

WEB PAGE:
www.jelliesaquaticmasters.com

EMAIL ADDRESS:
swim@jelliesaquaticmasters.com

PHONE:
(831) 238-4506 (Team Manager)
(831) 277-4667 (Coach Mark)

COACH:
Mark Temple, ASCA-5

WORKOUT SCHEDULE:
PGHS Pool 5:30-7am M-F;
7:30-9am Sat.

PGHS Pool; 5:30-6:45pm M, T, W,
TH

Schedule subject to change

INSTRUCTIONS:

Please fill out this form completely and bring with you to the pool. Monthly coaching fee or drop-in fee paid to Mark Temple (cash or check) on days you visit or on every-four-week basis for members.

You may change your level of interest on month-to-month basis. Sorry, no pro-rated fees. Current USMS membership is required; please go to www.USMS.org to register.

New members and visitors, please show card to coach on deck.

10% discount for military with ID.

JAMM MEMBERSHIP INCLUDES:

On-deck coach for every workout.

Coaching is geared to your ability level with technique drills, conditioning and encouragement happily provided.

Monthly calendar and newsletter.

Email and text message updates will provide info about workouts, parties, special events and clinics.

Also go to:
www.jelliesaquaticmasters.com
for calendar and other news.



NAME: _____

ADDRESS: _____

BEST PHONE NUMBER TO REACH YOU: _____

EMAIL ADDRESS: _____ REACH YOU BY TEXT ? (Y/N): _____

BIRTHDAY (OPTIONAL): _____

FITNESS SWIMMER?: _____ BEGINNING SWIMMER?: _____ TRIATHLETE?: _____



**U.S. MASTERS
SWIMMING**

Fees and Dues	Paid to:	Amount
2017 USMS Registration (register online at www.USMS.org - club abbreviation is JAMM)	U.S. Masters Swimming (also pays for Pacific Swimming membership)	\$54.00 (online annual fee)
2017 JAMM annual membership fee per swimmer - cash please - pays for club web page, social events, etc.	Christine (Team Manager) or Elizabeth (Team Account) or Coach Mark Cash only please	\$20.00
Coaching Fee	Cash or Check payable to Mark Temple	\$100.00 (unlimited workouts) or \$65.00 (12 or fewer/mo.) or \$10.00 (drop-in fee)
OPTIONAL: JAMM Team Cap	Cash payable to Christine or Coach Mark at the pool	\$4.00

JELLIES AQUATIC MASTERS OF MONTEREY - SWIMMING TOGETHER SINCE 2011 -
WELCOME TO THE SMACK (group of jellies)!