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Visit for [www.offpisteaquatics.com](http://www.offpisteaquatics.com) for Full Off Piste Aquatics Masters Swim Retreat Info  
Online Entries: **Club Assistant link coming soon**

## RETREAT SCHEDULE

### **SUNDAY, JUNE 18**

4:00-5:30PM Check-in Vail Racquet Club  
4:30-5:30PM Orientation / Introductions VRC Elk Room  
5:30-6:30PM Group Swim Session/Video Individual Session  
7:00-9:00PM Group Dinner Blu's at Vail Racquet Club/Altitude Adjustment

### **MONDAY, JUNE 19**

7:00-8:30AM Group Swim Session  
8:00-9:30AM Individual Video Session  
9:00-10:00 Breakfast provided  
10:30AM-12:30PM Functional Fitness/Prehab Presentation & Workshop – Dr. Matthew Smith - catered lunch provided  
1:00-4:30PM Team building social activity  
5:00-6:15PM 1-on-1 Coach/Athlete Video Analysis  
5:30-6:30PM Group Swim Session (Optional)/Video Individual Session  
7:00PM Group Dinner & Social Blu's at Vail Racquet Club

### **TUESDAY, JUNE 20**

7:00-8:30AM Group Swim Session  
8:00-9:30AM Individual Video Session  
9:00-10:00 Breakfast provided  
8:00-10:30AM 1-on-1 Coach/Athlete Video Analysis  
10:30-1:30PM Training Focus & Workshop with David Guthrie - discussion of training for key events, goals - catered lunch  
2:00-5:00PM Optional Hike/yoga  
Dinner On Your Own  
7:30-9:00PM Optional Social in Vail Village

### **WEDNESDAY, JUNE 21**

7:00-8:30AM Group Swim Session  
8:00-10:00AM 1-on-1 Coach/Athlete Video Analysis  
9:00-10:00 Breakfast provided  
10:15AM-12:45PM Freestyle Stroke/Mastering Swimming  
Workshop with Annette Salmeen - catered lunch  
1:00-5:30PM Exploring the Vail Valley  
Dinner On Your Own

### **THURSDAY, JUNE 22**

7:00-8:30AM Group Swim Session  
9:00-10:00AM Breakfast provided & Wrap Up  
11:00AM Departures  
OR  
9:00AM-5:00PM White Water Rafting Trip\*  
(6 day/5 night attendees)

### **FRIDAY, JUNE 23** (6 day/5 night attendees)

7:00-8:30AM Group Swim Session  
9:00-10:00AM Wrap Up  
11:00AM Departures

\*Rafting Trip paid separately thru third-party vendor

## RETREAT PRESENTERS

### **DAVID GUTHRIE**

FINA Masters Swimming Hall of Fame Inductee 2014; multi-time FINA Masters World Record Holder; USMS Top Ten Achievements (229 individual, 50 relay); USMS All-American Honors (24 years individual, 11 years relay); USMS All-Star Honors (2 years pool); USMS Records (78 individual, 11 relay records)  
David has been in FINA's top-10 athletes for his age group for the last 24 years, and trains with Rice Aquatics Masters and is an architect in Houston, Texas. "Being named one of Swimming World's Masters World Swimmer of the Year and being inducted into the International Swimming Hall of Fame are two of the greatest honors a swimmer can receive. Winning two NAIA national titles while representing Hendrix College is among my proudest achievements because that was a real psychological breakthrough."

### **ANNETTE SALMEEN**

American biochemist, Stanford lecturer and Core Course Coordinator in the Human Biology Program; 1997 Rhodes Scholar; Gold medalist at the 1996 Atlanta Games, women's 4x200-meter freestyle relay; Swam at UCLA, where she was a co-captain, four-time All-American, and a NCAA national champion in the 200-yard butterfly; Bronze medalist in the 200-meter butterfly at the 1995 World University Games in Fukuoka, Japan  
Now competing as a masters swimmer, Annette enjoys challenging herself with open water as well as pool competitions.

### **DR. MATTHEW SMITH, DC, CES**

Owner & founder EverAthlete Performance  
Earned his Doctorate from Palmer College of Chiropractic West in San Jose, CA where he graduated as Valedictorian of his class.  
His specialties include:  
Active Release Technique,  
Dynamic Neuromuscular Stabilization,  
Postural Restoration Institute,  
Functional Movement Screening,  
Selective Functional Movement Assessment,  
Fascial Movement Taping (RockTape L2).  
He is a Corrective Exercise Specialist through The National Academy of Sports Medicine, highly trained in detailed biomechanical analysis and functional rehab exercise prescription.  
Dr. Smith has been fortunate to have worked providing care for elite athletes from the PGA, NBA, NFL, Professional Triathletes, National Level Swimmers, Professional Tennis, Division 1 NCAA, Military and Law Enforcement Professionals. He has also been an attending physician at elite level sporting events including The CrossFit Games, The Ironman World Championships in Kona, and The North Face Endurance Challenge.



## PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT



For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M      F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed