



**Texas Ford Aquatics Masters** and the **North Texas LMSC** would like to invite you to an amazing Masters weekend blowout! June 10th and 11th!

On Saturday, June 10th, TFAM will be hosting a LCM meet with special guest, **Andrea Block!**



On Sunday, June 11th, the NT LMSC will be hosting the Mutual of Omaha Breakout Clinic with Olympic Gold Medalists, **Josh Davis** and **Jason Lezak!** at Texas Ford Aquatics.



***Sign Up Below!***

# Instructions:

## To sign up for the SWIM MEET ONLY

Please follow the directions below. You can mail in your form. Or you can sign up online by [clicking here](#), or by visiting [www.texasfordaquatics.com/masters](http://www.texasfordaquatics.com/masters)

## To sign up for BOTH the swim meet and clinic

Please follow the directions below. You can mail in your form. Or you can sign up online by [clicking here](#), or by visiting [www.texasfordaquatics.com/masters](http://www.texasfordaquatics.com/masters)

## To sign up for the CLINIC ONLY

Please follow the directions below. You can mail in your form. Or you can sign up online by [clicking here](#), or by visiting [www.northtexasmasters.org](http://www.northtexasmasters.org)

Questions? Please email Richard Garza at  
[Coachrichard@texasfordaquatics.com](mailto:Coachrichard@texasfordaquatics.com)

# **Masters Challenge - LCM - Hosted by Texas Ford Aquatics**

Sanctioned by the North Texas Local Masters Swimming Committee for USMS Inc.

Sanction number: 267-S003

**Saturday, June 10th, 2017**

**Warm-Up: 9:00 am**

**Meet: 10:00 am**

## **POOL**

Texas Ford Aquatics  
8353 Legacy Dr.  
Frisco, TX 75034

Website: [www.TexasFordAquatics.com](http://www.TexasFordAquatics.com)  
Email: [CoachRichard@TexasFordAquatics.com](mailto:CoachRichard@TexasFordAquatics.com)  
Meet Director: Richard Garza  
Meet Referee: Benjamin Mok

## **COURSE**

Five (5) **50 Meter** lanes with Colorado timing.  
Three (3) 50 Meter lanes will be available for warmup and cool-down throughout the competition.  
The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

## **ELIGIBILITY**

All participants must be registered with USMS or a current member of a FINA-recognized national governing body for Masters swimming (**article 202.1**) and at least 18 years of age as of June 9, 2017. Swimmers turning 18 after the meet entry deadline and by June 9, 2017, must enter the meet by the meet entry deadline and register for USMS either before or on June 9. Age to be determined as of December 31, 2017.

## **RULES**

2017 USMS rules will govern this meet. Meet management reserves the right to adjust logistics in order to run an efficient meet.

## **BREAKS**

10 minute breaks will take place after event 8 and 18, breaks may be added or removed by the Meet Referee.

## **ENTRIES**

Competitors may enter up to a maximum of six (6) individual events. Online meet entry is paid by credit card to ClubAssistant.com Events. Online entry closes at 11:59pm Central time on **June 8th, 2017**

## **DECK ENTRIES**

Deck entries will be accepted on the day of the meet up to **9:30 am** for an added charge. Deck Entries are only permitted in open lanes. No new heats will be added. "Double Entry Fee" if not entered in the meet. \$10.00 per event if entered in the meet.  
**Must bring a copy of your 2017 USMS Registration Card.**

## **ENTRY FEES**

**Swim Meet fee is \$35.00.** All Entry and registration fees are nonrefundable. Paper entry forms must be received by **June 6th, 2017**. Late entries will not be processed. Mail Entry Form and payment, along with **A COPY OF YOUR 2017 USMS REGISTRATION CARD to:**

**Masters Meet**  
**Richard Garza**  
**8353 Legacy Dr.**  
**Frisco, TX 75034**

Make checks payable to:  
*Texas Ford Aquatics*  
\*Entry fees are non-refundable

## **AWARDS**

Cards will be provided for the placement of Award Labels as a race record for all.

## **RELAYS**

Relays are deck entry only, due by event 1 and event 9. \$8.00 per relay entry.

## **RESULTS**

Results will be available at [www.TexasFordAquatics.com](http://www.TexasFordAquatics.com) and [USMS.org](http://USMS.org).

## **EVENT HOST**

The amazing staff and volunteers of Texas Ford Aquatics.

Immediately following the Masters Challenge, the **North Texas LMSC** will host a one-hour talk and Q&A with Andrea Block\* at TFA. Drinks and snacks will be served.

