



SAN MATEO MASTERS

swimming

San Mateo Masters is a USMS Masters Swim Team with swimmers ranging from age 18 to 95. 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.

Head Coach: Tom Reudy

Assistant Coaches: Richard Gonzales, Cameron Hargitai, Barbara Jones, Bryan Koester, Jim Stretch, Cesar Valera & Megan Waters

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 (long course meters)	7:30 – 9:00am
	9:15am-10:30am
Sunday (long course meters)	7:30 – 8:30am

Focus for Each Day:

Monday: Distance Free
Tuesday: IM/Stroke
Wednesday: Quality Free
Thursday: MD Free (6pm IM)
Friday: Stroke/IM
Saturday: Mid-Distance Free
Sunday: IM/Stroke

Prerequisite: Swimmers must be able to swim 8 lengths of the pool without stopping. You should be efficient with freestyle and side breathing and comfortable with backstroke or breaststroke. If you are unsure of your swimming ability please contact Head Coach Tom Reudy for an individual evaluation.

Fees: *San Mateo Masters is available to San Mateo Athletic Club members only* Fee for SMAC members \$25 per month in addition to SMAC dues. Drop in fee for USMS registered swimmers: \$15/per visit (must present USMS card). Limited to 2 drop in swims per month.

Information & Registration

Contact Coach Tom at: 650-378-7373, reudyt@smccd.edu





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Registration Form

Name: _____ Gender: F M _____ Date of Birth: _____

Phone Number: _____ Emergency Contact Number: _____

Email: _____ USMS number: _____ SMAC Membership # _____

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: 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: _____



**SAN MATEO
ATHLETIC CLUB**
AT

COLLEGE OF SAN MATEO

1700 West Hillsdale Blvd. • Bldg. 5
San Mateo • CA • 94402