

MASTERS SWIM

Club Office • 954.340.5032

12441 Royal Palm Blvd., Coral Springs, FL 33065

www.csscswim.com



Practice Times

Monday - Friday 5:45 a.m. to 7 a.m. • 11:30 a.m. to 12:45 p.m. **(Aquatics)**
7 p.m. to 8:15 p.m. **(Mullins)**

AQUATIC COMPLEX

12441 Royal Palm Blvd.
Coral Springs, FL 33065
954.345.2121

MULLINS POOL

10180 NW 29 Street
Coral Springs, FL 33065
954.345.2170

CORAL SPRINGS
AQUATIC
COMPLEX 



**U.S. MASTERS
SWIMMING**

Welcome to the Coral Springs U.S. MASTERS PROGRAM



The Coral Springs Masters Swim Program is run from a world-renowned facility and is open to all adult swimmers (fitness, triathlete, competitive, and non-competitive) ages 18 and over who are dedicated to improving their fitness through swimming. Within the program, structured workouts from the coaches offer valuable training assistance along with stroke and technique corrections and general instruction. The workouts provide opportunities to compete and measure individual progress at the local, state, national, and international levels, whether at swim meets or triathlons. This program is designed to help swimmers improve fitness and/or specific goals, and offer active support for a healthy lifestyle through friendship and camaraderie.

Coral Springs Masters Swimming

COACHING STAFF

Head Coach // Bruno Darzi

During his 20-year coaching career, the Olympic-caliber coach has coached several Olympic swimmers including five-time Olympian Dara Torres and three-time Olympians Vlad Polyakov and Arlene Semeco an senior, junior and collegiate swimmers. An American Swimming Coaches Association Level 5 coach, the highest rating for club coaches, Darzi was born in Rio de Janeiro, Brazil and was a national-caliber swimmer before becoming a coach. He was mentored and worked closely with eight-time Olympic coach Michael Lohberg, one of the world's most well-respected coaches. He graduated from UFRJ, one of the top institutions in Brazil with Bachelor of Science degree in Physical Education (Kinesiology) in 2001 and has extensive knowledge in training science, lactate testing, advanced stroke technique and the latest in swimming technology.

Masters' Coach // Raphael Lima

Raphael has a Masters in Sports Science at University of Campinas He earned his Major in Physical Education at Metropolitan University. Coach Raphael Lima has been coaching for more than fifteen years building a unique reputation in North and South America. He has coached swimmers from all ages and levels, nationally and internationally. As a swimmer, Raphael was a member of the Brazilian National Team participating at FINA World and South American Championships. Coach Lima has also participated at some Masters World, Pan American and National Championships where he has placed all the way from making finals to gold medal.

Masters' Coach // Laura Azevedo

Laura Azevedo has been a member of the Coral Springs Swim Club for nearly two decades. She joined the swim club at the age of 15, while representing her home country of Brazil. Since retiring from the sports, Coach Azevedo has been instrumental in developing high level swimmers for our program. Laura Azevedo has a Bachelor Degree in Nutrition from Florida International University. She has been working with the Swim America Program since 2010, where she is currently serving as a Site-Supervisor. As an athlete, Coach Azevedo had a stellar career. She was a member of the Brazilian National Team participating at numerous South American Championships.

Coral Springs Masters Program

QUESTIONS AND PRICING INFORMATION

1. What and when are tryouts?

The purpose of tryouts is to evaluate the swimmer's skills. Our professional coaching staff will determine whether the swimmer can join the Masters' Program. The swimmer must be able to swim the pool length, unassisted. This is not an Adult Learn-to-swim program.

Please bring a swimsuit, towel, cap and goggles.

Tryouts Tuesday & Wednesday

Aquatic Complex from 5:45 to 6:45 a.m. or 11:30 a.m. to 12:30 p.m.

2. What do I have to do to receive a free week trial?

- i. Fill out the CSSC registration and United States Masters Swimming (USMS) trial membership application forms.
- ii. Attach a check, payable to Swim Phish Inc, for the amount of \$100. The initial payment covers the annual club membership of \$100. New USMS swimmers must register online at www.usms.org. The current annual USMS membership cost is \$60. The registration form and a check for the proper amount must be submitted **before** you start the free week trial. If during the trial week, you decide not to join the Swim Club, please call 954.340.5032 for the return of your check.

3. What do I have to do to join the Coral Springs Swim Club?

When signing up for the free week trial, you took care of most of your paperwork. Current and new members must present proof of United States Masters Swimming membership every year. Swimmers without proper USMS membership will not be allowed to participate in any Coral Springs Masters activities until the proof of membership has been made available. The only paperwork left is signing up for the Aquatic Complex membership in the office at the Aquatic Complex. At this time, you also have to pay the monthly coaching fees.

