



FAQ

How to Register? What does it Cost?

To register with USMS Swimming- Baylor TRI-Masters Swimming the Club Code is ARC (Aqua Raiders of Chattanooga) and we are in the Southeastern (SE) LMSC. For insurance reasons, all athletes swimming with Baylor TRI-Masters must be USMS registered athletes. Current USMS registration cost is \$49 annually.

Please be sure to register online for both USMS and also the Baylor Tri-Masters program online at http://www.baylorswimming.org/masters_programs.php

Monthly Fee: \$45 (unlimited practices / month)
Annual Registration Fee: \$30 / year (includes cap & t-shirt)
Insurance Fee: \$49 / year for USMS registration
Baylor Faculty Discount: 10% off the monthly fee

What is Master Swimming?

The “Masters” label only means that you are over the age of 18. Many triathletes and open water swimmers who compete in events join Masters programs, while others join in Masters swim meets. Many more, join but do not compete at all. No pressure to compete. Depending on your motivation to swim-- triathlon training, open water swim races or just staying healthy and fit.

How good of a swimmer must I be to join? I am not a very fast swimmer, or cannot swim all the strokes, and am not sure I can finish an hour workout

Baylor Tri-Masters Swimming welcomes swimmers of all abilities. If you are able to swim 4 lengths 9 (non-stop) in a 25 yard pool, our coaching staff can help you improve your skills and endurance. You do not need to be able to swim ALL the strokes to join! Do not be afraid to ask for help. Workouts are adjusted to take into account each swimmer's ability level and personal goals.

What if I am too slow for the others in my lane? Will I be grouped with others my own speed?

Each lane is grouped by ability. You will be assigned a lane compatible with your skills.

What are the workouts like? How many yards per workout?

Each workout runs for an hour (no worries if you are not able to finish the whole hour). Practices are coached, The coach gives the “sets,” which vary in distance per lane, and yardage can be modified. It is ok to enter a workout late. Practices will be structured with warm-up, a main set, and cool down. Incorporating stroke work, drills, kick to develop better technique and efficiency. Yardage is dependent on swimmer ability and will typically be 500-3000 yards.

What do I need to bring? Are locker rooms and showers available?

You will need goggles, swim suit, & swim cap. If you have a gear bag with fins, snorkel, paddles etc. bring it to practice. There are kick boards, paddles, fins on deck available to borrow or try equipment out before purchasing. Bathrooms, showers, and changing facilities are available.

What are the Out of Town Walk-in/Drop-in fees?

Our “Out of town guest/Walk-in/Drop-in” policy allows USMS members that have not paid the monthly/annual registration fee to swim with us. The swimmer must also present a valid USMS ID card. The fee is \$10 per practice. The check should be made payable to the Baylor Swim Club.

Where can I find more information?

Email Coach Jenny Smith at jsmith@baylorswimming.org or call the Baylor Swimming office at 423-267-8506 x267.