

LAP AND MASTERS SWIM

Lap Swim



Lap swim is available at the Massena High School during scheduled times (see attached) and is intended for individuals striving for fitness and skill improvement. Pool lanes are designated to match each swimmer's individual pace. Kickboards, pull buoys, and swim fins are available for use during lap swims at no additional charge, just ask the lifeguard on duty. A portion of the pool may be used for other activities during lap swims.

Remember to be considerate and share lanes. When three or more swimmers are lap swimming, all swimmers in the lane must circle swim according to ability (speed). To "circle swim," swim down one side of the lane and back on the other. All ages are welcome.

Lap Swim Etiquette

When we work together, lap swimming will be a pleasant experience for all. Here are a few tips that will allow your swimming experience to be more enjoyable.

- **The Golden Rule:** Basically, do not inhibit the workout of others sharing the same lane as you.
- Unless a lane has only two people in it that would rather split the lane, we circle swim. Three or more swimmers in a lane must circle swim. In the United States the custom is to stay to the right, which is to swim counterclockwise.
- **Lane designations:** In most pools, lanes are designated as slow, medium, or fast. These are relative terms. Choose a lane compatible with your speed.
- When you enter the water, never dive, jump, or push off into oncoming swimmers. Wait until they have made the turn and pushed off.
- Slower swimmers must yield to faster swimmers. If you slow your pace, please change to appropriate lane. Consider the faster swimmer who is at your feet and offer them a chance to go ahead when you reach the wall, or let them pass you.
- **Passing:** Pass on the left. Tap the foot of the person in front of you before passing. If you are being overtaken at the turn, stop, and wait until the other swimmer has pushed off.
- If you need to stop, squeeze into the corner to the right of oncoming swimmers, so they will have sufficient room to turn.
- Complete laps: Swim complete laps to avoid confusion with others in your lane.
- Lifeguards may ask you to switch lanes. Please accommodate our requests.

Masters Swim

Masters swim, for ages 18 years and up, is a coached fitness swimmer opportunity that can challenge you in your fitness and competitive goals. Workouts often require the ability to swim 500 meters or more.

The head coach of our program, Joshua Jock provides swim instruction. Josh is the co-founder and President of Northern TRIBS Swimming, Inc. (NTS) and has coached swimming for more than 8 years with outstanding experience and achievement at all levels.

As a swimmer in this program you can get on Josh's email list and receive written workouts for the days of the week he is not here, competition schedules and swimming tips. If competition is your goal there are many opportunities to race in swim meets, open water races and triathlons. Although Masters swim was first started to provide competitive opportunities for adults, racing is not required. Check out the NTS website at <http://www.gotribs.org> or email Josh at jockjf@goTRIBS.org



Some of the additional benefits of swimming Masters with us are:

- Getting fit
- Improving strength and tone
- Improving technique
- Learning new strokes and techniques
- Making new friends
- Looking good
- Having fun