



## 2010-2011 Registration

**Practice Days and Times: (see calendar for holidays and closings)**

September 7th, 2010 - June 19th 2011

Tuesday	6:00 pm-7:15 pm
Wednesday	7:00 am-8:30 am
Thursday	6:00 pm -7:15 pm
Friday	6:00 pm -7:00 pm
Saturday	3:00 pm -4:00 pm
Sunday	11:00 am -1:00 pm

<b>Two Semesters</b>	<b>\$350.00</b>	September through June
<b>Single Semester</b>	<b>\$200.00</b>	September thru January or January thru June
<b>Weekender Rate</b>	<b>\$250.00</b>	Friday, Saturday, and Sunday ONLY, September thru June

*(Make checks payable to SMSA) Board members and coaches will collect money*

Last Name \_\_\_\_\_ First Name: \_\_\_\_\_

Street: \_\_\_\_\_ Apt. \_\_\_\_\_

City: \_\_\_\_\_ State/Zip: \_\_\_\_\_

Phone number: (\_\_\_\_) \_\_\_\_\_ e-mail: \_\_\_\_\_

Gender \_\_\_M\_\_\_F

Birth date: \_\_\_/\_\_\_/\_\_\_



Coach: **Zack Lowenstein**

**Board members:**

Paul Strothenke – [paul@midhudsonvip.com](mailto:paul@midhudsonvip.com)

Rich McNally – [rkmc9@yahoo.com](mailto:rkmc9@yahoo.com)

Dan Winfield – [dan@10e20.com](mailto:dan@10e20.com)

Tera Stoner - [tstoner@cenhud.com](mailto:tstoner@cenhud.com)

Katie Nikolski - [knikolski@yahoo.com](mailto:knikolski@yahoo.com)



[www.adms.org](http://www.adms.org)



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All members must be registered with United States Masters Swimming (USMS). Please attach current membership card. ADMS/USMS annual membership fee is \$35.00. Register at [www.usms.org](http://www.usms.org)