

Masters Swim Clinic with Nadine Day
ILMSA Sanction #212-003
Short Axis swimming Butterfly and Breastroke

Location: Danville YMCA, 1111 N Vermilion, Danville, IL 61832

Date and time: January 15, 2012 8:00 to 12:00 (noon)

Agenda:

1. Brief intro and discussion
2. Approximately 2 hours pool time
3. Approximately 1 hour of video review with everyone

* Bring suit, swim gear, towels, sweat suits, note paper/pen

About the coach: Nadine Day is a certified ASCA Masters Level 3, coach of masters and young adult swimmers. She has conducted swim camps across the country. She is known for her enthusiastic, energetic, and methodical approach to healthy swimming. The focal points of her swim clinics are injury prevention, technique, and training. Nadine is a licensed a physical therapist

Fee (maxium 20 participants): \$50 fee: Payable to: ProPT
(\$10.00 discount if you participate in the swim meet on January 14th)

Online:

[https://www.clubassistant.com/club/clinics/reserve.cfm?
c=1592&cid=52745](https://www.clubassistant.com/club/clinics/reserve.cfm?c=1592&cid=52745)

Contacts: Nadine KM Day, nday@usms.org 217-304-3395

Mail form and fee:

Nadine KM Day, 3815 N Vermilion, Danville, IL 61858

(Please print clearly)

Name: _____

E-mail: _____

Address: _____

Phone: _____

USMS Number: _____ (please enclose a copy of your card)

**If 2012 USMS membership is required, go to the [http://ilmsa.com/membership/
forms](http://ilmsa.com/membership/forms) membership section**

"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 of 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, AND ANY INDIVIDUAL OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Signature

Date