



MASTERS SWIM SUMMER 2010 OUTDOOR POOL MASTERS AND OPEN WATER SWIM MASTERS CLASSES

New this year at SBR is the option of swim practices at the Goodman Aquatic Center outdoor lap pool or Open Water Swim (OWS) practices in Madison's area lakes.

Mission Statement

SBR is a training facility and a team of coaches with the primary goal to give the best coaching and training to individuals, area groups and clubs in individual multisport.

Philosophy

SBR takes a scientific approach to coaching and training. The coaches at SBR believe in providing knowledge, motivation, confidence and support for athletes who want to improve his/her athletic abilities. SBR believes in taking the team approach to coaching and training to provide you with the best experience, training and education in the Madison area.

You The Athlete

First year of swimming or swam your entire life? No matter the level or ability or background, SBR coaches guarantee to provide you the right training session for where you are at.

The Training/Practice Sessions

Each training sessions will have a specific focus. The coach will ensure a proper workout based on what your season goals are. During each session, the coach will take you through a specific training session, or assist you in executing the prescribed workout you bring.

The Coaches

Each coach has experience, education and expert knowledge in swimming. Your training and racing season will be well balanced by utilizing and maximizing each coach. Each coach is a professional lifeguard and open water safety certified. Your head coach will be Jessica Laufenberg, MA, CSCS, USAT Level 2 Triathlon Coach.



SBR open water swim practices (OWS) are *coach led* with specific workout goals, education, and coaching for open water swimming. SBR coaches are to:

- Educate on safety in open water
- Develop swim technique for efficiency
- Teach proper mechanics for injury-free swimming
- Teach navigation in open water
- Teach entry and exits for open water racing
- Teach race tactics (such as drafting, pacing and safety in racing)
- Teach race preparation and racing tactics
- Train the mind for open water (motivation and relaxation for the water)
- Assist in proper open water equipment for training and racing
- Have FUN!!!

Your coaches for this summer will be a combination of Ryan Griessmeyer and Jessica Laufenberg. Other area coaches may be stopping in to help out to enhance your overall summer training experience.

Locations

Outdoor pool masters practices will be held at the Goodman Aquatic Center (7762 County Hwy PD, Verona, Wisconsin, 53593). The pool is a heated, 6-lane, 25-meter salt water pool. Classes will begin the week of June 14, 2010 and end August 26th. The course is an 11-week course held every Tuesday and Thursday from 6-7:10am. 24 spots are open for the outdoor pool masters practices.

Open water masters practices will be held at two locations. The morning classes will be held at Fireman's Park (Verona) in the quarry and the evening classes held at Lake Ripley in Cottage Grove. Mid to end of August, practices will move to Law Park by the Monona Terrace (lake quality dependent). There are unlimited spots in the open water masters practices.



Summer Practice Schedule

Outdoor Pool Swimming Practices

Tuesday, June 15 and ends Thursday, August 26, 2010.
All practices are from 6-7:10am
Practices are Tuesday and Thursdays
11 weeks

Open Water Swimming Practices

Starts May 24th – September 10th, 2010
Monday 5:45pm-7:00pm
Wednesday 6:00am-7:00am
Thursday 5:45pm-7:00pm
Friday 6:00am-7:00am
16 weeks

Pricing

Option 1 – Open Water Masters Swim –

\$95 per month (\$90 per month cash discount) – if wanting to attend and pay monthly, first month is due to reserve a spot
\$345 paid in full for the summer (\$330 paid in full cash discount) YOU HAVE UNLIMITED ACCESS TO ALL OWS CLASSES.

Option 2 – Outdoor Pool Masters Swim – 1 day a week or 2 days a week – only 24 spot available

\$135 for 1 day per week (\$130 cash discount) – please choose Tuesday or Thursday
\$210 for 2 days per week (\$200 cash discount)

****NOTE**** - first day of practice you will pay a \$35 fee to MSCR for your summer swim access pass at the Goodman Aquatic Center.

