



2008	
USMS, INC and LMSC for Virginia Registration	
New	Renewal - <i>Your Current USMS Number</i>

Last Name: _____ First Name: _____ Middle Initial: _____
Important: Register with the name that you will use when you enter meets.

Street Address: _____

City, State, Zip _____

Telephone: _____ Date of Birth: _____ Age: _____ Sex: _____

E-mail address: _____ Are you a Coach: USMS USA-S
 Are you an Official: USMS USA-S

Swim Team

VMST Virginia Masters

- OR -

All Other Teams and Unattached:

- | | |
|--|---|
| <input type="checkbox"/> ACAM Atlantic Coast Athletic Club
<input type="checkbox"/> BAFY Bedford Area Family YMCA
<input type="checkbox"/> BMS Blacksburg Masters
<input type="checkbox"/> BRYM Beckley-Raleigh YMCA Masters
<input type="checkbox"/> CAM Coomes Aquatic Masters
<input type="checkbox"/> CFYM Charleston Family YMCA
<input type="checkbox"/> LAMS Leesburg Area Masters
<input type="checkbox"/> LTSM LetSwim Masters | <input type="checkbox"/> RCA Rockbridge Co. Aquatics
<input type="checkbox"/> RSFM Robious Sports & Fitness Masters
<input type="checkbox"/> SHYM South Hampton YMCA Masters
<input type="checkbox"/> SMAM Shenandoah Marlins Aquatic Club Masters
<input type="checkbox"/> SQST SwimQuest Masters
<input type="checkbox"/> VBSC Valley Blues Masters
<input type="checkbox"/> WAVA Warrenton Masters Swim Team
<input type="checkbox"/> WMS Winchester Masters Swimming
<input type="checkbox"/> UNAT UNATTACHED |
|--|---|

**Make check payable to:
LMSC for Virginia**

Mail this form and check to:
 Lisa Bennett
 11812 Winfore Dr.
 Midlothian VA 23113
 (804) 379-5324
swimlab56@msn.com

Select Yes___ or No___ I would accept an electronic version of the newsletter to the email address provided above instead of a paper copy
 On rare occasions, USMS may need to inform me of an important issue, I **DO / DO NOT** wish to receive them.
 A USMS sponsor may wish to offer you information emailed from the USMS National Office, I **DO / DO NOT** wish to receive them. *(Email addresses are not supplied to the sponsor.)*

Fees:
 VMST \$48

- OR -

All Other Teams
 And Unattached \$33
 Overseas Mailing \$10

Other Fees:

	I wish to contribute \$1 (or \$ _____) to the International Swimming Hall of Fame Foundation. I have added this amount to my 2008 registration fees.
	I wish to contribute \$1 (or \$ _____) to the United States Masters Swimming Foundation. I have added this amount to my 2008 registration fees.

TOTAL AMT: \$ _____ **All registrations are valid through December 31, 2008.** *NOTE: For new members joining in September and October of 2008, the registration fees are reduced by \$8. The Fee for VMST is thus \$40 and for All Others \$25.*

WAIVER: 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 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 MASTER SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNATURE (required): _____ **DATE** _____

☺ - PLEASE BE SURE TO SIGN YOUR FORM - ☺

Benefits of Membership include: A subscription to USMS's magazine, *USMS SWIMMER*, during the length of the membership year (\$8.00 of the annual dues is designated for the magazine subscription), and periodic mailings from the Local Masters Swimming Committee. VMST members also receive additional VMST newsletters. USMS Registered swimmers are covered with secondary accident insurance.
 1) In practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered.
 2) In USMS sanctioned meets where all competitors are USMS registered.