**NAC Music City Masters Red and Green Clinic**

**HOSTED BY:** Nashville Aquatic Club Masters

**FACILITY**: Maryland Farms YMCA 5105 Maryland Way, Brentwood, TN 37027 615.373.2900

**USMS SANCTION NUMBER**:

**ELIGIBILITY**: All swimmers must be registered with United States Masters Swimming, Inc. Swimmers need to bring a copy of their USMS card to the clinic or be able to pull it up on their mobile device. If not yet registered, swimmers can register online with USMS up until the day of the clinic. All swimmers must be USMS registered before participating. A one day USMS membership is available. Please go to <https://squareup.com/market/se-lmsc> to pay online, and we will email you the forms. Please print and sign the form and waiver and bring with you. After the clinic, if you wish to join USMS, you can apply the $20 toward the price of a full membership.

**RULES**: This clinic will be organized as a mock swim meet. It is intended to familiarize swimmers with how USMS meets are run. The clinic will start with a period for warm-ups before the first event. This is a LOW Key, fun-filled morning. Swimmers will start from the water and events will NOT be timed! Thus, results will not be eligible for any USMS Top 10 considerations. Coaches will eye ball the finish and make a call. Participants will chose volunteer team captains, and they will select swimmers for either the Red Team or Green Team. The score will be kept on the white board.

**CLINIC DATE**: Saturday, December 5, 2015

**ENTRIES & FEES:** This event is free!

**WARM UP:** OPEN Warm-ups: 6:00- 6:45 am

Team Captains and team selection/line up 6:45-7:00 am

Clinic start time: 7:00 am

**SEEDING:** Teams will decide what events to swim the day of the clinic. Each team will decide which team members swim what events. No one will have to swim any event they do not want to swim.

**DISABLED SWIMMERS**: Any and all swimmers are welcome. If you have any specials needs, please let us know ahead of time so we can prepare the facility (awhitney@swimnac.com)

**DEADLINE**: Show up the day of the clinic.

**AWARDS**: Event winners will receive a congratulatory handshake.

**POOL DESCRIPTION**: This is non-competitive, shallow, 6 lane 25 meter pool. Competition will be held in the 4 middle lanes. The 2 outside lanes will be designated as warm-up/warm-down lanes throughout the clinic.

**COMPETITION COURSE COMPLIANCE**: This clinic is a mock swim meet for FUN! Times will NOT be eligible for Top 10 in USMS.

**SPECIAL NOTES**: All events will be mixed gender. Your team captain will decide what events you will swim.

**REFRESHMENTS**: Drinks and light snacks will be provided at no charge for participating swimmers.

**Please direct questions to**: Ashley Whitney awhitney@swimnac.com