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23 total responses, 23 as filtered

Note: the calculation of %'s for multiple choice questions has recently changed, [click here for details](#).

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1. Your name:

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Number of Respondents 23
Number of respondents who skipped this question 0

2. Please rate your satisfaction with each of the following

	Needs Significant Improvement	Below Average	Average	Excellent	Outstanding	Number of Respondents
<i>Overall organization of the club</i>	0% (0)	0% (0)	0% (0)	47% (11)	52% (12)	23
<i>Coaching</i>	0% (0)	0% (0)	4% (1)	69% (16)	26% (6)	23
<i>Practice Schedule</i>	0% (0)	4% (1)	43% (10)	21% (5)	30% (7)	23
<i>Communications</i>	0% (0)	0% (0)	0% (0)	52% (12)	47% (11)	23
<i>Fees</i>	0% (0)	0% (0)	21% (5)	65% (15)	13% (3)	23
<i>Website</i>	0% (0)	0% (0)	0% (0)	56% (13)	43% (10)	23
<i>Use of the Outdoor Pool for Summer</i>	0% (0)	4% (1)	17% (4)	43% (10)	34% (8)	23

Number of Respondents 23
Number of respondents who skipped this question 0

3. Coaching: Please describe your satisfaction with our coaching. Write in any suggestions that you think would improve your experience (drills, technique, total yardage, etc)

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Number of Respondents 23
Number of respondents who skipped this question 0

4. Multiple answers allowed. On average, I swim:

		% of Respondents	Number of Respondents
<i>Once per week with the team during a coached practice</i>	<div style="width: 39.13%; background-color: #0056b3; height: 15px;"></div>	39.13%	9
<i>Twice a week with the team at coached practices</i>	<div style="width: 39.13%; background-color: #0056b3; height: 15px;"></div>	39.13%	9
<i>Three or four coached practices with the team</i>	<div style="width: 8.70%; background-color: #0056b3; height: 15px;"></div>	8.70%	2
<i>Additional practices on my own</i>	<div style="width: 65.22%; background-color: #0056b3; height: 15px;"></div>	65.22%	15
<i>I also pay separately for individualized instruction</i>	<div style="width: 30.43%; background-color: #0056b3; height: 15px;"></div>	30.43%	7

Number of respondents 23
Number of respondents who skipped this question 0

5. Based on team feedback at our recent meeting, we have the following plans for this summer: Wednesday evenings 7:00-9:00pm with Adam outdoors; Saturday mornings 10:00-11:30am with Emily outdoors; Sunday afternoons 3:00-5:00pm at the YMCA (no coach on deck, but there will be a multi-level hardcopy workout provided). The fee will be \$120 (consistent with years past). With the above parameters, do you plan to join the team this summer?

		% of Respondents	Number of Respondents
Yes	<div style="width: 82.61%; background-color: #0056b3; height: 15px;"></div>	82.61%	19
No	<div style="width: 17.39%; background-color: #0056b3; height: 15px;"></div>	17.39%	4

Number of respondents **23**
Number of respondents who skipped this question **0**

6. We have the option of hosting swim meets for the Maryland Association during the 2009-2010 season. Please select the answer that best describes your recommendation. (NOTE: it is assumed you will volunteer your time to help with the planning of our meets).

% of Respondents Number of Respondents

<i>Host no meets. It's too much work.</i>		0.00%	0
<i>Host only a meet in the regular Carol Chidester series. We'll have a chili cook-off, and the the money we're paid by Maryland will help keep our team fees low.</i>		52.17%	12
<i>Host a meet at a premiere facility (McDonogh or Loyola College) and donate all proceeds to charity.</i>		13.04%	3
<i>Host both meets as described above.</i>		34.78%	8

Number of respondents **23**
Number of respondents who skipped this question **0**

7. What's the ONE thing we could do that would improve your experience on this team? Also, please elaborate for any answer lower than "Excellent" in question #2 above. (Then click FINISHED)

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Number of Respondents **23**
Number of respondents who skipped this question **0**


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3. Coaching: Please describe your satisfaction with our coaching. Write in any suggestions that you think would improve your experience (drills, technique, total yardage, etc)

1 The fault is not with the coaches but with me. I'm stuck at 22strokes per lap and 60 second lap time. Even in my age group that's not good. I'd like to improve.

2 I really like practices the way they are currently run with relatively long total yardage, but nice variation in sets (i.e. distance, sprints, pull, kick, stroke). I also like Adam's plan of starting to do some "open water" practices in the pool. While drill and technique are important, I personally wouldn't want to increase those aspects of swimming in the practices too much...maybe a set of drills would be ok. My feeling is that if I am going to invest 1 1/2 - 2 hrs to swimming I want to feel like I got a good workout in the end. And after a full practice of drills and technique I usually don't feel that.

3 Since the team is split on the issue, I feel the coaches should take the time to develop a WRITTEN workouts that those who feel they need more drill work (similar to Ann). or simply are not comfortable with always going at the same time with everyone. We could do it on our own or with a someone with similar ability.

4 There is no reason we all have to be doing the same thing since the focus/speed is so different depending on the swimmer. We could all come together to do 25s or work on starts/turns at the end. This would especially be useful for potential (non collegiate) swimmers who may be interested in the team.

5 I like the coaching.

6 Special case here, now that i'm injured. I now need direct attention to my stroke and technique in a one on one atmosphere, until i get swimming again. I don't expect that type of coaching from masters. Masters coaching for me is being coached on how to win races, do starts and turns, building yardage, etc. to those who already know how to swim. However, it is important to be able to ask coaches specific questions regarding technique. All coaches should be willing to teach specifics to individuals during times when others are swimming, but not at the expense other's time, unless they want to listen.

