

Munster Masters

As we get a new Masters Program up and running, we all are really excited about not only being able to introduce the new MHS facility to you all, but to also allow you to be able to work within a group that is RIGHT FOR YOU! I am hoping that we can build, maintain, and retain a GREAT Masters Program here in Munster and although it may start as a stepping stone, we are hoping to be a full on program within a few years.

I would like to introduce myself to you all. My name is Matt Lee and I am a former Munster HS and University of Virginia Swimmer who has been the Head Coach of MSC since 2006. I have really learned a lot over the last 5 years in coaching younger swimmers to be the best they can be and our program has been at the top of not only the region, but the STATE for a long time now. I plan to keep it that way. I am now taking on a new challenge that is working with "masters" swimmers and being able to help not only those learning to modify strokes, but those already training in the pool and those triathletes that I have the utmost respect for in Munster and surrounding areas! MSC is hoping that we can accommodate you all in some way and have a really good time while doing it.

OUR FEES:

*September 2011 – flat fee of \$20 which includes all practice options for training groups or instructional group

*October 1, 2011 – December 31, 2011 - \$150, which includes access to all practices, morning and evening

*January 1, 2012 – March 31, 2012 - \$150 (same)

Fees will also be available for traveling Masters, which would be at a cost of \$5 per swimming session.

(all fees are subject to change)

GROUPS:

1) TRAINING GROUP – which will be subdivided into 2-3 practices per session written and copied for Masters to do on their own. Yardage will range from 1000-3500 yards on most days with different intensities offered (sendoffs). These practices will be offered at 5:30am Tuesday, Thursday, and some Fridays when possible, as well as written practices offered at 7:30pm on scheduled nights.

2) INSTRUCTIONAL GROUP – which will be an hour long, including a short warm-up and then a focus given by the Coach with feedback to Master Swimmers. Yardage will not be a factor in this group. These practices will begin at 7:30pm in September and are subject to morning hours starting in OCTOBER and on Fridays in Sept.

REQUIREMENTS:

There are only a few requirements to become a Munster Master and that is:

- the ability to swim without instruction and understand strokes.
- the willingness to work hard to improve strokes and aerobic capacity
- 18 years or older

- you will need your own suit, cap, and goggles

ACCESS:

You will be able to park in the NORTH lot for practices in the morning and evening. The first row will be used for Masters parking for a.m. practices. The whole lot will be open in the evening. The Lockerrooms that can be used will be the ones entering from the hallway on the **LEFT**. The varsity lockerrooms are labeled and are not to be used during Masters hours.

The GOAL is to meet the needs of all levels of swimmers, whether it is for fitness, strength building, triathlons, or just to have fun.

I am looking to get all swimmers registered with United States Masters Swimming, which does include publications, email blasts, etc.

This club is a start-up and will be continually growing and changing. The MSC website and email blasts will be the BEST way to gain information about Munster Masters.

A few sites to check out...

www.nastiswimming.ning.com

www.usms.org