

USMS Registration #: \_\_\_\_\_  
DOB: \_\_\_\_\_ Age: \_\_\_\_\_  
Club Affiliation: \_\_\_\_\_  
Coach: Y/N      Substitute Coach: Y/N

# High Altitude Masters Aquatic Club of Santa Fe

[www.zianet.com/pdjang/nmms](http://www.zianet.com/pdjang/nmms) - or - [www.usms.org](http://www.usms.org)  
e-mail: Caryl Acuna @ [swimtechsantafe@yahoo.com](mailto:swimtechsantafe@yahoo.com)

Name: (please print) \_\_\_\_\_

Phone (any applicable #): \_\_\_\_\_  
(home) (work) (cell)

E-mail: (please print) \_\_\_\_\_

Address: (please print) \_\_\_\_\_

City, Zip: \_\_\_\_\_

Occupation: (please print) \_\_\_\_\_

## Swimming Interests and Goals

Fitness \_\_\_\_\_ Stroke Technique: \_\_\_\_\_ Weight Loss: \_\_\_\_\_ Triathlons: \_\_\_\_\_ Cross-Train: \_\_\_\_\_

Swim Meets: \_\_\_\_\_ Special Events: \_\_\_\_\_ Long Swims: \_\_\_\_\_ Learn New Skill: \_\_\_\_\_ Injury Recovery: \_\_\_\_\_

Other Fitness Goals and Interests? \_\_\_\_\_

Swim Level (brief description): \_\_\_\_\_

Other Sports/Activities (participate how often?): \_\_\_\_\_

Injuries/Illness/other limitations we should know about in order to assist you with workouts?  
\_\_\_\_\_

Interested in conducting swim workouts as an occasional substitute for the coaches or seasonal substitute –  
in exchange for workout fees?                      Yes / No

## USMS Membership: \$35

Good for the calendar year January 1 – December 31. Membership provides member with annual subscription to USMS-Swimmer Magazine, serves as a travel permit allowing you to participate with other USMS workout clubs in the nation. In addition to the opportunity to improve fitness and/or train in a structured environment, membership in USMS includes liability and secondary accident insurance during supervised workouts and any sanctioned events.

## Workout fee structure

Fees are based on monthly, punch pass, daily drop-in and “Try-It Out.” These fees are paid directly to the HAMaster Coach on deck. Workouts are currently scheduled at Salvador Perez : MWF 11:00am - Noon and T&Th 6:30-8:00pm

Our workouts are designed for cardiovascular conditioning, strength building and development of swim stroke skills. We start each workout with a warm-up and end with a loosen-down period. Please always start and finish ANY exercise program with a warm-up and warm-down, even if you are late or need to leave early. Swimming is a fairly low impact activity, but it is exercise and it is strenuous. You are responsible for being physically fit, see your doctor before starting to train.

**Release of Liability:** As a condition of participation, I, the undersigned hereby assume all risk and injury to myself and absolve and hold harmless all United States Masters Swimming (USMS)/High Altitude Masters Aquatic Club (HAMasters) coaches and the City of Santa Fe Parks and Recreation Department. I am also aware that swimming is a strenuous physical activity with some inherent dangers.

\_\_\_\_\_  
(signature)

\_\_\_\_\_  
(date)

\_\_\_\_\_  
(emergency contact - print)

\_\_\_\_\_  
(phone #)