

Come Swim this Winter in the Sun! Workout, Learn, Relax!

South Florida Masters/Triathlon Swim Camps, by Hammerhead Aquatics



Sunrise Middle School, Fort Lauderdale

Pompano Beach Aquatic Center

Schedule: morning swim workout 90 minutes, afternoon dryland 30 minutes, afternoon clinic 30/45 minutes, afternoon workout 60/45 minutes

Clinics: Butterfly, Backstroke, Breaststroke, Open Water Swimming, Distance, Middle Distance, Sprint Freestyle, Individual Medley, Starts and Turns

4 Day Camps

February 11, 12, 13, 14, or 15
April 15, 16, 17, 18
April 29, 30, May 1, 2
May 13, 14, 15, 16

4 or 6 Day Camp-pick any 4 or 6 days

March 25, 26, 27, 28, 29, 30, 31, and
April 1, 2, 3, 4, 5

Pricing

4 day camp=\$300, 6 to 7 workouts, 2 or 3 clinics, swimmer video feedback.
6 day camp=\$425, 10 to 11 workouts, 4 clinics, swimmer video feedback.
Hotel, Transportation, Meals, Flight not included. Sports drinks, water, fruit and snacks provided.

Various Special Guests for clinics, schedule to be posted.

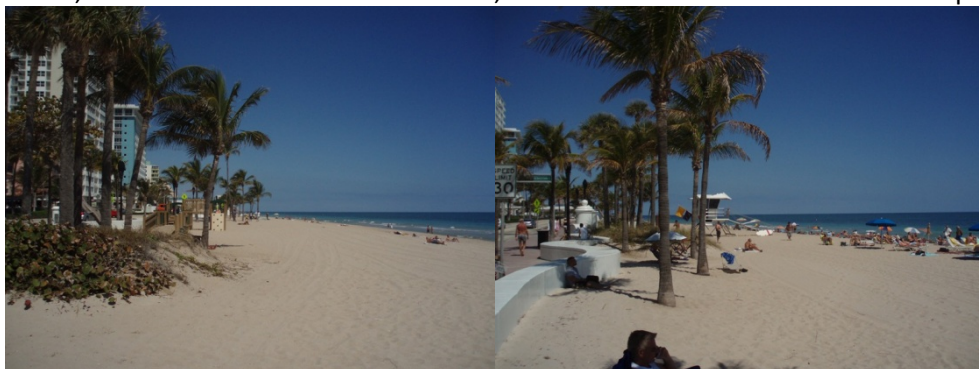
Write for further information:
coachpatrick@hammerheadaquatics.com

Coaching Staff

John Grzeszczak—Founder and Head Coach Hammerhead Masters, USMS Coaching Staff FINA World Masters Championships 2008, 5 USMS National Team Titles, 2 IGLA World Team Titles.

Patrick Cantrell—Head Coach Hammerhead USA Team, AGUA Masters 2006-09, Assistant Longhorn Masters 2005, 11 USMS National Champions, 167 USMS Top Ten swims, 2006-09.

Scott Woodburn—Head Coach LSU 1982-85-Assistant Coach 1982-80, Head Coach University of South Carolina 1980-77, Head Coach St. Lawrence 1970-77, 1976 Division III NCAA National Champions.



Swim Practice is Always Great in Sunny South Florida!

South Florida Masters/Triathlon Swim Camps, by Hammerhead Aquatics

2716 NE 6th Lane, Wilton Manors, FL 33334 Phone: 347-556-4767

Sanctioned by Florida Gold Coast for USMS, Inc.

Entry Form

Location: Sunrise Middle School, Fort Lauderdale Pompano Beach Aquatic Center

Eligibility: All competitors must hold current USMS registrations or valid travel permits or their equivalents, or have other acceptable proof of current Masters swimming registration, and must be 18 years of age or over.

Facility: Sunrise Middle School held in an 8-lane, 25 yard pool, Pompano Beach A. C. 50 meter long course.

Name _____

Address _____

_____ Phone _____

Email _____

Emergency Contact _____

Phone _____

USMS # _____

Camp Selection, Select Camp or Camps to attend

4 Day Camps

____ February 11, 12, 13, 14, or 15 Sanction Number 5010-03

____ April 15, 16, 17, 18 Sanction Number 5010-05

____ April 29, 30, May 1, 2 Sanction Number 5010-06

____ May 13, 14, 15, 16 Sanction Number 5010-07

4 or 6 Day Camp-pick any 4 or 6 days

____ March 25, 26, 27, 28, 29, 30, 31, and April 1, 2, 3, 4, 5 (Circle chosen days) Sanction Number 5010-04

Camp Fees payable by Check, VISA/MasterCard

Payment and camp questions: coachpatrick@hammerheadaquatics.com

<http://www.hammerheadaquatics.com/>

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 203.1)

Signature and date _____

Print Name _____