



SAN MATEO MASTERS
swimming

Head Coach (**CSM-AC**) Tom Reudy • reudyt@smccd.edu

Assistant Coaches – Derek Koo, Kirk Richards, Diane Bayne, Aleksei Averchenko

San Mateo Masters is a U.S. Masters Swimming (USMS) team with swimmers ranging from ages 18 to 95. We are recognized as the first 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.

COLLEGE OF SAN MATEO:

- **Monday – Distance** – 6a, 7a, 8a, 10a, 12p
- **Tuesday – Stroke Work** – 6a, 7a, 10a
- **Wednesday – Quality** – 6a, 7a, 8a, 10a, 12p
- **Thursday – Middle Distance** – 6a, 7a, 10a, 12p
- **Friday – I.M.** – 6a, 7a
- **Saturday – Mid-long Distance Long Course Free** – 7a – 8:30a, 8:45a – 9:45a
- **Sunday (ONLY last Sunday of the month)** – 7a – 8:30a

CAÑADA COLLEGE:

- **Mondays – Distance Endurance** – 6a, 7a, 12p
- **Tuesdays – Distance/I.M.** – 6a, 7a, 8a, 10a
- **Wednesdays – Sprint & Speed** – 6a, 7a
- **Thursdays – Mid-Distance Tempo** – 6a, 7a, 8a, 10a
- **Fridays – I.M./Technique** – 6a, 7a, 12p
- **Saturdays – Mixed Challenge** – 7:30 am – 8:45 am

FEES:

- **CSM Only:** \$25 a month + Athletic Center dues
- **Cañada Only:** \$25 a month + Athletic Center dues
- **Dual Locations (access to both masters practices):** \$25 a month + dual-site Athletic Center dues.
- If interested in competing, an additional fee will need to be paid to USMS Masters.

PREREQUISITES: Must be able to swim 500 yards freestyle without stopping, be familiar with at least three of the four strokes (freestyle, backstroke, breaststroke and butterfly), be familiar with interval training with a pace clock and familiar with stroke drills.

TRY OUT: A try out will be conducted during a practice. Please email Tom or Cesar (according to your respective facility) to book a try out.



INFORMATION AND REGISTRATION:

CSM-AC: Contact Head Coach Tom Reudy at reudyt@smccd.edu.

CAN-AC: Contact Aquatics Operations Manager Isaak Bravo at bravoi@smccd.edu.

SAN MATEO MASTERS REGISTRATION FORM

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

CANCELATION POLICY

Any member (a "Member") of the College of San Mateo Masters swim team (the "Masters") may resign from the Masters by giving advance written notice to the College of San Mateo Athletic Center Aquatics Operations Manager, subject to the following terms and conditions. Resignation notices received by the College of San Mateo Athletic Center Aquatics Operations Manager 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 College of San Mateo Athletic Center Aquatics Operations Manager 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 College of San Mateo Athletic Center. After a 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, College of San Mateo Athletic Center 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** _____