

LIQUID N' DURANCE – WESTLAKE
O*H*I*O MASTERS
JUNE 1 – AUGUST 29



Liquid Lifestyles, Inc. | c. 440.935.1097 | info@LiquidLifestyles.com | www.LiquidLifestyles.com



SUMMER 2009 SWIM WORKOUTS

⇒ MULTI-SPORT ATHLETES

⇒ FITNESS SWIMMERS

⇒ COMPETITIVE SWIMMERS

COACHED SWIM TRAINING FOR ADULTS!

JOIN THE TEAM! The O*H*I*O Masters is the largest swim club in Northeast Ohio, with well over 300 members! Liquid Lifestyles is proud to announce this summer's newest workout location on Cleveland's Westside! If **SPEED – COMFORT – CONFIDENCE – EFFICIENCY** is what you're looking for these **COACHED** swim practices will teach you how to intelligently integrate speed & endurance into your training routines without compromising form and efficiency. Our coaches will provide specialized workout plans, conditioning and stroke development drills, goal setting, and individualized instruction.

"Don't just swim, swim SMART!"

JUNE 1 – AUGUST 29

52 TOTAL SCHEDULED PRACTICES

MONDAY / *TUESDAY / THURSDAY:

6:00 – 7:30 AM

***SATURDAY: 8:00 – 9:30 AM**

*** TECH-TUESDAYS**

Interested in improving your stroke mechanics and technique? Want to further develop your skills in all 4 competitive strokes? Join us for "Tech Tuesday's" with Coach Leah. A few lanes will be specifically devoted to stroke technique and improvement.

*** SSSMST SATURDAYS**

Bring your running shoes!! Join us for a group led run following every Saturday morning practice @ 10am (rain or shine). Sponsored by the Spin / Second Sole Multisport Team. Check them out @ www.SSSMST.com

ABOUT OUR COACHES:

LEAH NYIKES, head coach and founder of Liquid Lifestyle Swimming, has been coaching swimmers and multi-sport athletes for 11 years. As the Regional Director for Total Immersion for the past 5 years Leah has independently operated swimming programs across the country using the sound principles of biomechanics to teach swimmers how to work less, save energy, and build intelligent speed. Leah has trained thousands of swimmers, including elite Ironman finalists, top-ranked age-group swimmers, Navy Seals, and developing swimmers at all levels.

JULIE WEAVER, of Liquid Lifestyles Swimming, is an experienced Division 1 collegiate swimmer, multi-sport athlete and personal trainer. She was the head swim coach for a masters team in Seattle, WA for 4 years, growing the program to over 100 participants. As a first time marathon runner she finished 2nd in the 20-25 age group, 10th woman overall, with a time of 3hr 15min at the 2008 Cleveland Marathon.

BONUS! Enjoy special guest coaches throughout the summer! Email notifications will be sent so you don't miss out on these unique training opportunities. Plus, both of our coaches will be available for private instruction all year long @ Five Seasons Sports Club!



FIVE SEASONS SPORTS CLUB / 8 Lane – 25m outdoor pool:

28105 Clemens Rd. Westlake. Non-members must check in at the front desk prior to each practice. Participation with the Liquid Lifestyles Masters Program permits non-member use of outdoor pool and locker room facilities only. Please sign in at each practice. *Practices may be cancelled due to inclement weather. Check the forecast early. Practices will NOT be moved inside if severe conditions arise



SPONSORED BY O*H*I*O MASTERS SWIM CLUB:

You must be a current Ohio Masters Swim Club member to participate in the group swims at Five Seasons. Registration is \$40/ year and includes health and liability insurance for each planned swim workout as well as a monthly subscription to Masters Swimming Magazine. As a participant of OHIO Masters you are welcome to attend any sponsored group workout. To REGISTER and for a complete list of locations visit: www.OhioMasters.com. Program costs vary depending on location.

For additional swimming opportunities visit: www.LiquidLifestyles.com

**LIQUID N' DURANCE – WESTLAKE
O*H*I*O MASTERS
REGISTRATION FORM**



Mail completed form with payment to: Liquid Lifestyles, Inc. • P.O. Box 40268 • Bay Village • OH • 44140

TO BE COMPLETED BY PARTICIPANT: (PLEASE PRINT CLEARLY)

<input type="text"/>		<input type="text"/>
PARTICIPANT'S NAME		DATE OF BIRTH
<input type="text"/>	<input type="text"/>	
STREET	CITY / STATE / ZIP CODE	
<input type="text"/>	<input type="text"/>	<input type="text"/>
PHONE 1	PHONE 2	EMAIL ADDRESS



SPONSORED BY O*H*I*O MASTERS:

All participants must be registered with United States Masters Swimming and a current member of the OHIO Masters Swim Club to participate. If you do not have a 2009 USMS # go to: www.OhioMasters.com and click "join the team." Membership fee: \$40/year.

REQUIRED 2009 USMS #

PLEASE SELECT PAYMENT OPTION:	* MEMBERS	NON-MEMBERS	TOTAL AMOUNT DUE:
<input type="checkbox"/> SINGLE SESSION	\$8	\$10	
<input type="checkbox"/> 20-SESSION PASS	\$120 (\$6/session)	\$150 (\$7.50/session)	
<input type="checkbox"/> UNLIMITED (52 TOTAL)	\$160 (\$3/session)	\$210 (\$4/session)	

*** To qualify for the Member Discount you MUST provide a current member ID # to one of the following clubs:
Not a member? Register online for \$25/year @ www.CleveTriClub.com / Schedule a tour @ Five Seasons Sports Club: 1.440.899.4555**



FIVE SEASONS SPORTS CLUB

MEMBER #



CLEVELAND TRIATHLON CLUB

MEMBER #

EMERGENCY CONTACT INFORMATION:

<input type="text"/>		<input type="text"/>
EMERGENCY CONTACT		RELATIONSHIP
<input type="text"/>	<input type="text"/>	<input type="text"/>
CONTACT PHONE 1	PRIMARY CARE PHYSICIAN	PHYSICIAN'S PHONE NUMBER

PLEASE LIST ANY KNOW HEALTH PROBLEMS, INCLUDING ALL ALLERGIES AND CURRENT MEDICATIONS

RELEASE FORM LIABILITY:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all risks inherent in competitive swimming including possible permanent disability and death and agree to assume all risks. As a condition of my participation in the Liquid Lifestyles clinics or any program activities thereto, I hereby waive and release Liquid Lifestyles, its officers, agents or employees, host facilities or any individuals supervising the clinic program from any and all rights, claims for losses or damages of any kind, arising directly or indirectly, from my participation including, but not limited to, all claims for injury, loss or damages caused by the negligence whether active or passive in nature.

<input type="text"/>	<input type="text"/>
DATE	PARTICIPANT'S SIGNATURE