

Masters Information for Newcomers.

WELCOME TO MASTERS SWIMMING.

We really want you to join us and bring new blood to our group. However, we know it can be confusing so here are a few points to assist you.

Phill - Our Coach

The chap on the side who shouts orders at you. His challenge is working with us and he even seems to get pleasure from it. He could explain all the following information to you, but with a full pool raring to go he does not always have time.

General Information

Priory Pool

25m long so 50m is 2 lengths and 100m is 4 lengths. So, for example a Set could be 8x50m or 3x400m or anything in between.

Lane 1 is for the faster more experienced swimmers but can be the one nearest the clock or the canoes. You will soon learn if you are in the wrong one. They tumble turn in the upper lanes and this can be tricky.

Lane 4 is a good place for the newer swimmers to begin but also contains some people who have been there for years and are just older or happier there. They rarely tumble turn here.

When Phill gives instructions he starts with Lane 1 so don't panic, the work gets easier down the lanes.

Claremont Pool

18m long and only used on a Wednesday. Usually the work given is in lengths rather than metres, so 16 x 5 lengths or 20 x 3 lengths could be a Set.

Timing -Very important.

Following in a chain of swimmers doing different strokes and avoiding crashes is quite an art so here are a few suggestions;

Default is to leave 5 seconds before you follow the person in front of you and if they get in your way tickle their feet and overtake at the wall or just hang back a bit as they may get faster as you tire.

We swim **clockwise** or **anti-clockwise** in different lanes to avoid arms clashing when either side of the lane rope. When you move to the deep end to dive in remember this.

Speed order

This varies by stroke and person. The fastest stroke may be Freestyle but bear in mind someone doing Breast-stroke Kick may be better to lead the lane in a kick set.

The wall is very useful.

It's the solid bit at either end of the lane and if you use it to push off you have far less work to do! If you use it as a chatting area it can cause you pain as someone may collide with you. If you need an unscheduled rest find a safer place! - or just slow down.

Swimming can be like cricket with strange technical terms. Some examples are given below.

Going Time

"Swim 100m on a Going Time of 4 minutes" means you have 4 minutes to swim 100m. If you do it in 3 minutes you get a whole minute rest before you go again. If you take 4 minutes you get no rest!! As you improve your rests will increase and just when you think this is going well, Phill will reduce the Going Time!

Seconds become very important here as someone putting in a lot of effort gets very crabby when they don't get enough rest etc (i.e. if the Going Time is not adhered to!)

LIFO

Last in first out. Wait until everyone in the lane is back until you start again, unless Phill says otherwise.

Drills

Those funny practices you try to do when you break down the stroke. Terms like “Catch up”, “Flea Flicker”, “Roll and Hold.” **Pull** (Arms only) or **Kick** (legs only) etc.

Medley

This can be confusing. Individual Medley (**IM**) is a medley of strokes swum by the individual!

A “4 by 1” **IM** is 1 length of **fly** then **back** then **breast** then **frontcrawl (f/c)** (i.e. 1 length of each of the four strokes).

A Medley Relay is swum in the order **back breast fly f/c** for diving reasons.

Endurance

Otherwise known as Staying Power. Newcomers may look at the age profile in a lane and think they should be leading. They zoom off and then 2 lengths later they are exhausted. Bide your time. Anything you don't understand do ask the others in your lane.

Social

As we have little time to chat in the water (honest!) we do have an active Social Calendar. At Christmas we get together and see what people look like spruced up and not smelling of chlorine.

We enjoy an annual family activity weekend in Bala, with camping and watersports. In late August we amuse Phill by playing cricket each at our own level, hopefully on a sunny day with Tea after.

Those who want to go to the Pub on a Thursday after the session to relax (and rehydrate). On Saturday mornings we breakfast in the Quarry pool buffet.

Galas

These show Phill why he does what he does and give us all chance to work and play hard. We usually send a team to Arfon in September and Foreign galas have been done in the past. You don't have to be supersonic as you race against those of similar ability to you and then the results are calculated in 5 year age bands. Relays are good fun.

See also www.swimfit.com and www.shrewsburymasters.com