

August 2011

Dear Swimmer,

Training is on a Monday night at Sportspace Tring (Mortimer Hill, Tring, HP23 5JU) 8-9pm. (full use of 5 lanes) Sportspace Tring is not open on Bank Holidays.

There are two prerequisites for this training; membership of Shires Triers Triathlon Club (£17 pa) and Sportspace membership. Shires Triers members are eligible for the corporate rate which is £35.70 pa – full details are available on <http://www.mysportspace.co.uk/> (you can also renew online.)

Membership can also be used at Hemel Hempstead, Berkhamsted, Longdean and Kings Langley.

Annual membership: £129.80

Cheques made payable to **Dacorum Sports Trust Ltd**

Please write on the back of cheque, your bankcard number, 1st line of address and also write your Sportspace membership no.

New members may join at the discretion of Shires Triers, and may be limited by the pool space available. One or two trial swims are allowed with prior agreement, but membership of Shires Triers and Sportspace will become due on the nearest last day of the month.

Any queries regarding membership please contact:

Maurice Bond Chairman Shires Triers 07780 956573/ 01442 389952 mbond@makethedifference.net	Jim Sinton Treasurer Shires Triers 07786 546276 Jim.sinton@imgtec.com	Jo Gahan Borough Swimming Co-ordinator 01442 228748 Jo.gahan@dacorum.gov.uk
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Office use only: Payment: _____ Date: _____

Membership to reception: _____

**Shires Triers Triathlon
Contact Information and Medical Questionnaire**

Must be completed by all new and renewing members

Please write clearly

Name: _____

Address: _____
_____ Post code: _____

Tel: _____ Mobile Number: _____

Date of Birth: _____

email address: _____

Payment enclosed: £ _____ Date: _____

Sports Pass No: _____ Sports Pass Expiry Date: _____

MEDICAL INFORMATION AND DECLARATION

Who to contact in an emergency?

Name: _____ Telephone (when they are swimming): _____

Doctor's name: _____ Telephone No: _____

Please list any medical/ behavioural conditions e.g. asthma, hayfever

TRAINING AGREEMENT

Your application to join Shires Triers Triathlon Club in swim training acknowledges that you are following programs and directins voluntarily and that you accept full responsibility for such acti vity. Shires Triers Swim Club and Sportspace cannot be held responsible for any performance ou tcome, negative or positive, or any injury or illness resulting directly or indirectly. The instructio ns of Sportspace management and staff must be obeyed at all times.