



Fort Hood Dolphins Master's Program 2009

The FHD Masters Swim Team is open to any adult swimmer (18 and older). The Masters program is geared towards fitness and competitive swimming at any level. Coaching is provided for stroke and turn analysis, competitive swimming techniques and workouts, and swimming-related out of water training. We swim because we enjoy it! You do not have to compete to join.

Goals of the Master's Program are to provide different levels of training – Fitness, triathlon, and competitive swimming/Master's Meets.

Two Groups:

Lane 5: For those competitive swimmers who can swim with Gold-level age group swimmers. This group needs to be able to swim at higher level. (Lane 5)

Lane 5 and 6: For those who need further swimming instruction and / or are swimming for fitness, not necessarily speed. This lane will have **two sessions:**

(1) 5:30-6:15 and (2) 6:15 to 7. Each session will include no more than six swimmers.

Practice/Lane Schedule Evening: Master's Swimming evening practice ~ Monday, Tuesday, Wednesday, Thursday and Friday from 5:30-7:00 p.m. in lanes 5 and/or 6, depending on swim team numbers each day.

Meet Schedule: A Master's Swimming swim meet schedule will be posted on The Fort Hood Dolphins Website at www.fhdolphins.org for every swim season.

Registration Forms and Membership Information

Fort Hood Area Master's team has a certain number of spaces for each Group. Please check with the team to make sure we have space before you sign up for the following.

Registration info for USMS, United States Masters Swimming, (South Texas LMSC) are:

1. The **easiest and quickest way is to register** is online at United States Masters Swimming: www.usms.org or <http://registration.usms.org>. At the left of the website, you will see "Join/Renew". Click on "register as a new member". Then you need to find FHAM or Fort Hood Area Master's and click on that to confirm your team. The registration cost for the rest of 2009 is \$35.
2. Once you have registered and paid this fee, print out your USMS card and bring it to the pool. You must show your card to the coach to confirm USMS registration and pay your team fee of \$55 per month.

To join USMS by mail/check, download the swimmer registration form off of this site and print it out (see below). Complete it and mail it with a check to the South Texas Masters Swimming Registrar at the address given on the form (see below). Register with our club, Fort Hood Area Master's Swimming ~ FHAM.

The South Texas LMSC Registrar is:

Donna Schubkegel
PO Box 160305
Austin, TX 78716
512-426-2070 OR STRegistrar@usms.org

- 2009 Swimmer Membership Application (.pdf) or

<http://www.southtexasmastersswimming.com/admin/documents/regform.pdf>

- 2009 Application for Transfer of Club Membership (.pdf) or

<http://www.southtexasmastersswimming.com/admin/documents/transfer.pdf>

*****Master's Swimmers competing in swim meets may also wish to join USA Swimming. Either the team is able to sign you up or you can sign yourself up through USA Swimming online @ www.usaswimming.org.*

You would need your USA Swimming card to sign up for meets or deck enter at meets.



Dolphins
SWIM TEAM