

Sawtooth Masters at the Y – Welcome Packet

Welcome to Sawtooth Masters at the YMCA!

The program caters to a **wide range of swimming skills and abilities** — from those looking to improve fitness or swimming technique to Masters National Champions. We provide **challenging workouts** for those who wish to take their swimming to the next level and/or compete in nationally sanctioned meets. We also offer training focused primarily on skill and **technique-based instruction** with the goal of **improving comfort and efficiency** while in the water for all levels. The Coaches of Sawtooth Masters at the Y are available to **meet individually with Members**, and establish goals, provide video analysis, and tailor workouts to meet specific needs. Members of all abilities may participate in local and away meets. Finally, **we emphasize having fun, getting to know your fellow swimmers, and exploring new boundaries and limits.**

Is Masters Appropriate for Me?

- I don't feel confident or comfortable in the water – is Masters right for me?
 - o Yes! We can help you improve stroke efficiency and your confidence.
- I don't want to swim as part of a big group – is Masters right for me?
 - o Yes! We can offer private, individualized lessons.
- I swam in high school, but I wasn't very good – is Masters right for me?
 - o Yes! You probably have a pretty solid swimming base in terms of technique. You will be surprised how quickly it comes back to you.
- I don't want to race in a swim meet or do a triathlon – is Masters right for me?
 - o Yes! Swimming is a great way to break up your other workouts (e.g., running, cycling) in a low-impact way. You will still get a great cardio workout with limited stress.
- I want to do my first triathlon – is Masters right for me?
 - o Yes! We will help with your confidence, efficiency, and stamina. We also will offer Open Water Swim clinics during the spring and summer months.
- I am a very competitive triathlete in my age group – is Masters right for me?
 - o Yes! We offer workouts that are designed to build the speed and endurance that athletes need to excel during the swim portion of the triathlon.
- I want to swim at National and other USMS sanctioned meets – is Masters right for me?
 - o Yes! We send about 10 athletes to compete at USMS Spring Nationals each year. Our program has several National and World Record holders, along with a number of swimmers who rank in the top 10 in their age group nationally.

Equipment – Here's what you need:

- Swim suit (not optional!). Any kind will work.
- Comfortable swim goggles.
- A latex or silicone swim cap if you have hair below your ears.
- Swim paddles.
- Swim fins (these are shorter and stubbier than traditional diving fins)
- Swim Snorkel (optional).
- Swim Buoy (optional – we have these at the pool).
- Kickboard (optional – we have these at the pool).

- Pulling ankle strap (optional).
- A bag to carry it all! (also optional).

Below is an Amazon link to the equipment you may need

https://www.amazon.com/gp/registry/giftlist/1XBQZT23YHXM4/ref=nav_wishlist_lists_3

Or you may visit the Boise Swim & Run Shop for individual and personalized assistance.

<http://www.swimrun.com/>

Swimming Etiquette:

- If you get into a lane with another swimmer, always first introduce yourself and confirm that it's OK to join the lane.
- Split the lane or circle swim? If there are more than two swimmers in a lane, then you should circle swim (like driving a car – keep the center lane on the bottom of the pool on your left). If you expect more swimmers to join a lane, you may want to start out by circle swimming.
- In short course yards, leave 5 seconds after the swimmer in front of you departs.
- In long course meters, generally leave 10 seconds after the swimmer in front of you.
- If you need to pass the swimmer in front of you, pass on the inside.
- If you are about to be overtaken, it's often good to stop briefly at the wall to allow the person behind to pass.
- More on swimming etiquette: <http://www.usms.org/fintess/content/pooletiquette>

How Do I Join the Program?

- The Coaches offer a free 1 hour swim assessment at a time that is convenient for you. We will spend time analyzing your stroke, taking video, and providing feedback. We will discuss fitness or competition goals. We will discuss any specific injuries or limitations that should be considered. We then provide a recommendation about appropriate workouts, training loads, and areas of focus.
- Or, you are welcome to just show up! Introduce yourself to the coach and the other swimmers in your lane, and then get started!
- The first month you may swim on a trial basis to make sure it's right for you.
- After that there is a monthly \$30 Program Fee that is in addition to the regular monthly YMCA dues.

Who are the Coaches?

- Rick McQuet, Head Coach
- Kyle Grisham, Assistant Coach
- Vicki Marsh, Assistant Coach
- Marina Shuler, Assistant Coach

Further Questions or More Information:

- Send an email to sawtoothmasters@ymcatvidaho.org
- Check in at the front desk for more information.
- Check out the website:
- Come visit a coach on deck before, during or after a workout.