4. What are the fees for members of the Coral Springs Swim Club?

Monthly coaching fees are due before the 5th of each month at the Aquatic Complex office. New swimmers registered after the 15th of the month will have their coaching fees prorated at 50% for their first month only. Families with more than one child registered with CSSC will receive a \$5 discount on their coaching fees. The fees are as follows:

3-day per week - \$75

5-day per week - \$85

(Daily practice fee for visitors: \$10.00 plus a 30-day USMS waiver must be filled out.)

All monthly coaching fees and Aquatic Complex membership payments are to be paid to: City of Coral Springs. The monthly fees are due by the 5th of each month. If they are not paid by then, a late fee of \$10 will be added. If the dues are not paid by the 10th of the month, the swimmer will not be allowed to participate in their group's practice until the dues are paid. If a swimmer does not participate in practice for one month or longer, a Reinstatement Fee (equal to one month of coaching fees) must be paid in addition to the dues for the month in which the swimmer returns to the program.

Aquatic Complex Membership (Please choose one):

| | 3 - month | Annual |
|------------------------|-----------|-----------------------------------|
| Basic Pool Membership* | \$59.52 | \$151.69 |
| VIP Pool Membership | \$70.44 | (\$233.01- Club Promotional Rate) |

*Swimmer who purchases a Basic Pool Membership will be able to swim in the AM session.

Coaching Fee Policy

The monthly coaching fees are due before the 5th of each month at the Aquatic Complex office. New swimmers registered after the 5th of the month will have the coaching fees prorated at 50% for their first month only. Families with more than one child registered with CSSC will receive a \$5.00 discount on their coaching fees for each additional child. The fees are as follows:

3-day per week \$75 • 5-day per week \$85

If dues are not paid by the 5th of each month, an additional late fee of \$10.00 will be added to the account. Late fees are nonrefundable. If the dues are not paid by the 10th of the month, the swimmer will not be allowed to participate in their group's practice until the dues are paid. If a swimmer does not participate in practice for one month or longer, due to other activities, holidays, vacations, or for any other reason, a Reinstatement Fee (equal to one month of coaching fees) must be paid in addition to the coaching fees for the month in which the swimmer returns to the program.

Refunds: We do not offer credits, refunds, or make-ups for missed classes.

I, _____ acknowledge receipt of this information.

Athlete Signature

Coral Springs Masters REGISTRATION FORM

Annual Fees include:

- a. A U.S. Masters Swimming membership allows an athlete to practice with local Masters Swimming programs and participate in USMS-sanctioned meets while receiving membership benefits that include a subscription to SWIMMERmagazine, the STREAMLINESnewsletter, inclusion in the USMS national times database, discounts from USMS partners, insurance coverage, and eligibility to qualify for and compete in USMS National Championship events - **\$60**
- b. Coral Springs Swim Club membership - **\$100**

Where do the USMS membership fees go?

Membership fees are used toward making an investment in expanded programs, services, and membership benefits. These include more training courses for coaches, member clinics throughout the country, stroke development clinics for swimmers, a digital version of SWIMMERmagazine, a College Club program, Adult Learn-to-Swim classes, and more member discounts and offers

Please check a shirt size:

- | | | |
|----------------------------------|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> X-Small | <input type="checkbox"/> Large | <input type="checkbox"/> 3X-Large |
| <input type="checkbox"/> Small | <input type="checkbox"/> X-Large | <input type="checkbox"/> 4X-Large |
| <input type="checkbox"/> Medium | <input type="checkbox"/> 2X-Large | |

Make check payable to Swim Phish Inc in the amount of **\$100**.

Your free trial period will end one week from: _____

At the end of the trial period, my check will be automatically deposited, unless I decide not to join CSSC. In that case I will call the registration chairperson at 954-340-5032 and inform CSSC of my decision not to join CSSC.

Photo // Video // Audio Release:

I hereby confer on the City of Coral Springs and/or its affiliate, the Coral Springs Swim Club, the absolute, irrevocable right and permission to use my image, in print, digital (web), or broadcast (video) format for the purpose of public information, public awareness or historical documentation of City events and programs. I give my consent freely, with the understanding that no remuneration or compensation will be forthcoming. The photo, video and audio release policy should be signed by all. The photo, video and audio release policy is available to be electronically signed online upon completion of my registration. Athletes wishing to not have pictures, video or audio taken, must notify coach, Head Coach and Administrative Assistant. All information is required.

Name: _____ Occupation: _____ Signature: _____

Date: _____ Swimmer's Email: _____