



Cardinal Masters

Workout Group of Swim Kentucky Masters,
a United States Masters Swimming Club



Costs:

Join USMS	\$51.00 per year ending Dec 31st
Liability and secondary medical insurance for practice, meets, and traveling to meets USMS.org (Membership Button upper right screen) Have credit card ready	
Join the Natatorium.	\$100.00 per year ending Aug 30 th
UofL students are all ready members	
Quarterly training fees	\$60.00 Due Sept 1, Dec 1, Mar 1, June 1

Practices (either depending on the University schedule)

Sunday	Doors open 8:00am In the water 8:15am Finish 9:30 am (or so)
Monday	Doors open 5:10am In the water 5:25am Finish 6:30 am
Wednesday	Doors open 5:30am In the water 5:45am Finish 7:00 am
Friday	Doors open 5:10am In the water 5:25am Finish 6:30 am

Practices are designed in a weekly cycle ending with scheduled team competition every 6 to 8 weeks (locally). Focus is on learning competitive techniques and swimming fast in a competitive team atmosphere.

The Meet Schedule this year, 2018, are:

- Western Ky Green Gators, Bowling Green, Ky January 14th
- Wildcat Invitational, Lexington, Ky March 4th
- USMS National SCY Championship in Indianapolis May 10th-13th
- Kentucky Masters LCM Mini, Meet Louisville, Ky July 8th
- Lakeside Invitational, Louisville, Ky Aug 4-5th
- FINA Masters LCM Pan-Am's in Orlando, FL July 28th – Aug 4th
- Louisville Invitational, University of Louisville, Louisville, KY November 11th

Contact: Coach Bill Tingley, btingley4510@gmail.com or
Aquatics Director Seth Boone, Seth@GoCards.com for more information