



UBC MASTERS SWIM CLUB

RULES OF THE POOL

www.ubcmasters.com

Sat/Sun 5:00-6:30pm

Hours: M/W/F 6:30-7:30pm; T/Th 7:00-8:00pm;

UBC MASTERS LANE ETIQUETTE

Select an appropriate lane to swim in. There are up to 8 lanes to pick from, each swimming at a different speed. If you are unsure of which lane is best suited for you, just ask a coach for assistance.

If you are new to a lane, introduce yourself and swim near the end to get a feel for the speed of the group.

If you need to change lanes for some reason, do so at the start of the next set. This should minimize confusion and prevent any disruption of the workout.

NO PASSING mid-lane. Leave at least 5-10 seconds between swimmers at all times. If you need to pass, indicate this by touching the foot of the swimmer ahead and he/she will allow you to pass at the next turn.

Follow the workout to the best of your ability. If you are late, do not start at the beginning of the warm-up; start at the same point as the rest of the lane. If for some reason you cannot do the set as described (ie. Due to injury), stay out of the way of your lane mates.

The **coaches** are there to help. Let them know if you want stroke correction or if you have had a bad day and just want to be left alone that night. Don't be shy; talk to them and let them know what you like or dislike about the workouts!!

Keep the end of the lane clear for people to do their turns. If you want to skip a set or lap, stay out of the way; likewise, in the outdoor pool, do not stand around in the shallow end. Basically, do not interrupt others during the workout.

Communicate! Be pleasant and courteous. Get to know the people that you swim with. If you are having a bad day, do not take it out on your lane mates or coaches!

EQUIPMENT. Water bottles, pull-buoys and fins are essential training tools. Please be sure to bring all these items to every practice. We will not be able to borrow these from the Aquatic Centre. Kick boards are provided by the pool.

UBC MASTERS SWIM CLUB ORGANIZATION

We are a non-profit organization with a volunteer board of directors. The board consists of a President, Vice-President, Secretary, Treasurer, and Registrar. We are required by the Society Act to have an Annual General Meeting to elect a new board. For the 2010-2011 season, the AGM will be held in November. The date will be announced by email and will also be available on the website. If you want to get involved in the club, this will be the perfect opportunity.

PERKS AND PRIVILEGES OF BEING A UBC MASTERS SWIMMER

Congratulations! You are now a UBC Masters Swimmer. Not only will you enjoy the fitness benefits and the opportunity to improve your swimming technique and speed, but you will also have the opportunity to meet new and exciting people... people just like you: wet, chlorinated, with goggle rings around their eyes!

SOCIAL EVENTS: Announcements at the beginning of workouts and emails will notify you of upcoming events.

SWIM MEETS: There are competitions throughout the year. Meets are open to all Masters Swimmers, no matter what age, speed, or experience. These meets emphasize fun over performance, so don't be too shy to try something new. Ask one of the coaches for further details.

RECIPROCAL PRIVILEGES: MSABC cards are no longer printed and distributed by MSABC, however, if you are travelling and would like to swim with another Masters swim club, you can email the MSABC registrar at registrar@msabc.ca to obtain official confirmation of your membership. Check out the MSABC and Masters Swimming Canada websites for a directory of other Masters Swim Clubs in Canada and the US. It is highly advised to contact the club representative for the club you plan to visit prior to your arrival to check on their policies regarding visiting swimmers!!

12th ANNUAL SWIM MEET

This year our swim meet will be held November 14th, 2010. If you are not competing at the meet, please sign up to volunteer. You are needed to help before, during, and after the meet. There is a job to suit your preference and schedule. When notices go up during practices in the fall, please take the initiative and sign up in whatever capacity you are able.

VOLUNTEER OPPORTUNITIES: We always need people to help out with club activities and organization. To find out ways to become involved, contact one of the coaches.