



**WHITEFISH & OFF PISTE AQUATICS MASTERS SWIM CLINIC**  
**July 30, 2021, 4-6pm**  
**Sanctioned by Montana LMSC for USMS, Inc. - Sanction #311-S002**

The Whitefish & Off Piste Aquatics Masters Swim Camp will provide evaluation and correction for all four strokes with the use of drills and coach instruction from USMS Level 3 Coach and masters world record and USMS record holder Katie Glenn. The goal of the clinic is to help swimmers improve stroke technique and teach drills that will enable the continued refinement of their strokes. Swimmers are not required to swim all strokes and may work on only those strokes they choose. Swimmers will need to bring fins, suit, goggles, a towel and a great attitude. Fins, which help create buoyancy and propulsion, are important—without them many of the drills may be difficult.

**Location:** The Wave, 1250 Baker Ave., Whitefish, MT 59937

**Clinic Director:** Katie Glenn [offpisteaquatics@gmail.com](mailto:offpisteaquatics@gmail.com)

**Rules:** 2021 USMS rules apply. Your age on December 31, 2021 is your age for the clinic. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.

**Facility:** The Wave is a 6 lane 25-yard indoor pool. Locker Rooms and showers available, note a mask must be worn when inside the lobby and/or locker rooms.

**Time:** July 30, 2021 from 4:00-6:00p.m. The clinic will include a group warm up and then a coached clinic including instruction on deck and in the pool. Check in is available from 3:30-4:00pm.

**Eligibility:** Open to all registered USMS swimmers holding a valid 2021 USMS card. Online USMS registration is available at [www.usms.org](http://www.usms.org) If you are not registered with USMS, One Event Registration is available for **an additional \$15**. **Your completed One Event Registration Form (see following pages) and a check for \$15.00, made out to the Montana LMSC, must accompany the application and be presented at the clinic prior to the 4pm start time.**

**The clinic is limited to 24 swimmers.**

**Entries:** Cost of the clinic is \$85, which includes 2 hours of instruction and a swim cap. Swimmers must email their registration entry and a copy of their 2021 USMS registration card to [offpisteaquatics@gmail.com](mailto:offpisteaquatics@gmail.com) by **July 27, 2021**. **NO REFUNDS** of clinic entry fees.

**Day-of-registration available from 3:30-4:00p.m.** Registration the day of the clinic is permitted as long as the swimmer is a current USMS member or purchases the One Event Registration

**An additional \$15 entry fee (\$12 for seniors) is required for swimmers who are not members of The Wave to access The Wave pool and facilities.** This \$15 entry fee (\$12 for seniors) is separate and apart from the clinic fee and/or the USMS One Event Registration fee and/or the USMS registration fee.

**E-mail a copy of your 2021 USMS registration card, your entry form, and an executed Participant Waiver by July 27, 2021 to: [offpisteaquatics@gmail.com](mailto:offpisteaquatics@gmail.com)**

**Payment: \$85 per swimmer. Checks accepted at the clinic made payable to Off Piste Aquatics, LLC or Venmo at katieglenn64**



# 2021 One Event Registration Form

Register with the same name you will use for competition. **Please print clearly.**

Last Name		First Name		MI
Street Address				
City/State/Zip			Phone	
Date of Birth (mm/dd/yy)	Age	Sex (circle) M    F	E-mail address	
Event Name and Location				
Signature (required)			Today's Date (required)	

### Instructions:

- 1) Fill out both pages of this form. Page 1 is the application; Page 2 is the participant waiver. **Both pages** must be signed and dated by the participant.
- 2) Make check payable to "Montana LMSC"
- 3) Unified Fee: \$15.00 Total
- 4) Meet Director should retain one copy of the signed forms for their state's applicable personal injury statute of limitations time period.
- 5) Meet Director should mail check and completed forms (both Pages 1 and 2) to Marcie Bochman, MT LMSC Membership Coordinator, 1974 Teal Dr, Kalispell MT 59901-7583

**NOTE: Times swum under the one-event registration are not eligible for USMS Top 10 or records consideration.**