

# DYNOSWIM™

## *Welcome to Dynoswim!*

ALL Dynoswim members are required to complete these forms. They are broken down as follows.

### **Masters Dynoswim** (18 and over)

1. Complete a new Dynoswim registration form
2. Complete USMS form
3. Choose either the 6 month or yearly option for payment
4. Write and enclose check payable to: **Dynoswim**

### **Youth members** (under 18)

1. Complete Dynoswim registration
2. Choose quarterly, semi annual or annual payment (no monthly payment options)
3. Write and enclose check payable to: **Dynoswim**

### **FAQs for registration.**

**Can I just pay the drop-in fee?** No. Drop-in fees are for swimmers here only for a few days (*i.e., college students home on a short break and fellow masters swimmers here on vacation.*)

**Can I pay a lower rate since I can only make 2 workouts a week?** No. There are no pro-rated fees for any Dynoswim members.

**I swim High School in the fall. Can I 'skip' a quarter during the time I swim with my HS team?** Yes. The quarterly nature of the fees allows you to stop for a period of time during the HS season and resume when it is over.

If you have further questions, please feel free to ask your Dynoswim representative.

Thanks for making Dynoswim possible!

Regards,

Dynoswim Aquatics



*Dean Osterloh,  
Founder*



*Joshua Usdavin  
Co-founder -  
dynoswim.com*



*Judi Rich,  
Team Manager /  
Registrar*



*Sheryl Watkins,  
Lead Coach*



*Glenn Partelow,  
Assistant Coach*

**Visit us at [www.Dynoswim.com](http://www.Dynoswim.com)**



## DYNOSWIM MASTERS – REGISTRATION

This form must be completed before swimming your first practice with Dynoswim.

### GENERAL INFORMATION *(please print clearly)*

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_

Address 1: \_\_\_\_\_

Address 2: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

Sex: *(check one)*  M  F Age: \_\_\_\_\_ Date of birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
month date year

Home phone: (     ) \_\_\_\_\_ Work phone: (     ) \_\_\_\_\_

Cell phone: (     ) \_\_\_\_\_

Email address: \_\_\_\_\_

### EMERGENCY CONTACT INFORMATION

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: (     ) \_\_\_\_\_

#### WAIVER

Dynoswim advises that swimming is strenuous physical activity. A physical examination by a licensed physician is recommended before beginning any exercise program. Dynoswim is not responsible for any injury that occurs while performing any workouts provided either as a team or individually. Members understand that workouts may consist of pool time, open water, and dry-land exercises.

This agreement includes the use of Dynoswim's workouts database. In consideration for using any Dynoswim workouts in any manner, including downloading, printing, or copying by any means, the user agrees to hold Dynoswim its affiliates, employees, and consultants harmless from any liability for any injury sustained while performing any such workout.

All workouts on the Dynoswim website are copyrighted by Dynoswim. Dynoswim grants permission to download and print copies of these workouts for personal and team use. Dynoswim does not grant permission to publish copies of these workouts for any reason without prior written consent.

**Print Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



### MISSION STATEMENT AND GOALS\*

Dynoswim as an organization, is doing its part to spread the sport of swimming and we welcome swimmers of all ages\* and abilities. We believe that swimming is a tool best used to achieve our own individual and collective goals, even those goals set outside of the pool. Each Dynoswim member is encouraged to take an active interest in each swimmer's purpose for training.

Dynoswim also recognizes that goal setting is not only an important aspect of the sport of swimming but also a vital and important part of a fuller, healthier, productive, positive, and satisfying life. We expect that healthy members will participate in at least 5 practices per month.

Dynoswim workouts are typically geared toward the competitive swimmer; however anyone with a strong desire to swim, regardless of their ability, will benefit and persevere. Common goals to all include camaraderie, and the love for swimming.

Proper competition suits, goggles and caps are required. Caps must be worn on people with shoulder length hair or longer.

*\*with some conditions for those under 18 years of age*

### MASTERS FEES

Any questions regarding registration or fees, please ask your Dynoswim representative.

\*\*\*\*Please also complete the **LMSC / USMS Membership Registration** found at:

<http://www.floridalmc.org/forms/DYSM.htm> *(in addition to this form).*

#### Annual Membership (January-December):

USMS/LMSC Registration:	\$35.00	<i>If registering between 9/1-10/31, deduct \$5 from fee, but membership effective only until 12/31 of year registering.</i>
Dynoswim Registration:	<u>\$130.00</u>	
<b>TOTAL</b>	<b>\$165.00</b>	Made payable to: <b>“Dynoswim”</b>
<input type="checkbox"/> with T-shirt, cap, sticker	<b>\$185.00</b>	<i>(includes Dynoswim t-shirt, sticker and traditional green or silver swim cap)</i>

#### 6-Month Membership (July-December):

USMS/LMSC Registration:	\$35.00	<i>If registering between 9/1-10/31, deduct \$5 from fee, but membership effective only until 12/31 of year registering.</i>
Dynoswim Registration:	<u>\$70.00</u>	
<b>TOTAL</b>	<b>\$105.00</b>	Made payable to: <b>“Dynoswim”</b>
<input type="checkbox"/> with T-shirt, cap, sticker	<b>\$125.00</b>	<i>(includes Dynoswim t-shirt, sticker and traditional green or silver swim cap)</i>

**T-shirt size:**  XL  L  M  S

Before joining Dynoswim, first time swimmers can swim one practice free of charge. Drop-in fees of \$4.00 per practice *(plus pool fee)* is required for additional practices. Drop-in fees are for swimmers here only for a few days *(i.e., college students home on a short break and fellow masters swimmers here on vacation.)*

#### POOL FEES *(Dynoswim is not affiliated with pool management)*

Fee Schedule May Be Obtained at Pool Office

#### ***Our Primary Training Facility:***

FRIEDA ZAMBA AQUATIC COMPLEX · 339 Parkview Lane Palm Coast, FL 32137 · (386) 986-4741

#### ***Our Backup Training Facility:***

BELLE TERRE SWIM AND RACQUET CLUB · 73 Patricia Drive, Palm Coast, FL 32137 · (386) 446-7676

**www.Dynoswim.com**