

KEEP

SAWS

- **Promoting Masters Swimming (18+ Yrs)**
- Keep being a good steward of SAWS Club funds
- Continuing to promote growth in Masters
- Keep sending emails with info! I read them and consider them even if I don't show up for anything
- Selling green/blue caps

Competition & Events

- Doing Pool Events
- Doing Open Water Events
- Dual Events with the YMCA
- Promoting camaraderie amongst programs and communicate positively
- Swim meets of some kind
- Promoting Competition
- Open Water Swims
- #funmeets, Supporting national championships
- Continue to provide fun meets
- Masters swims
- Put on Club swim events, sanctioned and non-sanctioned; promote USMS membership and adult learn to swim programs
- Fun Meets
- hosting fun swim meets
- Fun meets
- Planned postals
- Meets/Open Water events
- Fun Meets
- Group attendance/coordination at meets
- announcements of upcoming events
- swim meets
- The funmeets as a less intimidating opportunity to dabble with competing thanks!
- This survey is awesome and the email list or even a newsletter just letting people know what is upcoming is great.
- Attending meets
- This survey is awesome and the email list or even a newsletter just letting people know what is upcoming is great.
- The fun meets as a less intimidating opportunity to dabble with competing, thanks!

Workouts

- Kyles intense, efficient, thoughtful, challenging, creative workouts
- 5:30 - 6:30 am MWF & Saturday 7-8:30 a.m.
- Keep up with the high level, organized, casual & fun workouts.
- Coached practices,
- Coached practices
- I like Rick a lot, Saturday AM practice

KEEP WORKOUTS CONTINUED. . .

- Early AM long course swim practice (allowing triathletes).
- Coach, team and fun activity
- Acknowledge that there are slow swimmers who get a lot out of the coaching – thank you! Video Analysis. Starting all together – slow and fast and adjusting accordingly.
- Coaches
- Convenient coached practices
- Keep a coach who coaches to all groups (recreational/fitness swimmers, age group competitors, triathletes, etc.)
- Social practices
- Quality coached practices, pool time reserved exclusively for SAWS members, open communication with members,
- Rick is doing an excellent job of trying new workouts
- I enjoy the different strokes, so practices that incorporate all strokes is preferable
- Continuing coached workouts, lots of options where/when to swim
- Coached Practices
- Coached practices beginning prior to 8 am
- Feedback during practices on strokes, times, etc.
- Have workouts at the DT Y
- Great atmosphere and coaching. Well rounded practices.
- Coached morning workouts. Great people to swim with
- Coached practices
- I love the workouts at the downtown y. Kyle is a great coach and the time is good.
- Keep up with the high level, organized, casual & fun workouts
- keep noon (or afternoon practice)
- Keep having Kyle coach AM practices at DT Y & offering 5:30- 6:30 AM MWF
- Good variety in workouts
- Videos
- 1:1 and lane coaching
- coached work-outs
- Having the workouts on the whiteboard is awesome, especially workouts that incorporate more stroke than just freestyle. Thanks!
- Coaching
- Keep the consistent and frequent workout schedule (at least those that are getting adequate participation numbers).
- Certain day of week = certain style workout. (i.e. Friday sprint day, Monday stroke day, Tuesday long aerobic, Wednesday). All coaches build their workouts to follow this structure.
- Video analysis is great
- Keep MWF workouts downtown
- Keep Kyle
- I like the workouts that are written
- social atmosphere
- I like that coach is flexible in that if I want to swim the set all freestyle he allows it - or flexibility to use paddles or fins, etc
- I like that long course is available a couple times a week.
- Interested/interactive coaches

KEEP WORKOUTS CONTINUED. . .

- workouts that can be modified
- social aspect
- Video analysis
- Coached group sessions
- Technique training
- Mid-day workouts
- Morning long course coached workouts
- Individual video sessions-- very helpful
- Printed workouts- great for the shortsighted

Clinics

- Swim Clinics - schedule some during the winter
- Providing clinics for stroke development
- Swim Clinics
- Stroke Clinics
- Clinics
- Stroke Clinics
- More clinics?
- Offer more clinics
- Swim/stroke clinics
- Stroke clinics
- Swim/stroke clinics
- Stroke clinic more often
- I'm on the email list but if there are stroke clinics and things I'd love to join.
-

Social

- Get Together
- Fun Activity
- Social Events
- Keep having periodic team social events
- Communicate, hold events and socials
- Socials
- Social gatherings
- Comradery
- More socials
- communicate with members and encourage comradery
- social events
- This survey is awesome and the email list or even a newsletter just letting people know what is upcoming is great.
- Not interested in social gatherings but don't think you should stop them

MISC COMMENTS

- I like the program and you should keep doing everything you are doing.
- they are doing it all right

- Great work keep it up!
- Keep up the good work that you are doing.
- Great coaching staff thanks!

