

SHAWANGUNK MASTERS SWIMMING ASSOCIATION 2009-2010 Registration

Practice Days and Times

September 8th, 2009-June 25th 2010

Practice days and times:

Tuesday	6:00 pm-7:15 pm
Wednesday	7:00 am-8:30 am
Thursday	6:00 pm -7:15 pm
Friday	6:00 pm -7:00 pm
Saturday	3:00 pm -4:00 pm
Sunday	11:00 am -1:00 pm

Two Semesters	\$350.00	September through June
Single Semester	\$200.00	September thru January or January thru June
Weekender Rate	\$250.00	Friday, Saturday, and Sunday ONLY, September thru June

(Make checks payable to SMSA) Board members and coaches will collect money

Last Name _____ First Name: _____

Street: _____ Apt. _____

City: _____ State/Zip: _____

Phone number: (_____) _____ e-mail: _____

Gender ___ M ___ F

Birth date: ___/___/___



Coaches: Danny Lo

Board members:

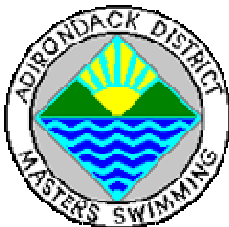
Paul Strothenke – paul@midhudsonvip.com

Rich McNally – rkmc9@yahoo.com

Dan Winfield – dan@10e20.com

Tera Stoner - tstoner@cenhud.com

Katie Nikolski - knikolski@yahoo.com



www.adms.org



www.usms.org

All members must be registered with United States Masters Swimming (USMS)
Please attach membership card. ADMS/USMS annual membership fee is \$35.00