

New Jersey Masters Swimming Masters Open Water Swim Clinic

Sanctioned by NJLMSC for USMS, Inc. # _____

Sunday, May 20 1 - 4 p.m.

**8 Lorettacong Dr.
Lake Hopatcong, NJ**



**WORKOUTS ■ SAFETY ■ STARTS
TECHNIQUE ■ NAVIGATON ■ FINISH**



USMS Long Distance All American Jeff Jotz and other experienced open water swimmers will prepare you for swimming in everything from a backyard pond to the English Channel. Clinic will consist of dryland instruction as well as swimming in the shallow, calm waters of Lake Hopatcong. **Beginners and advanced open water swimmers are welcome, but all swimmers should be able to complete an 800-yard pool swim without difficulty before participating in this clinic.** Refreshments will be provided for participants.

Wetsuits are recommended but not necessary, as the lake may still be cool.

ENTRIES: The clinic is open to all Masters Swimmers holding a valid 2012 USMS registration card. A copy of your card must accompany your entry! Non-USMS members can register for a one-day USMS membership for an additional \$15, payable to NJLMSC (form attached).

COST: **Pre-registration required.** \$40, postmarked by May 14.
Clinic size is limited to 15 swimmers.
Make check payable to Jeff Jotz Aquatics and mail to 1125 Jaques Ave., Rahway, NJ 07065.

DIRECTIONS: I-80 east/west. Exit at 34 or 34B (Route 15 North). Follow Rt 15 for 5 miles and exit at Rt 181 North (Lake Forest, Woodport, Lk Hopatcong North Shore). Follow Rt 181 North past Oh Sullivan's Pub on left, Hopatcong boathouse on right, cross water, marina on left, Warehouse Grill on left, Boat Doctor on left, **TAKE NEXT RIGHT ONTO LORETTACONG DR.** House is the 3rd one on the right - two story wood look siding with stone accents.

NAME:	ADDRESS:
USMS NO.:	CITY/STATE/ZIP:
E-MAIL:	PHONE (day):
AMOUNT ENCLOSED:	PHONE (eve./cell):

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule Book Article 204.1)

Signature _____

Date _____

Non-USMS members may fill out and mail in this attached form for a one-day registration*



**U.S. MASTERS
SWIMMING**

2012

**One Event Registration Form
(Open Water)**

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	
Event Name:			Today's Date (required)	

WAIVER: I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature (required): _____

Make a check for \$15.00 payable to: **(\$12 of the fee goes to USMS, \$3.00 to the LMSC)**

NJ LMSC

* Don't stop there! For only an additional \$26 (\$41 total) you can become a full-fledged member of **U.S. Masters Swimming**. Your annual membership entitles you to the following:

1. Eligibility for all USMS-sanctioned swim meets, clinics, open water swims & social events
2. *USMS Swimmer Magazine*
3. *The Fast Lane* bimonthly NJ Masters newsletter

And much, much more!

Questions? Contact Jeff Jotz at jjotz@yahoo.com Or call (732) 382-9419 (evenings).