START

YMCA

- Collaborate with TRI coaches
- Improve the pool downtown
- Regular - just work outs
- Delux - Video taping, meets, etc.
- Build more pools, ha!
- Help us get a new facility! A new 50 meter somewhere downtown. Or at South Y. I don't think there's enough focus on this BIG GOAL!

Events

- More beginning clinics or offers to teach mature athletes
- Provide 1-2 educational opportunities each year
- Sponsor sanctioned meets
- Planned events whether in the pool/OW/social that people know about 2-4 weeks or more before the event. More clinics. More involvement in USMS events
- Swim clinics for beginners- interested participants.
- I think you are on the right path trying to hold more events, especially open water stuff to get more people involved.
- encourage less experienced swimmers to gather experience at "fun" meets
- group attendance & coordination at meets
- Consider quarterly meetings with a social/informational theme. Information on nutrition, maintaining healthy shoulders, anything sports related.
- team trip to SC Nationals (annual)
- host an official annual swim meet drawing swimmers from all over the Northwest
- It would be grand to have a fun meet at the downtown Y, sometimes it is hard to travel too far to participate.

Workouts

- open water coaching at least 2x weekly May through July
- Open water opportunities in the summer would be fun. Better workout times,
- variety in Coaching designed for events
- like triathlons, long open water
- experienced coaches getting in the water with swimmers
- 1. Offer Tuesday & Thursday 5:30-6:30 AM coached workouts at Downtown Y; 2. Bring back Friday sprint days; 3. More IM workouts; 4. Random videotaping during workouts
- Quality stroke analysis with video and one-on-one instruction, follow ups available. Coached OWS sessions. Triathlete-specific workouts and skill development.
- Be more inviting to fitness swimmers. Very few new members join other than experienced competitive swimmers. Create additional opportunities and atmosphere for long term participation and lifestyle outside of competition events.
- 1.. Having all 6 lanes for coached practices at the Downtown Y; 2. Promote more open water practices and events; 3. Have a coached 6:30 am practice (following the 5:30 am practice) at the Downtown Y.

START Workouts CONTINUED . . .

- Dry land or weight training regimen. Not necessarily structured or as a team, logistics would probably be difficult, but a routine for people who choose to with a little direction.
- Workouts at an outdoor pool in the summer.
- I'm a morning person, but an evening workout option (at any of the pools) could be nice for those who are not morning people, who work odd hours, or who have kids and need a daycare option
- Weekend AM work outs at the West Y
- swimming, fitness/endurance.
- Grow by accommodating novice swimmers
- Strength Training Program
- Periodic timed events for us to track progress
- I would take advantage of personalized swimming fitness coaching
- More stroke clinics
- goal setting assistance would help me (what is realistic and what might it take to get there)
- Welcome any individual technique feedback
- Would love to see a summer workout at one of the outdoor pools, Nat, Borah, Fairmont, etc.
- more weekend swim events
- break up practices with some fun events during the practice
- Consider developing a universal presentation- a certain way the workouts are structured, delivered, and presented that all coaches follow.
- Try to build workouts so that all athletes are 'sending' on a similar interval. They may be swimming different distances (for the longer sets), but this will build a sense of camaraderie with the athletes, and make them feel like they're "in it together".
- noon swim Downtown
- With Matt leaving Y, would be good to have Ashley coach Sat morn Swims again.
- lobby for more Long Course days
- More opportunities for long course at different times than just early morning - one day a week late morning would be wonderful!
- Maybe set a definite start time for main set - many people arrive late to noon group and I'm often left wondering when my lane will start main set because of those getting in to warm up 10 mins late
- Find a way to get dedicated lap swim access downtown for adults on weekdays 4-6pm
- Underwater video- That's where propulsion comes from, right?
- I am a slow swimmer and really enjoyed the workout with group send off times and varied distances. Often slower swimmers feel that they don't finish the workout, so this is a nice way to run a workout. I recognize that it takes more work to set up and appreciate it! Overall, coaches are really good!!

