

# MASTERS SWIMMING & TRI-CLUB REGISTRATION FORM

# MASTERS & TRI- SWIMMING & CLUB

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Membership Number \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Please drop off payment or mail to:

**Merritt Athletic Clubs Towson**  
**8757 Mylander Lane**  
**Towson, MD 21286**

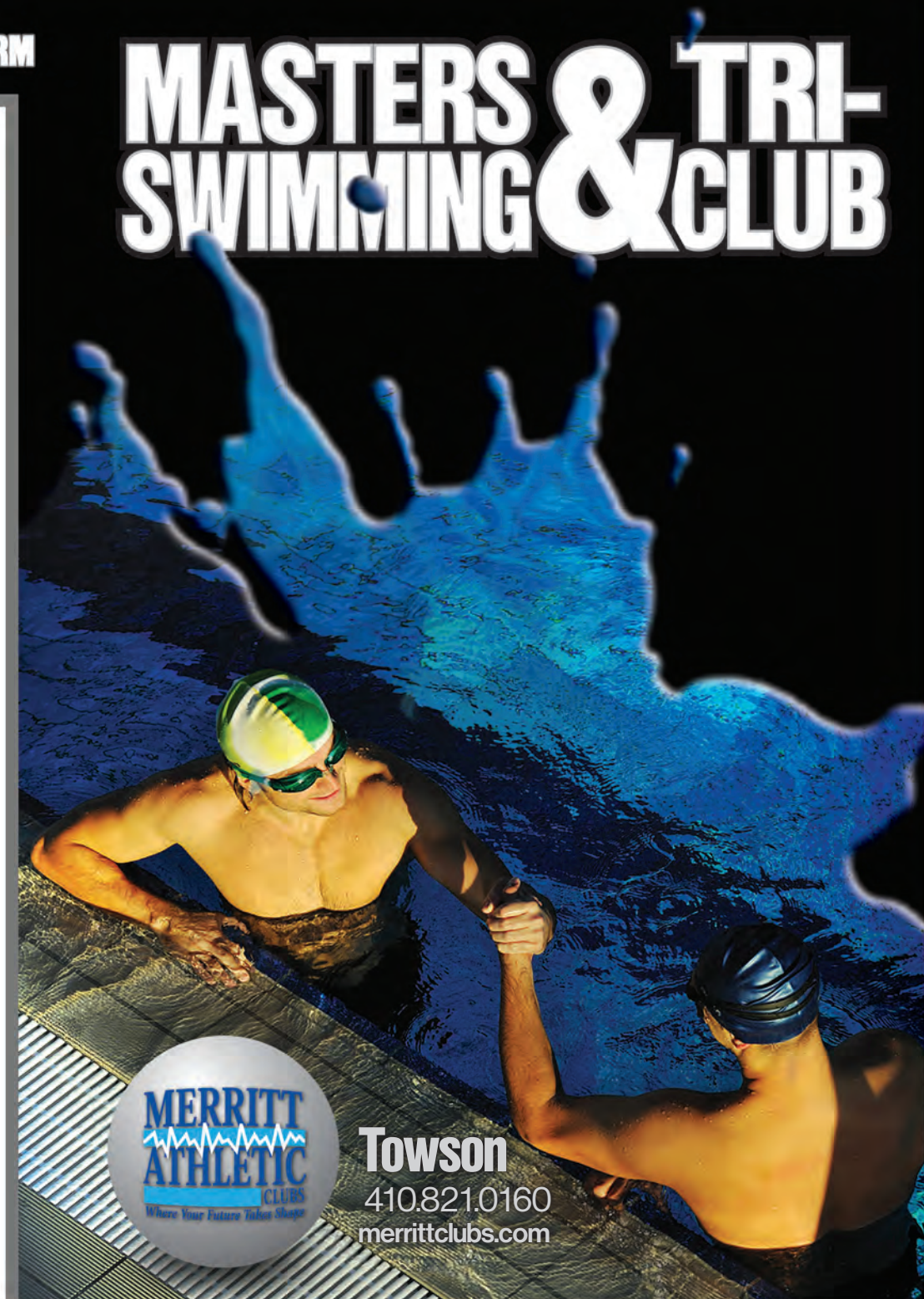
I acknowledge and accept the risks inherent in the use of the Merritt Athletic Clubs' services and facilities, including participation in any birthday party or club rental. The undersigned assumes the sole risk if injury, accident, death, loss, cost or damage to his or her person or property which might arise from the use of Merritt Athletic Clubs' services and facilities. The undersigned further agrees that Merritt Athletic Clubs, its instructors, employees, servants, and agents, shall not be liable to the undersigned for any claims, demands, injuries, damages, actions or causes of action whatsoever to the undersigned's person or property arising out of or in connection with the use of the services and facilities of the Merritt Athletic Clubs, and further including any pre-existing physical condition or impairment.

