



Welcome to the Team!

We are glad to have you on our team and we hope you have an enjoyable experience swimming with us. Get to know more about our team below, and check out our [Frequently Asked Questions](#) page on our website.

ABOUT THE TEAM

Alexandria Masters Swimming is a swimmer-run team led by a Board of Directors, with the help of several committees. All swimmers are welcome to attend board meetings, which are usually held the first Saturday of every month. If you'd like to volunteer for a committee, or contact the Board for another reason, email us at bod@alexandriamasters.com.

Our current membership director is Madeline Muravchik. You can email her (facts@alexandriamasters.com) if you have any questions about season payments, need to update your information (emergency contact, name changes, etc.), or aren't receiving emails from the team.

SCHEDULE & PAYMENT INFORMATION

We divide the year into three seasons: Fall (September-January), Winter/Spring (January-May), and Summer (June-September). Registered members pay membership fees to Alexandria Masters (ALEX) at the start of each season. We rent indoor pool space from Fairfax County Park Authority in the Fall and Spring, but Summer workouts are held at local outdoor pools. You will need a keytag to access our pools during the indoor season, which you should ask the coach for during your first practice with us. If you do not have a keytag yet, please be prepared to show photo ID at the front desk. Our current season schedule, along with pool locations, can be found [here](#).

Alexandria Masters is a part of the **Potomac Valley Local Masters Swimming Committee (LMSC)** within US Masters Swimming. In addition to paying the Alexandria Masters fee, you will need to join US Masters Swimming before attending your first practice. US Masters Swimming provides workout insurance for our swim team, so you will not be allowed in the water until you are registered for the current year. You can join US Masters Swimming [here](#), just select **Potomac Valley** as your LMSC and **Alexandria Masters Swimming (ALEX)** as your club.

FOLLOW US ON SOCIAL MEDIA

We also have official team [Facebook](#) and [Twitter](#) pages that send out practice updates or cancellations, meet entry deadline reminders, and other team info. Our schedule is always posted on the [website calendar](#), but last minute changes will appear on our social media pages, updated by the coaches themselves. Note: You **do not** have to have a login to either site to view this information.

SOCIAL OPPORTUNITIES

Joining a Masters swim team is a great way to meet new friends. We organize many social activities outside of swim practice. Join our informal [Facebook group](#) for social event information and to chat with other swimmers. *Note:* This is a separate group from the Team Facebook page, and team alerts are not always posted here. It's a closed group, request to join and you will be added within a day or two.

Everyone is invited to our posty Saturday workout coffee break at Grounded Coffee Shop (6919 Telegraph Rd) during the Fall and Winter/Spring seasons.

SETTING A GOAL

Swimming abilities range from beginning lap swimmers to competitive racers, and we all have different goals, including fitness, conditioning, and competitions. We want to help you meet your own personal goals with the support of a fun community of swimmers.

You should speak to your regular coach when you start, and let them know about any individual goals you have, so they can help you achieve those in practice. The team has a handy [goal sheet](#) you can use to get started with this exercise.

SUPPORT THE TEAM:

When you buy anything on Amazon, our team receives a small referral fee when you use our custom link: <http://amzn.to/13B5ffy>

Looking for Swimming Gear or Team Apparel?

Our team receives a small referral fee from Swim Outlet you shop our team store: <http://www.swimoutlet.com/AlexandriaMasters>



Welcome to the Team!

We want our swim practices to be a positive, enjoyable experience for all our swimmers, therefore it is important for everyone to be aware of what is expected of them. **Please review the Code of Conduct and Lane Etiquette below.**

CODE OF CONDUCT

- 1) Be respectful to one another and the coach, and comply with all guidance given by the coach.
- 2) Abide by all pool and US Masters Swimming rules.
- 3) Work cooperatively with others to share swimming lanes in a safe and responsible manner.
- 4) Verbally or physically abusive or disruptive behavior in any form will not be tolerated and is grounds for a coach to remove a swimmer from a practice or other event.
- 5) If a swimmer believes that a member of the coaching staff is in violation of this Code of Conduct, he or she should inform the Alexandria Masters Board of Directors.
- 6) Pay US Masters Swimming annual registration fees and Alexandria Masters seasonal fees promptly at the start of each season.

LANE ETIQUETTE

Pool entry: You must enter the pool feet first. This is for everyone's safety. Second, wait for a gap between swimmers already in your lane before entering and pushing off.

Circle swim: Stay to the right in the lane. Unless a coach instructs otherwise, we should always be swimming on the right side of the lane (counter clock-wise) during all of our practices.

Flip turns: It is best to swim towards the middle of the wall to perform your flip turn (or open turn). This allows you to push off on the correct side of the lane to avoid running into the incoming swimmer behind you.

Waiting on the wall: Don't be a wall hog. Move to the side of the lane to allow incoming swimmers the ability to finish all the way into the wall. This is especially the case with the incoming swimmer swimming backstroke. We don't want any preventable collisions.

Passing: If a faster swimmer is catching up to you, they will tap you on the foot once or twice to signal they want to pass you at the next wall. Keep swimming until you get to the wall, but stay to the right side of the lane so they can pass you during their turn.

Spacing: Don't leave the wall early (or late). Wait 5 seconds after the swimmer in front of you pushes off before you go.

Following the Workout: Please follow the workout as written or otherwise communicated to your lane. If you need to alter the workout for any reason (injuries, etc), please discuss with the coach beforehand.

Late Arrivals: Discuss the workout set with the coach and/or the swimmers in your lane before proceeding. You may not always have the ability to "catch up" with what you missed. The coach may alter how you swim a set to provide an adequate warm-up.

If you have any questions, comments or concerns, please feel free to email us at bod@alexandriamaster.com anytime. Happy Swimming!

-Alexandria Masters Board of Directors

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