Option 3 – Full Access Summer Masters Swimming

All access paid in full – swim any time any where all summer
\$525 (\$500 cash discount)



Personal Data

Name _____
Phone(H) _____ (W/C) _____
Address _____
Street City State Zip
Birthdate _____
Email _____
In case of emergency, whom may I contact?
Name _____ Relationship _____
Phone(H) _____ (W/C) _____
How did you hear about SBR Coaching? _____

Release/Assumption of Risk Agreement and Policy Information

In consideration of gaining access to participate in activities associated with SBR Coaching, LLC, the facility, equipment and machinery, I hereby waive, release and forever discharge SBR Coaching, LLC and its officers, agents, employees, representative, executors, and all others from all responsibilities or liability for injuries or damages resulting from my participation in any activities with SBR Coaching, LLC.

I understand the policies and procedures set for and by SBR Coaching, LLC and have had the opportunity to discuss my specific needs in relation to participatory activity and, as a result, I do voluntarily request the right to participate in services provided.

Also in consideration of the above factors, the undersigned participant acknowledges the existence of risks in connections with these activities assumes such risks and agrees to accept the responsibilities for any injuries sustained by the participant in the course of the use of the facilities and/or its equipment. Most specifically, the participant acknowledges and accepts responsibility for injures arising out of those activities which involve risk in any of the following areas:

- The use of the facility equipment
- The performance of fitness-related evaluations to assess functional capacity
- The participation in group activities related to exercise and activity

In addition, it is seriously recommended that participants consult with a physician before engaging in any activities associated with SBR Coaching, LLC if there are any pre-existing conditions.

Miscellaneous

Cancellations: Prior to any session cancellation requires a twenty-four (24) hour notice to avoid any charges. A rescheduling of the session within reason will be noticed if less then 24-hours. This scheduling policy must be clearly understood by you, the client. This also fosters the client’s accountability; it compels clients to get their workouts in or risk being charged for missing them.

Refunds: The undersigned understands that no refunds will be given.

Service Menu: SBR Coaching, LLC has presented its services and fee schedule in a menu that can be attained with a staff member. All fees for services are collected prior to services rendered.

Having read the preceding, the participant acknowledges full understanding of those risks and policies set forth herein and knowingly agrees to accept full responsibility for the participant’s own exposures to such risks and policies and to waive full responsibility and liability on behalf of SBR Coaching, LLC.

Participant’s Signature

Date

Credit Card Information - or call 608.695.8942

Number _____ Expire Date _____

Participant Activity Readiness Questionnaire

Has a doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor?

Yes No

If yes: _____

Do you feel pain in your chest when you do physical activity? Yes No

If yes: _____

In the past month, have you had chest pain when you are not doing physical activity?

Yes No

If yes: _____

Do you lose your balance because of dizziness or do you ever lose consciousness?

Yes No

If yes: _____

Is your doctor currently prescribing drugs for blood pressure, cholesterol, or a heart condition?

Yes No

If yes: _____

Do you have a bone or joint problem that could be made worse by a change in your physical activity?

Yes No

If yes: _____

Do you know of any other reason why you should not do physical activity?

Yes No

If yes: _____

Please list all medications you are currently taking:

Name	Amount	Take for
_____	_____	_____
_____	_____	_____
_____	_____	_____

I have reviewed these questions and answered them to the best of my ability. I understand materials will be reviewed and I may be asked to see my doctor before participating in any tests.

 Client Signature

 Date

 Print Name



2010 Race Schedule

Name of race	Date	Distance
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Previous experience in:

Open Water

Masters Swim Practices – please choose

Outdoor Pool Masters Swim

Open Water Masters Swim

Full Access – Outdoor Pool and Open Water

To pay by check, payable to and mail to SBR:

**SBR Coaching, LLC
403 Venture Ct, Suite 1
Verona, WI 53593**

To pay by credit card, please contact SBR at 608.695.8942.

Office Use Only

Paid Date_____ **Cash**_____ **Check**_____ **Credit Card**_____