

Triton Swimming and Triathlon Team

Thank you for your interest in the Triton Swimming and Triathlon Team!



The Triton Swim and Tri Team is a coalition of hard-working adults that are dedicated to reaching their fitness goals. We are proud to be a subset of San Fernando Valley Aquatics, LLC and the Rattler Swim Club.

Practices are centered on swim training and are designed to fit adults of all ages, skill levels, and objectives.

We strive to maintain a challenging yet personalized workout environment that fosters team camaraderie and long-term relationships.

Below is our April practice schedule and fee structure. (For the month of March practices are M, T, F from 6:20-7:30 PM).

PRACTICE SCHEDULE	
MON	6 - 7 AM
TUES	6:30 - 7:30 PM
WED	6 - 7 AM
THURS	6:30 - 7:30 PM
FRI	6:30 - 7:30 PM
SAT	TBD

TRAINING FEES (per month)			
Single		Student (w/valid id)	
\$55 per person	am only	\$35 per person	am only
\$65 per person	pm only	\$45 per person	pm only
\$85 per person	unlimited	\$65 per person	unlimited
Family (2+ people)		San Fernando Residents	
\$45 per person	am only	\$35 per person	am only
\$55 per person	pm only	\$45 per person	pm only
\$75 per person	unlimited	\$65 per person	unlimited

For more information, please contact Coach Emily at:

tritonswimntri@gmail.com

or go to:

<http://sports.groups.yahoo.com/group/tritonswimntri/>

San Fernando City Pool Address:
208 Park Ave
San Fernando, CA 91340
www.rattlerswimming.org



Triton Swimming and Triathlon Team

Registration Form

Congratulations on taking a positive step toward a happier and healthier lifestyle!

NAME: _____ DOB: _____

MAILING ADDRESS: _____

EMAIL: _____

PHONE: _____ ALT PHONE: _____

HOBBIES/INTERESTS: _____

GOALS FOR JOINING TSTT: _____

U.S. Masters Swimming

The Triton Swimming and Triathlon Team is an official club of U.S. Masters Swimming and the Southern Pacific Masters Association (SPMA). Our official club information is as follows:

Triton Swimming and Triathlon Team, TSTT
Club Number 330-157

Club Contact: Emily Rogers
tritonswimntri@gmail.com

It is **required** that all members of TSTT register with U.S. Masters Swimming.

Here is how you do it:

1. Go online to www.usms.org
2. Click on the Join/Renew link on the left side column
3. Enter you zip code and click Join
4. Proceed to the Register Online Now link
5. Answer the questions and you're done!

*If you are already registered with another team, it is only \$3 to transfer your membership using the attached form.

There are multiple benefits for being a registered U.S. Masters Swimming athlete. There is an extensive list of benefits on the USMS website, but some of the most important include:

- The ability to compete in swim meets and events
- Access to exclusive information and instructional resources
- Recognition and Awards
- Liability and excess accidental insurance coverage, both medical and dental

APPLICATION FOR TRANSFER OF CLUB AFFILIATION
Southern Pacific Masters Association

Name _____ USMS Reg. Number 33 - _____

Address _____
Street Address City State Zip

Former Affiliation _____ New Affiliation _____
Club name or abbrev. Club name or abbrev.

Phone () _____

I hereby certify that it has been at least 60 days since I last competed for any club.

USMS Transfer fee \$1.50
SPMA Transfer fee \$1.50
Total \$3.00

Signature

Check should be made payable to SPMA
and return with form to:

Date

Southern Pacific Masters Swimming
Julie Heather, Registrar
957 N. El Molino Ave.
Pasadena, CA 91104

Transfers from outside of SPMA (current registration number starts with something other than "33"): Please complete a regular SPMA registration form and send it in with the \$10 External Transfer fee.

Payment Options

As part of Rattler Swim Club, members have two options in making the monthly:

1. Sign up online for auto-pay using a credit or debit card
 - Under this option, the card on file will be charged on the 1st of every month.
2. Mail a check made out to SFV Aquatics to:

SFV Aquatics
PO Box 8345
Northridge, CA 91327

All dues must be received by the 10th of each month or you may incur a late charge.

Photo Release Form

**San Fernando Valley Aquatics, LLC
Rattler Swim Club
Triton Swimming and Triathlon Team
208 Park Ave
San Fernando, CA 91340**

RE: Permission to Use Photograph

I, _____, grant to SFV Aquatics, LLC, its representatives and employees the right to take photographs of me. I authorize SFV Aquatics, LLC, its assigns and transferees to copyright, use and publish the same in print and/or electronically.

I agree that SFV Aquatics, LLC may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

I have read and understand the above:

Signature _____

Printed name _____

Date _____