



# **DST MASTERS SWIMMING**

## **At New Castle & Pike Creek**

The DST Masters Program is designed for triathletes, fitness swimmers, and competitive swimmers of ALL ability levels. Practices are offered 7 times a week...come to as many or as few as you choose! Practices will be professionally coached by DST Coach Bruce Gemmell. Bruce is a USA National Team Coach and is Level 5 ASCA certified.

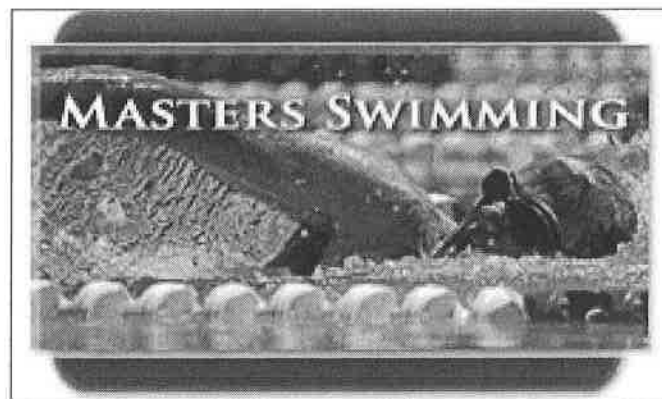
### Winter Practice Schedule

(Subject to change based upon enrollment and swimmer demand)

Monday	6:30-8:00 PM	New Castle
Tuesday	8:15-9:30 AM	Pike Creek
Wednesday	5:30-7:00 AM	New Castle
Wednesday	12:00-1:30 PM	New Castle
Thursday	8:15-9:30 AM	Pike Creek
Friday	12:00-1:30 PM	New Castle
Sunday	8:00-9:00 AM	New Castle

Session Dates: January 2nd—April 6th

Cost: \$150 per session



For additional information, check the web at [www.delawareswimteam.com](http://www.delawareswimteam.com)

or

contact Coach Bruce at [coachgemmell@comcast.net](mailto:coachgemmell@comcast.net)

Registration Date \_\_\_\_\_

**DELAWARE SWIM & FITNESS CENTER  
2011-2012 MASTERS/TRIATHLETES REGISTRATION**

4905 Mermaid Blvd. Wilmington, DE 19808 302-234-8500  
2150 New Castle Ave. New Castle, DE 19720 302-652-4378

Name (Last, First, M.I.) \_\_\_\_\_

Preferred Name \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZipCode \_\_\_\_\_

Phone: Home \_\_\_\_\_ Cell: \_\_\_\_\_

**E-MAIL IS OUR PRIMARY MEANS OF COMMUNICATION. PLEASE PRINT CLEARLY**

Swimmer E-mail Address \_\_\_\_\_

**EMERGENCY INFORMATION**

In Case of Emergency Call \_\_\_\_\_ Phone \_\_\_\_\_

Hospital of Choice \_\_\_\_\_ Insurance Company \_\_\_\_\_

Group Number \_\_\_\_\_ Policy Number \_\_\_\_\_ Most recent tetanus shot \_\_\_\_/\_\_\_\_/\_\_\_\_

Any serious medical condition/medications \_\_\_\_\_

Family Physician \_\_\_\_\_ Phone \_\_\_\_\_

**Fees:**

- Our Winter 2011-12 session runs from January 2<sup>nd</sup> thru April 6<sup>th</sup>. Practice fees, \$150.00, are for the entire session. Full payment is expected in advance of the first practice.
- Athletes planning on competing should be aware of the following fees, payable to each governing body:
  - USAT Triathlons – USAT registration is \$39.00
  - USA Swim Meets – USA-S registration is \$60.00
  - USMS Swim meets – USMS registration ranges from \$10.00 to \$35.00

**OFFICE USE ONLY**

TOTAL AMOUNT COLLECTED AT REGISTRATION:

TOTAL COLLECTED \$ \_\_\_\_\_

COMPLETED BY (STAFF MEMBER) \_\_\_\_\_ CHECK # \_\_\_\_\_ CASH \_\_\_\_\_ CHARGE \_\_\_\_\_