



WELCOME

Welcome to Alexandria Masters Swimming. Thanks for joining our program. We want to introduce ourselves to you, and pass along some information you may find interesting and useful.

HISTORY

Alexandria Masters Swimming began in 1996 with seven swimmers attending two workouts a week given by one coach. We ended last year with 190 members in the program, and now swim in three pools with eleven workouts a week. Not all members choose to swim with the team every season, but about 50-60 sign up to swim in any one season. We do not charge team dues, but swimmers must maintain membership with US Masters Swimming to qualify us for USMS insurance coverage.

ORGANIZATION

Our non-profit club is one of 25 local teams in the Potomac Valley LMSC (local masters swim committee), our local governing body. Potomac Valley LMSC consists of the District of Columbia and the immediate surrounding Virginia and Maryland counties. Potomac Valley is one of several LMSC's within the Colonies Zone, stretching from Virginia to Maine. There are eight zones throughout the country.

The team is run by a board of directors that meets monthly and keeps in touch by email. All swimmers are welcome to attend meetings. Board directors are elected for two year terms from registered team members. Board members consist of:

Drew Killian
Lisa Coakley
Madeline Muravchik
Ruth Ebisuzaki
Cathy Lewis

We divide the year into 3 seasons:

- Fall-Winter [September through January]
- Winter-Spring [January through May]
- Summer [June through September]

Summer season workouts are held at outdoor pools, while the others are held in Fairfax County Rec Centers. Fees paid to Alexandria Masters are used to rent pool space and pay our coaches.

PROGRAM

Depending on the season, 7 to 12 coached workouts are scheduled per week at different times and at different pools. Swimmers may attend any workouts they wish to.

Competition in local swim meets is optional. In fact, most swimmers never enter meets. If you would like to try competition, you will find that local meets attract both fast and not-so-fast swimmers, but are laid back and fun, especially with other team members attending for support.

Our team hosts our own meet in January – the Tropical Splash. Profits are used for our operating expenses during the season.

SOCIAL

A summer picnic and winter holiday party are held annually. Swimmers sometimes meet at informally the local coffee shop after each Saturday morning workout.

Breakfasts on the pool terrace after weekday morning workouts are a summer tradition with swimmers contributing and preparing the menu.

REGISTRATION & ADMISSION

Swimmers register online or fill out the USMS registration form and turn in to a coach or team committee rep along with a check to *Potomac Valley LMSC*. Registrations can also be mailed to the team address on the form. You usually receive your USMS card in the mail within two weeks. All membership cards expire December 31, at which time membership should be renewed for the next year.

After paying the season fee to *Alexandria Masters Swimming*, you will receive a bar pass card for admission to the rec center during our workouts. They are not used at the outdoor summer pools.

COMMUNICATIONS

The team web site (www.alexandriamasters.com) announces events and schedule changes in the *News* and *Calendar* pages. Links to upcoming swim meet entry forms are found in the calendar section. The web site *Dictionary* page defines terms beginner swimmers may not be familiar with. The *Discussion Board* allows discussion and communication between swimmers. Be sure to sign up online!

We periodically send out an email newsletter listing events and team news. Be sure to send your email address to the webmaster to be put on the email list.

USMS Swimmer, our national swim magazine arrives in the mail every two months with technique tips, analysis, and news on swimming, nutrition, competition, fitness, and training.

EQUIPMENT

Most swimmers bring their own training fins and pull buoy for occasional kick sets or pull sets. We use the pool facility's kickboards. The pools also have a limited number of pull buoys. Having your own water bottle on the side of the pool for your use is strongly recommended.

Sports Authority carries a limited selection of goggles and suits, during the season. *Sport Fair*, a small swim shop on Lee Highway in Arlington, carries a full line of swim suits, training fins, and other swim equipment and accessories.

Team swim caps with our logo cost \$5 each and are available from Ray Novitske. Profits pay for the annual club registration.

Alexandria Masters team tee shirts, bags, towels, and caps can be ordered through an annual order that we assemble for team members.

LANE ETIQUETTE

right. This puts everyone on one side of the lanes swimming up, and on the other side swimming back.

1. Don't be a lane hog. Stay to the right in the lane.
2. Don't hold everyone up. Let the fastest person go first.
3. If a faster swimmer is catching up to you during your swim, move to the side of the lane at the end of the pool and let him go ahead.
4. Don't tailgate. Leave enough room for the swimmer in front of you to do a proper turn at the end of the pool.
5. Don't be a wall hog. Always keep part of the wall open to allow swimmers to touch the wall at the end of their swim, too.
6. Stay on the interval. Don't leave on the clock early and force others to keep your pace. If you want to swim fast, move over to a faster lane instead.
7. Don't leave the wall late and force other swimmers to slow down for you. If you are tired, stop and rest to allow them to swim on and keep their interval pace.
8. Don't enter an occupied lane and just start swimming. Wait at the wall until the other swimmers see you and know you are also in the lane before proceeding. Collisions are not fun.
9. If arriving at the pool late, don't force everyone who arrived on time to wait for you to catch up to the workout. Don't 'do your own thing.' Keep to the workout so that everyone in the lane is in sync.