Communication

- Continually update workout schedule, who is coaching when and where
- Have members complete a survey. How many took advantage of the additions?
- Offer more workouts downtown
- Routine Club meetings with educational component such as shoulder clinic, nutrition
- Meetup Groups outside of regular swim practices (open water and/or at the pool)
- Providing site or team neutral events - do a swim meet or social and have it run through the LSC or SAWS and not through a particular team

START Communication CONTINUED . . .

- Market events in the Outdoor section of the paper
- Place USMS magazines in magazine racks throughout the Y and at other Clubs with or without pools.
- Start communicating via social media and creating camaraderie in lieu of competition
- **It would be rad to have a meet and greet. I see so many people in the pool but am not in the social zone so it would be great to meet other swimmers outside of the pool to help build community and break in to the scene.**
- **A newsletter or some way to know about all of the awesomeness**

MISC Comments

- Not sure
- ?? Can't think of anything.
- Can't think of any
- I don't think that there are things you are doing that don't add value, we all just want different things out of SAWS and have different interests & time available to participate.
- I like doing what I do. I am happy with it.
- I don't know. I do what I want and don't worry about the rest.
- so far so good
- **Can't think of anything here**
- **Get a new swim coach :)**
- **Nothing I can see, I appreciate it all!**
- **The current format for masters practices is fine. I just prefer doing my own thing on my own schedule.**
- **Thank you so much for all you do! I've really appreciated all of the opportunities SAWS provides and am excited to participate in even more. I've definitely been inspired to up my swimming game by y'all.**

STOP

Coaching

- **Make sure that it's not just the first person in each lane who gets attention from the coach. The next people are important, too, and want just as much feedback. But truly, I think the coaches are so good and helpful. Thank you Rick, Kyle and Ashley!**
- **i have trouble finding a lane where I don't impede others, I sometimes avoid the group practice**
- **pay more attention to swimmers who are no "the elite"**
- **Maybe concentrate on more stroke workouts and less Free..... or designate certain lanes for non-free stroke workouts**
- **Often asking people for their opinion simply muddies the water. Recommend developing a plan that makes the most sense based on your experience and ability to see the big picture. Explain that plan to the participants, require all coaches be held accountable to the plan, and execute said plan as well as possible. Review, adjust, repeat. You're all doing a great job! -Antonio G**
- **Catering to a small majority**

Communication

- **Stop making decisions without asking for Masters member feedback**
- **Sending email with information instead of directing members to the SAWS website**

STOP Continued . . .

Events

- Have two rates for swim masters
- Drop meets with low attendance
- I don't really participate in the swim meets, so they're not valuable to me. But I know other members value them so SAWS shouldn't necessarily STOP doing them.
- unsure if the "fun" meets are a good return in the investment but think they may need more time to develop and determine value
- Last minute events.

MISC Comments

- Portray that SAWS is a YMCA Club
- I think things are going pretty well. I recently moved here from out of state and am very impressed with the team overall
- 4-5 individuals wrote "no comment"
- Nothing I can see, I appreciate it all!
- Not sure if this is SAWS but Sat. morning pool closure for triathletes after masters is annoying, especially if they're not paying extra for that as masters swimmers are.
- I dropped out of SAWS Membership
- I really enjoy Rick's coaching and think he does a great job with a wide range of swimming skills. I think he tries really hard to help everyone improve and I like the challenge and structure of his workouts.
- Everything works well for me and my schedule as it currently is. Great morning swim sets!

FEES

- Video taping/private coaching sessions If wanted, pay extra for it so our fees can be lower (personal training costs extract at the YMCA)
- 1. Charging \$300 extra per year with no discernible added value for swimmers; 2. Charging \$300 extra per year with no discernible added value for swimmers; 3. Charging \$300 extra per year with no discernible **added value for swimmers**
- Charging us extra money for services we do not use. I do not use the individual sessions or swim meets, etc but others might. I just want coached workouts and great people to swim
- Provide options... it should not be an all or nothing. I know of multiple people that have chosen not to join masters specifically because of the cost. It would be cool to grow the team/community... that is difficult when I tell people the details
- with, should I pay the same as someone wanting individual stroke analysis?
- Not offer FREE one on one video sessions
- It is \$85 right? one of highest - already paying many fees
- would get back in for \$35
- Membership fees lowered
- Reduce yearly fees from 300 to 200
- Charging extra \$300
- Lower the cost. Never feel like it is worth the monthly dues.

Number of Comments: Approximately 235

Source of Data – Black Text, SAWS Steering Committee
Blue Text, SAWS Survey
Red Text, YMCA Survey