



P.O.Box1993, Rocklin, CA 95677-1993  
www.ramsswim.org

## MEMBERSHIP INFORMATION

### **What is the Rocklin Aquatics Masters?**

Rocklin Aquatics Masters (RAMS) is a registered United States Masters (USMS) swimming program for those who wish to swim for physical fitness, triathlon training, open water training and/or pool competition. RAMS practices at Sierra College Aquatics complex year round. The temperature of the pools is heated and kept approximately 78-80 degrees year round. This temperature is ideal for most workouts. The workouts are structured with a coach directing each workout and are given verbally to swimmers as they approach the wall. Swimmers are grouped according to ability, swimming down the right side of the lane in a circle pattern if there are three or more in a lane.

Currently RAMS' hours are as follows:

M-F = 5:30 - 7:00 AM, NOON 12:00 -1:30 PM, 6:30 – 8:00 PM, daily, SAT mornings 7:30 AM (during the summer months, the Sat. practice is 7:00 AM, held at Folsom Lake). Swimmers should check pool hours on a weekly basis. Changes in pool times and daily workouts are printed on the monthly calendar, in our newsletter (SPLASHES), on our website and are posted on our wall mounted bulletin board at the pool. Any **last minute** changes are posted on our website. It is wise to check our website before coming to practice if you have been absent for a period of time.

Team emails are sent with last minute changes, also.

### **Dues Information:**

All swimmers are required to register with PMS (Pacific Masters Swimming) (USMS) for insurance purposes. This **\$42 PMS** fee is allocated as such: \$27 to USMS (includes a subscription to *USMS Swimmer* magazine), \$15 to PMS. For those who join in September or October the fee is \$32 for the remainder of the year.

To register with RAMS online go to [Rocklin Aquatics Masters Registration](https://www.ClubAssistant.com/club/usms.cfm?club=RAMS)  
(<https://www.ClubAssistant.com/club/usms.cfm?club=RAMS>)

RAMS' dues are \$57 a month...There are two options for paying RAMS' dues...

**First option**...Fill out a Check Withdrawal authorization form, accompanied by your voided check.

**Second option**...pay dues by check once a year as \$684 on January 1st or twice a year, \$342 on January 1st and \$342 on July 1st. (For new members, this fee is prorated for the months remaining in the time period).

For new members only, the first month's dues are prorated also,(1-10th=\$57, 11-20th=\$47, 21-31st=\$37).

## Who may enroll in RAMS?

Any person who has passed their 18<sup>th</sup> birthday. To keep your membership current, dues must be paid and PMS membership must be renewed on time. **No one** may swim unless they are currently members of USMS (e.g. members of PMS). Membership is required in USMS since RAMS has liability insurance only if **all** swimmers are members. (Note: USMS registration and payment must be current and paid prior to entering the water.)

In beginning any new exercise program, it is recommended that you have your physician's approval before starting. Even if you are not interested in swimming competitively, the workouts will become physically demanding as your skills improve.

## What forms do I need to fill out?

There are **three** forms to fill out.

**First** is the Registration form for Pacific Masters Swimming (USMS), which can be done online.

**Second** is the New Member Enrollment Form. Please print and fill out **both** sides completely.

On this New Member Enrollment Form, try to select someone local for the emergency contact, if possible. If you have health insurance and/or a local physician, include those in the space available. If you have medical problems, specify the problem(s). If a medical emergency should arise, the only information we have on deck will be this form.

**Third** is the Sierra Joint Community College District Medical Treatment Authorization form.

**(Do not** mail these forms in, bring them to the pool the first time you come to swim. All forms and checks can be placed in the **yellow folder**, located in front of the team support box.)

## What if I need more information?

Don't hesitate to ask! Coaches Chris Breitbart, Tracy Battistessa, and Jim Black can answer any questions you have regarding workouts, stroke techniques and more. Other questions should be directed to the Treasurer, Lee McKinley, Membership Chair., Nancy Kelley or President Terri Maginnis.

## Who is on the RAMS Board?

### Elected Officers:

President	Terri Maginnis	<a href="mailto:tmaginni@yahoo.com">tmaginni@yahoo.com</a>
Vice-President	Rick Nelson	<a href="mailto:rick.nelson4@gmail.com">rick.nelson4@gmail.com</a>
Past President	Bob Skiff	<a href="mailto:bobfci@starstream.net">bobfci@starstream.net</a>
Safety Officer		
Treasurer	Lee McKinley	<a href="mailto:leemckinley3@gmail.com">leemckinley3@gmail.com</a>
Rec. Secretary	Amy Breitbart	<a href="mailto:breitbart5@yahoo.com">breitbart5@yahoo.com</a>

### Committee Chairs appointed by the President:

Website	Kent Hoffman	<a href="mailto:kentah@email.com">kentah@email.com</a>
Membership	Nancy Kelley 916-624-0715	<a href="mailto:nancyk@vfr.net">nancyk@vfr.net</a> FAX 916-632-7697
SPLASHES	Terri Maginnis	<a href="mailto:tmaginni@yahoo.com">tmaginni@yahoo.com</a>
Publicity/Marketing		
Social Chair.	Karen Salatti	
Head Coach	Chris Breitbart	<a href="mailto:breitbart5@yahoo.com">breitbart5@yahoo.com</a>
Asst. Coaches	Tracy Battistessa	