

Masters Swim FAQs

Q. The word “masters” sounds intimidating...

A. The word *Masters* was first applied to adults who participated in track and field and was later adopted in organized adult swimming. In swimming, Masters simply means 18 and older.

Q. I’m not fast enough (or in shape enough) to be in Masters Swimming...

A. This is something a lot of Masters coaches hear. However, most Masters coaches and swimmers don’t care how fast you are. In nearly every program, there are others of similar ability, or those who started where you are and have improved. Don’t let your perceived ability, or lack thereof, hold you back. Although it’s important to have a physical examination before starting any exercise routine, you don’t need to be in shape to start Masters swimming—Masters swimming will help you get there.

Q. I’m a triathlete. Why should I join U.S.M.S.?

A. Many triathletes, including world-class triathletes Jarrod Shoemaker, Gwen Jorgensen, and Sara McLarty, join USMS programs because training with swimmers is the best way to improve the swim portion of the tri. Masters coaches provide technique instruction and interval training with a group. USMS membership also grants access to the triathlete-specific workouts posted regularly in the members-only Forums at usms.org. In addition, *SWIMMER* magazine and *STREAMLINES* e-newsletters have technique and training tips in each issue.

Q. Why do I have to join USMS to swim in a Masters swimming program?

A. USMS provides insurance coverage for all individual USMS members and liability insurance for clubs and workout groups. For the insurance to be in effect, all participants within the activity, such as an organized practice or competition, must be registered with USMS. Thus, most USMS clubs and chapters require that all swimmers in their programs be registered with USMS. Register [HERE](#).



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