



Welcome New Fins Member

Thank you for taking a look at the FINS and trying out our swim practice. You are welcome to join us for your first week of practice free of charge. There are many reasons our members swim. It can be for fitness to fun competitions to triathlons to socializing.

In this membership packet you will find A membership form, USMS application, and guideline for making the most of your Fins membership. If you decide to join us please do the following:

1. Fill out our FINS Membership Form and return to a board member or swim coach. If indicated, you will be added to our fins yahoo group (or you can join from our website). It's a great way to hear about social outings, practices notifications, etc.
2. Provide a copy of your current USMS registration card. If you have not registered with USMS this year, fill out the enclosed USMS Membership Application and mail it to the Delaware Valley Masters registrar or return it with your membership form complete with your payment to DV-LMSC. You can also complete and pay for your USMS membership application online at <http://www.usms.org/>. For insurance reasons all swimmers must be USMS registered.
3. Select a dues option. Your first week of practice is free, after that you will need to provide payment for your membership. Checks should be made payable to Fins Aquatics Club. Though invoices are emailed 15 days prior to the start of each quarter, you are responsible for making sure your membership dues are current. Any questions can be directed to the Fins treasurer, Todd Kirkes, todd.kirkes@yahoo.com. Dues are payable as follow:

Per session	\$10.00	Savings over Monthly Dues	Savings over Quarterly Dues
Monthly	\$41.50		
Quarterly (full time student)	\$60.00		
Quarterly	\$95.00	\$29.50	
Half Year	\$175.00	\$74.00	\$15.00
Year	\$330.00	\$168.00	\$50.00

Have fun and Happy Swimming!!!



Philadelphia FINS Aquatics Club Membership Form

Name			Date:
Address:			
City:		State:	Zip:
Phone:		Emergency Contact:	
Cell		Name and relation to you	
Home		Phone	
Email and Fins Announcements			
Email address:		Please add me to fins@yahoogroups (circle one)?	
		YES NO	
Birthday:			USMS Registration Number (if applicable)*:
Month	Day	Year	
<p>*For insurance reasons all swimmers must be USMS registered. If you are a new swimmer, you have 30 days to obtain your USMS number. You must register with USMS every year. If you have not registered with USMS for this year, you must register immediately. You can fill out a registration form available on the pool deck and give it to the coach or a board member with your payment or you can pay and register online at http://www.usms.org .</p>			

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Checks should be made payable to Fins Aquatics Club. You may bring your payment with you to practice.

Please return this form to a coach or board member



We ask...

1. Keep your USMS registration current. The registration year expires December 31st. You can renew by November for the following year.
2. Submit a copy of your USMS card to the board.
3. Keep your dues current. Your fees pay for our coach and facility rental. It is greatly appreciated if you pay by the quarter or half-year or yearly to reduce administration work.
4. Help to set up and take down the pool equipment such as lane lines, pull buoys, kick boards, pace clocks, backstroke flags, rope across shallow end, etc.
5. Get to practice on time. Individual warm-up ends 15 minutes after the start of practice. Short announcements are made for a few minutes. If you are late, please consult with the on-deck coach about which lane to join.
6. Practice proper "pool etiquette".
 - a. Swim in a circle within each lane, staying off the centerline except when approaching the wall for a turn.
 - b. Within a lane, swimmers should arrange themselves for each set with the fastest swimmer leading and the slowest at the back. It is the lead swimmer's duty to ensure that the lane keeps to the pace time.
 - c. The lane order can change during the set or for a different set; however, try to maintain your lane order once the set has started.
 - d. Allow 5 or 10 seconds between you and the swimmer ahead of you when swimming repeats. Less time is allowable if your lane is full.
 - e. If you need to pass another swimmer (especially in a distance set, 400 yards or more), touch the toes of the swimmer (once!) as a signal that you wish to pass. The swimmer ahead should pause at the end of the length and allow you to pass.
 - f. As you approach the wall for a turn, cautiously ease over to the centerline so that you can push off in a straight line.
 - g. Swim the workout as given/posted/directed. Do not initiate your own workout unless others in your lane and the coach agree. If you are not doing the same thing as the rest of your lane, do not interfere with what they are doing, swim ahead, behind, or move to another lane.
 - h. When resting at the end of the pool, move to the side of the lane so that others may turn freely without fear of injuring you or themselves.
7. Let your coach or board member know if you have any problems, suggestions or concerns.
8. Don't be afraid to smile. Smiles are contagious.