The undersigned, his or her heirs, personal representatives, executors, representatives and assigns do hereby release and discharge Merritt Athletic Clubs, its instructors, employees, servants, and agents from all claims, demands, injuries, damages, actions or causes of action and from all acts of active or passive negligence on the part of the club, its servants, instructors, agents or employees. The undersigned further agrees to abide by all policies and procedures of Merritt Athletic Clubs and, which policies and procedures may be posted at the facility, issued orally and/or published, and which may be amended from time to time at management's sole discretion.

I have read the above statement and agree to the payment policy for Merritt Athletic Clubs.

Signature \_\_\_\_\_

Date \_\_\_\_\_



# MASTERS SWIMMING

## ABOUT MASTERS SWIMMING

Masters swimming is a great way to learn proper stroke technique and efficiency, injury prevention, and workout strategies. Our program focuses on helping participants set and meet individual goals. Whether you are a novice, a lap swimmer, or current competitive swimmer, or if you would like to improve your swim skills in the four competitive strokes, you will find yourself learning and developing your fitness in the masters swim program. Everyone will receive coaching based on their goals and interests. If you enjoy a structured workout, technical feedback, and meeting new swimmers, you should consider our Masters program.

The workouts are periodized, meaning that the technique emphasis and the conditioning emphasis varies every 6 weeks. Periodization is a key aspect of training at the highest levels of sport and has been shown to give better results than other training strategies.

The program also includes monthly standard performance tests. These tests are part of a normal workout and allow both the coaches and the swimmers to know whether they are improving.

### SCHEDULE

Tuesday	6:00-7:30 pm	Coach Amanda	
Thursday	6:00-7:30 am	Coach Kevin	
Saturday	7:30-9:30 am	Coach Amanda	Ages 18+

# COACHES

## KEVIN JOUBERT, HEAD COACH

Kevin is level 3 certified by the American Swim Coaches Association and has 8 seasons of experience coaching adult swimmers. He has coached many first time swimmers and has developed several high performing masters swimmers, including five top-ten age group swimmers, four top ten relays and one USMS season-fastest relay. He also has been doing stroke technique instruction for seven years using above and underwater video analysis.

## BILL COOK, BIKE INSTRUCTOR

Bill is the instructor for the bike workouts on Thursdays. He has years of experience as a cyclist and has been an indoor cycling instructor for three years at the Towson Merritt.

## AMANDA SHOMGARD, MASTERS ASSISTANT COACH

Amanda has been a coach for five years, three of those years at Merritt with the youth swim team. She has three years of experience working with adult swimmers through lessons.

# TRI-CLUB

## ABOUT TRI-CLUB

Tri-Club is a great way to learn proper freestyle stroke technique and efficiency. The program is focused on helping triathletes and other swimmers improve their long distance swim performance. Everyone receives coaching based on their goals and interests. Stop the boring straight laps and take your long distance swim to the next level!

The Triathlon Club includes a weekly 45-minute bike workout specially designed for triathletes and performed in the spin studio. This workout concentrates on the aspects of fitness and skills specific to triathlon.

The workouts in both swim and bike are periodized, meaning that the technique emphasis and the conditioning emphasis vary every 6 weeks. Periodization is a key aspect of training at the highest levels of sport and has been shown to give better results than other training strategies.

The program also includes monthly standard performance tests. These tests are part of a normal workout and allow both the coaches and athletes to know whether they are progressing. **The average 5-month improvement in distance swim speed for athletes in the triathlon class is 8%!**

### SCHEDULE

Monday	6:45-7:45 pm	Coach Kevin	
Thursday	6:30-7:15 pm	Coach Amanda	
Thursday*	7:30-8:15 pm	Coach Bill	Ages 18+

*\*The Thursday swim and bike sessions are considered one workout.*

# PRICING

## FIRST WORKOUT IS FREE TO TRY!

Members	10 workouts for \$50
Non-members	10 workouts for \$75

For more information, contact Jared Welsh at 410.821.0160 or [jwelsh@merrittclubs.com](mailto:jwelsh@merrittclubs.com).

