_\_\_\_  
 New registration



**Register with the same name you will use for competition. Please print clearly.**

Last Name		First Name		MI
Street Address				
City		State	Zip	Phone
Date of Birth (mm/dd/yy)	Age	Sex (circle) M    F	E-mail address	
Club (please circle one) AKMS    or    Unattached (UC56)		Workout Group (write 4 or 5 letter code below) _____		
Signature (required)				Today's Date (required)

## RELATED MEMBERSHIPS & CERTIFICATIONS

I am a:     Masters Coach     Certified Official

	FULL-YEAR FEES (if joining between Nov. 1, 2015, and Aug. 31, 2016):	END-OF-YEAR FEES (if joining between Sep. 1, 2016, and Oct. 31, 2016):
US Masters Swimming full-year fee (\$39) or end-of-year fee (\$25) plus LMSC (local governing body) fee (\$6 or \$5):	<b>\$ 45</b>	<b>\$ 30</b>
I wish to contribute this amount to the International Swimming Hall of Fame Foundation:		
I wish to contribute this amount to the USMS "Swimming Saves Lives" Fund:		
I wish to contribute this amount to my LMSC:		
<b>Total:</b>		

Benefits of Membership include a subscription to USMS's magazine, *SWIMMER*, during the length of the membership year. USMS Registered swimmers are covered with secondary accident insurance:

- 1) in practices supervised by a USMS member where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

Please allow 2 weeks processing time.

### Instructions:

- 1) Fill out both pages of this form. Page 1 is the application; Page 2 is the participant waiver. **Both pages** must be signed and dated by the participant.
- 2) Make check for total fee plus any optional donations/purchases payable to: **Alaska LMSC**
- 3) Mail check and completed forms (both Pages 1 and 2) to: Kristi Neptun, Registrar, 611 Bounty Drive, Anchorage AK 99515



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,  
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	



# S.W.A.M. - PERSONAL GOAL SHEET

<b>Name</b>		<b>Email</b>		<b>Date</b>	
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S.W.A.M. wants you to enjoy workouts, stay challenged, and help you achieve your fitness goals. Use this sheet to evaluate yourself and to communicate your goals to our coaches. Revisit and update your goals as often as you like!

**1 Which SWAM workouts do you attend? Check all that apply.**

Monday AM	<input type="checkbox"/>	Tuesday PM	<input type="checkbox"/>
Wednesday AM	<input type="checkbox"/>	Thursday PM	<input type="checkbox"/>
Friday AM	<input type="checkbox"/>	Saturday AM	<input type="checkbox"/>

**2 What is your level of swimming proficiency?**

- Novice
- Intermediate
- Skilled
- New to team swimming
- New to interval training

**3 What are your training goals with SWAM? Check all that apply.**

- Swim Meets
- Triathlons
- Open Water
- Fitness
- Rehabilitation
- Technique Improvement
- Cross-training

Other, explain

**4 Which strokes and swim events do you enjoy most? Check all that apply.**

- Freestyle
- Butterfly
- Backstroke
- Breaststroke
- Individual Medley
- Sprints
- Middle Distance
- Distance

**4 For your safety, please describe any injuries or other physical limitations which may affect your ability to train.**

**5 What would you like to accomplish this year and how can the coaches assist you?**

**6 Are you comfortable receiving feedback from the coaches on technique during workouts?**

Yes

No

**7 What is your FAVORITE type of workout, or favorite sets?**

**8 What is your LEAST FAVORITE type of workout, or sets?**

**9 Tell us more!**