



**2016 Membership Application**

New Swimmer     Returning USMS Swimmer, ID if available \_\_\_\_\_

Name: \_\_\_\_\_ Birth date: \_\_\_\_\_  
Last First Initial Month Day Year

Address: \_\_\_\_\_ Age: \_\_\_\_\_  Male  Female  
Street or box number

City State Zip+4 E-Mail: \_\_\_\_\_

Primary Phone (\_\_\_\_\_) \_\_\_\_\_ Contact via text?  Secondary Phone (\_\_\_\_\_) \_\_\_\_\_ Contact via text?

**FIRST choose a CLUB Affiliation:**

- Puget Sound Masters (PSM)
- Blue Wave Aquatics (BWAQ)
- Downtown Seattle/Bellevue/Eastside Swim Team (DBST)
- Grays Harbor Buccaneers (GHB)
- University Place Aquatics Club (UPAC)

Unattached to any Club (UC36)

**THEN choose a TEAM Affiliation: (PSM only)**

See team list below or [www.swimpna.org](http://www.swimpna.org) for team acronym \_\_\_\_\_ (TEAM)

Choose a membership level A or B below for 11/01/2015 thru 12/31/2016.

<b>A. Regular:</b>	\$52	
<b>B. Need-based or Seniors (65 &amp; over):</b>	\$42	
<i>Optional Donations or payments:</i>		
Recognized Masters Coach designation (See <a href="http://usms.org">usms.org</a> for details)	\$30	
USMS Swimming Saves Lives		\$
International Swimming Hall of Fame		\$
Pacific NW Association (PNA) Support		\$
<b>TOTAL</b>		\$

**Swimming Saves Lives Foundation**  
Focuses its resources on the vital lifesaving and lifetime benefits of swimming. Just \$1 from each of us has the potential to add over \$60k annually to further adult swimming opportunities, sports medicine research, education and outreach through grants. See <http://www.usms.org/giving/>

**International Swimming Hall of Fame (ISHOF)**  
Is dedicated to the recognition of dedicated swimmers, divers, water polo players, synchronized swimmers, and persons involved in life saving activities and education throughout the world. <http://www.ishof.org/about/>

**Pacific Northwest Association of Masters Swimmers**  
Supports clinics, education, *The WetSet*, open water and pool events, and future projects. The Senior and Need-based discount is funded in part by donations.

**Please consider making a tax-deductible donation.**

Make check payable to: PNA

Questions: [pnRegistrar@usms.org](mailto:pnRegistrar@usms.org)

Mail check & form to: Stephanie Hiebert, Registrar  
PO Box 12172  
Seattle, WA 98102-0172

A link to the PNA newsletter, *The WetSet*, will be sent by email 6 times/year

PNA always needs volunteers to help with meets, clinics, committees and much more.

Check here to volunteer and someone will contact you about where you could make a difference.  
Skill(s) \_\_\_\_\_

Check if you are a Masters Coach. Are you a Certified Coach?  Yes

**2016 Annual Fee:** Of your membership fee, \$39 is sent to USMS and \$13 remains with PNA to support our programs. There is no discount for those not wishing to receive the national publication *Swimmer*.



# 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 dry land 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	

## Pacific Northwest Association of Masters Swimmers (PNA) Information page

Remember to check out PNA LMSC's website at [www.swimpna.org](http://www.swimpna.org) and the U.S. Masters Swimming website at [www.usms.org](http://www.usms.org) for information, updates, and changes.

### ***The WetSet* Newsletter**

Six (6) times a year you will receive an email link to *The WetSet*. All the newsletters are archived at [http://www.swimpna.org/](http://www.swimpna.org) and you can read back issues anytime. If you DO NOT HAVE EMAIL we will send you a paper copy. If you opt out of the email option, then please check the website for the most current issue.

### **What does your Membership number represent?**

The format of your ID is AABC-DDDDDD. AA = LMSC number (36 = PNA); B = 6 = 2016, C = a computer generated authentication number/letter, and DDDDD = your personal 5-character *permanent* ID number. Membership IDs never contain the letters O, I, L, or Q; these characters will always be the numbers zero or one.

### **Organizational Hierarchy:**

**USMS** United States Masters Swimming

**Zone** Northwest Zone

**LMSC** Local Masters Swim Committee = **PNA** or **PN** (Pacific Northwest Association of Master Swimmers)

**Clubs** **PSM** (Puget Sound Masters), **BWAQ** (Blue Wave Aquatics), etc. or Unattached to a Club  
**Team or Workout Group**

At this time, all members of any Team/Workout group are part of club Puget Sound Masters. You can be a member of club Puget Sound Masters and be Unattached to a Team. At this time there are no Teams/Workout Groups within any club except **PSM**.

If you lose your membership card, you can print a new one at <https://www.usms.org/reg> and follow the instructions.

### **TEAMS or Workout Groups that are part of the PUGET SOUND MASTERS (PSM) Club**

BAM: Bainbridge Aquatic Masters

BC: Bellevue Club

CAAT: Central Area Aquatics Team

FSJ: Fins of the San Juans

GEM: Gold's Eastside Masters

GLAD: Green Lake Aqua Ducks

HMST: Husky Masters

LWM: Lake Washington Masters

LOGS: Logger Masters

MIR: Mercer Island Redwoods

MYM: Monroe YMCA Masters

MUKY: Mukilteo YMCA

NEO: North End Otters

NKM: North Kitsap Masters

OST: Ohana Swim Team

ORCA: Orca Swim Club

PTMS: Port Townsend Master Swimmers

SARC: Sequim Aquatic Recreation Center

SVMS: Skagit Valley Masters Swimming

SAM: Snohomish Aquatic Masters

SWIM: South Whidbey Island Masters

TWIM: Team Walker International Masters

TACM: Thunderbird Aquatic Masters

UNA: Unattached to a Team

VOWS: Vashon Open Water Swimmers

VO2: VO2 Multisport Swim Team

WAC: Washington Athletic Club

WWUS: Western Washington University  
Masters Swimming

YPKC: YMCA Pierce/Kitsap Sea Dragons

*Updated 11/2015*