Topics:

1. Differences in coaching age groupers AND coaching masters
2. What type of training loads are best for sprinters, middle distance and distance swimmers
3. What type of tapers are best for sprinters, middle distance and distance swimmers
4. How do tapers change as we get older
5. How to have a great meet: warm up, warm down, what to bring, what to eat, what to drink, what to wear...
6. Best advice on ways we can keep getting better even as we keep getting older



\*Andrea Block is a long time masters swimmer from Chicago, IL. She has been extremely active in both her local LMSC and at the national level. She has achieved multiple All American Honors, and USMS and World records. Andrea's coaching experience includes:

- Highland Park High School Head Coach Girls Swimming and Diving 2011 - present
- Lincolnshire Swim Club Head Coach 2009 - present
- Private Swim Coach 2004 - present
- Masters Swim Group 2004 - present

**This event is immediately after the meet on June 10th, and is included in the price of your entry fee.**

# MUTUAL OF OMAHA BREAKOUT!

## Masters SWIM CLINIC with Josh Davis and Jason Lezak!

Hosted by the North Texas LMSC

**Sunday, June 11, 9:00 am - 1:00 pm at Texas Ford Aquatics, includes lunch.**

**Check-in at 8:30 am.**

Clinic includes instruction and demonstration of performance techniques from **Josh Davis** and **Jason Lezak**. Plus small-group personal instruction in the water on four strokes; instruction concerning how the body, mind and heart affect a swimmer's performance; question and answer session; and autograph and photo opportunities with the athletes. Entry fee will also include t-shirt, swim bag and DVDs. Additional DVDs and Olympic swim caps will be for sale.



**Josh Davis** – At the 1996 Summer Olympics in Atlanta, Georgia, he won gold medals by swimming for the winning U.S. teams in the 4×100-meter freestyle relay and 4x200-meter freestyle relay. He earned a third gold medal by swimming for the first-place U.S. team in the preliminary heats of the 4×100-meter medley relay. He also competed in the 200-meter freestyle, and finished seventh in the event final with a time of 1:48.54.

Four years later at the 2000 Summer Olympics in Sydney, Australia, he served as the captain of the U.S. swimming team. At the 2000 Olympics, he won silver medals swimming for the second-place U.S. teams in the preliminary heats of the 4×100-meter freestyle relay, and the final of the 4×200-meter freestyle relay. He again competed in the 200-meter freestyle, finishing in fourth place in the final with a time of 1:46.73.



**Jason Lezak** - former American record holder in the 100-meter freestyle. He competed in four Olympic Games, in 2000, 2004, 2008, and 2012, and won eight Olympic medals, two bronze, two silver, and four gold.

In 2008 He anchored the U.S. 4×100-meter freestyle relay team that won the gold medal and set a new world record. In the final 25 meters, Lezak overtook French team anchor Alain Bernard (the world record holder in the 100-meter freestyle going into the relay) to win gold despite Bernard having nearly a full body length's advantage when Lezak started his leg and half a body length with 25 meters from the end. Lezak "drafted" off of the Frenchman, overtaking Bernard in a split time of 46.06, the fastest 100-meter freestyle split in history by nearly six-tenths of a second.

**\$35.00 before June 8th.**

**\$50.00 for same day registration.**

To sign up, please fill out the forms below and mail in by June 6th.

Or sign up through club assistant.

**After the clinic, the next North Texas LMSC Meeting will take place at TFA. All positions are up for election.**

# Masters Challenge - LCM - and Breakout Clinic

Sanctioned by the North Texas Local Masters Swimming Committee for USMS Inc.

Sanction numbers: 267-S003

Name \_\_\_\_\_

Email \_\_\_\_\_

ATTACH

Phone \_\_\_\_\_

COPY of 2017 USMS CARD

Address \_\_\_\_\_

HERE

City \_\_\_\_\_

State \_\_\_\_ Zip \_\_\_\_\_ Sex \_\_\_\_ Age on Dec 31: \_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

**Saturday, June 10th, 2017. Warm up 9:00 am. Meet Start 10:00 am**

Enter up to Six (6) individual events

Mixed	Event	Time	Mixed	Event	Time
1	400 Free	_____	12	400 IM	_____
2	200 Fly	_____	13	200 Back	_____
3	100 Breast	_____	14	50 Fly	_____
4	50 Free	_____	15	100 Free	_____
5	200 IM	_____	16	200 Breast	_____
6	100 Back	_____	17	50 Back	_____
7	50 Breast	_____	18	100 Fly	_____
8	200 Free	_____		10 minute break	
	10 minute break		19	Women's 400 Free Relay	Due by event 9
9	Women's 400 Medley Relay	Due by event 1	20	Men's 400 Free Relay	Due by event 9
10	Men's 400 Medley Relay	Due by event 1	21	Mixed 400 Free Relay	Due by event 9
11	Mixed 400 Medley Relay	Due by event 1		Q&A with Andrea Block!	

Please check all that apply.

Swim Meet Fee - June 10th. \$35.00 <input type="checkbox"/>	*First Meet Fee - June 10th. \$10.00 <input type="checkbox"/>	Clinic with Josh Davis and Jason Lezak June 11th \$35.00 <input type="checkbox"/>
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\*First Masters meet ever? and registered in the North Texas LMSC? Check this option, your fee is \$10 :)

If this is not your first meet, please make checks payable to **"Texas Ford Aquatics"**

If you are signing up for **BOTH** the **MEET** and **CLINIC**, the fee is **\$70.00**.

Total amount included: \$ \_\_\_\_\_

\*\*\* Please sign the next page \*\*\*



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,  
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M    F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	