



Central Illinois Masters Swim Team, Inc.



<http://www.cimst.org/>



WELCOME!

We support your fitness and competition goals!

New guests welcome anytime! A current USMS membership is required for out of town visitors and returning guests.

3 elements of Membership:

1. Annual membership at USMS
2. Bi-annual membership in Central Illinois Masters Swim Team, Inc.
3. Volunteer work at IWU home meet(s)

That's \$180 a year, and 4 to 8 volunteer hours at IWU Natatorium to support the IWU Swim Team.

How:

1. USMS Membership \$40 (\$31) is through the Illinois Masters Swimming Association (ILMSA) at this link.
<http://ilmsa.com/>

- On the left hand side look under Be a Member -> Membership Forms or Sign Up Online!
- Use Membership Forms to print and send in by check
- Use Sign Up Online to use a credit card

Note: Discounts apply for young swimmers <25 (\$9 off).

2. Semi-annual local team dues is \$70 and can be paid by check or pay-pal. Membership runs January to June, and July to December. Please email treasurer (BobLundeen@gmail.com) for a PayPal link and to join the team mailing list. Checks can be made to Central IL Masters Swim Team Inc. and are collected by Coach Scott Clegg. Thank you! (Note: 50% discount applies for full-time students.)
3. IWU Swimming and Diving Schedule is posted on IWU Website <http://www.iwusports.com/index.aspx> We sign up at the pool to indicate which home meet(s) we plan to assist with running the meet. This is a critical part of our collaboration with IWU. IWU Aquatics Director and Coach Teresa Fish hosts Masters Swimmers at the Fort Natatorium and our team supports IWU Aquatics. We each commit to volunteer at 1 or more IWU home meets during November to February. Meets usually run about 3 to 4 hours.

To receive up to date pool schedules and team information, please email Erik VanEtten vanettene@gmail.com . This will put you on the CIMST email distribution list!



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Current practice times are as follows:

Monday: 6:30 P.M.-7:30 P.M.

Tuesday: 5:30 A.M.-6:30 A.M.

Wednesday: 6:30 P.M.-7:30 P.M.

Thursday: 5:30 A.M.-6:30 A.M.

Saturday: 7:30 A.M.-9:00 A.M.

The evening practices start times vary based on the school year. When IWU the swim team is not working out the evening practices start time usually moves up to as early as 5:30. During IWU swim season the evening swim practices start at 6:30.

Current practice times are posted at the pool and on the website.

Location:

**Shirk Center - Fort Natatorium
302 E Emerson St Bloomington, IL 601701**