

Copley Aquatics Masters Swimming : MCAQ

Email Amanda: admin@copleyaquatics.com

Masters swimming provides a community to train, learn, and have fun. We welcome all skill levels and provide a space to swim for a lifetime and encourage a healthy lifestyle.

Whether you're a casual swimmer, triathlete, former college swimmer, or want to compete, Copley Aquatics Masters offers a great environment to do that.

Registration:

There are two steps to join:

USMS Membership:

After our trial period, each swimmer will need to register to our club as a US Masters Swimmer. The fee is \$70/year and you will register directly on their site.

To Register: Visit: www.usms.org and click JOIN/REGISTER. Select the LMSC which is our local organization; **LAKE ERIE**. (Please do not click "O *H*I*O").

Next, Select "find a club." You will select **MCAQ** Copley Aquatics and follow the steps to register. Membership is required for our team insurance. Once you register I will be alerted by email and you'll be added to our team roster.

Fees:

Our monthly coaching fee is \$50. You will be added to our team software for communications and invoicing (Commit swimming). Once added you can set up payment information for monthly invoicing. Fees for membership and for coaching are *non-refundable*.

Training:

You choose how many days of practice will work for you and part of my role will be to hold you accountable. We are all adults, schedules change, so my goal is to be flexible in our offerings. If you miss a workout, I will leave the copy of that day's workout on the pool deck level during open swim so you can still get the work in!

Stay in Touch:

Follow us on Instagram @ MCAQ_copleyaquaticsmasters

I'm so excited to welcome you to our club!

Head Coach: Amanda Hinton

Assistant Coaches: George Hinton & Connie Gardener