

## OPEN WATER SWIMMING



### Who can become a Masters swimmer

Any swimmer, age 18 and over, will find a spot in a USMS program. Most programs include individuals with a broad range of abilities, from fitness and lap swimmers to triathletes and competitively minded swimmers. USMS maintains no criteria, nor imposes any requirements, based on time or technique for membership.

### What USMS Offers

Each USMS group tailors its program to the needs of local members. They typically offer:

- structured workouts and well-thought-out training programs, often with a trained coach;
- workouts designed to help swimmers improve technique, endurance and aerobic conditioning;
- training for specific goals such as weight loss, improved fitness, triathlons or other competitions;
- camaraderie and opportunities for social activities, fun and lifelong friendships.

### Where Masters Swimmers Swim

Members swim with one of more than 1000 groups, teams and clubs located throughout the country. USMS member organizations range in size from a few swimmers to a few hundred swimmers. Log on to [www.usms.org](http://www.usms.org) and look for a place to swim near you.



*Swimming is a quest for me. The results can be amazing.*

*H.S.F., Rochester, NY*

*You go to a competition alone, but have 200 yet-to-meet friends.*

*J.M., Banner Elk, NC*

## COACHING & INSTRUCTION



## A note about competition

The majority of the 45,000 Masters Swimmers simply participate in training, fitness and social functions that USMS and its member organizations offer. If competing isn't your style, there's no need to feel pressured. You're good enough just the way you are.

For those who like the challenge of competition, USMS offers swimming meets on a regular basis. Members compete in age groups of five-year increments (19-24, 25-29, 30-34, etc.) Short-course (25-yard and 25-meter) and long-course (50-meter) pool meets, lake, river, and ocean open-water swims, postal meets, special events and international championships provide opportunities to gauge improvement, try for new personal, local, regional, national and even world records, foster new friendships and travel.



## COMPETITION



### Member Benefits

In addition to the opportunity to improve fitness and/or train in a structured environment, membership in USMS includes liability and secondary accident insurance during all sanctioned events and supervised workouts, an annual subscription to *SWIM Magazine* and communication from local member organizations.

### Frequently Asked Questions

- Q** Am I fast/good enough?
- A** Masters swimming is open to all levels of swimmers.
- Q** Do I have to compete?
- A** Only if you want to. The majority of USMS members swim for fitness and social reasons.
- Q** Do all groups have coaching?
- A** Many do. One of the greatest values of membership is the chance to swim with others. Each workout group has its own program. Some are highly structured with on-deck coaching, while others are more informal. Having a coach means there's someone who cares about your progress—someone to offer suggestions.
- Q** I am a triathlete and want to work on my swimming, what are my options?
- A** A good number of our members are triathletes. Many Masters groups dedicate a portion of their workouts to open water and triathlon training.
- Q** How do I find out about the Masters group nearest me?
- A** Visit the 'Places to Swim' section of the USMS Web site [www.usms.org](http://www.usms.org)

*Masters swimming has made my life more disciplined.*

*A.M.B., Reading, PA*

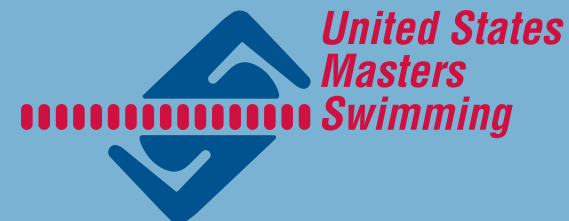
## How to become a Masters swimmer

Members join through one of 53 Local Masters Swimming Committees (LMSCs). To request a registration packet and learn more about training groups and facilities in your area, contact a nearby Masters member organization or the USMS National Office (You'll find the contacts at [www.usms.org](http://www.usms.org)).

Members pay a modest annual registration fee. Individual teams, workout groups and coaches may have additional fees for the use of facilities and coaching. To learn more contact:

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Phone: 800-550-SWIM (7946)  
Email: [usms@usms.org](mailto:usms@usms.org)  
Web: [www.usms.org](http://www.usms.org)

# Could I Be A Masters Swimmer?



### FITNESS TRAINING



*After three strokes (and I don't mean swimming strokes), it keeps me alive.*

*W.T.E. Portland, OR*

### LIFELONG FRIENDSHIPS

## Absolutely!

Despite its elite-sounding name, United States Masters Swimming (USMS) welcomes swimmers of all abilities. Any swimmer who wants to improve overall fitness, develop better technique, train for a triathlon, consider competition, or is just attracted to the water for any reason, is a perfect fit for United States Masters Swimming.

USMS is a national organization that provides organized workouts, clinics, workshops and competitions for swimmers ages 18 and over. Programs are open to all adult swimmers who want to improve their fitness through swimming.



If you want to get fit, become a better swimmer, stay motivated and meet new friends, USMS is the place to be.  
**Swimming for Life!**