7 Adam and Emily are great. And I really appreciate Adam's workout last Sunday for the open water swimmers. Emily is terrific too and I appreciate her feedback.

8 Think all of our coaches are extremely capable and enthusiastic. Personally, would like more input on technique. Otherwise, very satisfied

9 Have no complaints...all coaches have brought something unique and valuable to the program. Since my shoulder injury, I have been working more with the Galans as they are providing an almost stroke by stroke rehab program... would not expect that from a team coach as that's not what they are there for. I plan to stay with the team over the summer indoors or out, although my participation maybe limited.... told tom stauch that I would take the summer off of competition and full stroke workouts. Thanks for opportunity to comment. Frank

10 I unfortunately haven't had a chance to take much advantage of our coaches of late, but I do appreciate what they do for us. I do miss the expertise that Glenn brought as a coach, but I do think that Emily, Mark, and Adam do the absolute best they can and I appreciate all the help they give me when I'm there.

The team is so very fortunate to have a very motivated and involved manager and consequently has drawn some really super and qualified coaches! Every single one has taught me something I dind't know about swimming! It's been really exciting to be a part of their practices and learn so many different things from them. I think that all of the components: drills, technique, yardage and even the toys/games are important in improving our swimming abilities. I guess the primary reason that I don't seem to be working out with the team much anymore is that I can't swim fast intervals and alot of the practices seem to focus on that. I definately don't want to incur injuries attempting to do something I'm just not meant to do. Yardage and

10 speed are definately still goals, but secondary goals for me; something I accomplish while working to become a good swimmer. I realize that it's very difficult for one coach to provide individualized workouts or give individual attention to any one swimmer with an entire team of swimmers in the water at one time, particularly when the swimmers are of wide varying abilities. But that's what makes the team so special in the first place. . . .the swimmers of all ages and abilities and the excitement of inspiring people to compete, become good swimmers or just plain have some fun with a great group of individuals! I don't have any

really good suggestions on how we keep the cohesion in our team, but I've always been very proud to have been a part of such a wonderful group!

11 I am happy with the coaching

12 See my comments below...dry erase board, specific focus some of the workouts, clinics? Coaching is great.

13 I really like Adam & Emily

14 I have been happy with our coaching

I like the combo of Emily and Adam. Emily is great for a fun team practice with guaranteed yardage. I've

15 only had Adam as a coach 3 times since I can't make Sundays. Each time he has pushed me harder and focused on things I can improve. I feel I have already improved from his pointing out my flaws. I would say I would love more time with Adam, but with the new proposed schedule, pretty sure I will soon.

16 I miss Glen and Ann but enjoy everything Emily and Adam do.

17 I don't feel good about writing something about myself, but Emily is great. I think she is evolving into a good coach. I enjoy her work outs, though feedback would be appreciated.

Hard for me to have much feedback since my participation has been so scarce this year but the practices I

18 do attend seem to be really well run and diverse. Emily and Adam are great..thanks for their time and dedication.

I would like to see different skill/speed level groups work separately. ok for an occasional group set of 25's or 50's, but to have different workout lengths. Adam is doing this now and is going well - Ann also used to do this. may also consider focusing on a specific stroke or drill each practice - maybe for individual

19 attention have one lane be a drill/stroke lane. unfortunately I can't make many of the coached practices so I can't report on Emily's coaching, but I like her and feel she is very knowledgeable. I find some of the slower folks saying things like "I need to wear fins to keep up" and this is a very poor way to improve on stroke technique and morale.

20 I wish there were more opportunities for coaching on deck, but I completely understand the funding, time slots in the pool and the lack of people showing up.

21 I really like working with both Emily and Adam

22 I have not been able to experience the new coaching techniques of Emily and Adam because of inactivity on the team.

23 Adam and Emily provide the right balance of drills, intervals, and technique coaching. We're lucky to have them.


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7. What's the ONE thing we could do that would improve your experience on this team? Also, please elaborate for any answer lower than "Excellent" in question #2 above. (Then click FINISHED)

- 1 I'm disappointed that we are ending our Friday A.M. coached swim. I'd like to have at least one early A.M. coached swim per week. Also the late hours on Wednesday are really not good for me. I go to bed at 9:00 P.M.(Don't laugh. I'm old.) Sunday afternoon inside, not good. But I don't have any better suggestions other than the early A. M. swims which have not proved popular.
- 2 For question # 5: I really like this practice schedule and the fee is fare For question # 6: I and really up for either the charity swim or host meet. I'll help out no matter which one we do. I think that hosting both would be too difficult. If we do the charity meet I say we do the one in March to give more time to prepare. For question # 7: Nothing, I like being part of the team.
- 3 Not sure we can do anything about the cleanliness of the outdoor pool on Wed evening-but we could suggest there be more focus on it be the outdoor pool's MANY employees. WRITTEN workouts for those who prefer to swim at our own pace.
- 4 Practices too late at night don't work for me. Practices in the middle of the weekend (the 10 - 1:30 Saturday also gets in the way of weekend activities) are also awkward for me. This is part of my decision to take the summer off and work out at home. (I did this last year too.) I plan to start again in the fall and hope that we get the early Saturday workouts back as well as at least one evening workout during the week that starts earlier than 7PM.
- 5 The schedule. Any other night but Wednesday would work better for me. However, IF i can make a WEDnesday practice i would much prefer the 6 - 8 time slot. that way i can still make dinner with my sailer friends in St. Michaels at the yacht club afterward. Saturday morning practices from 7 to 9 would work best for me. For the most part i cannot make any of the saturday practices as proposed here. The boat leaves the dock at 9:30 on Saturdays for the races. I need to be on it. So, the summer is OUT for me with the team with the proposed schedule. Sorry. I did propose doing an early Tuesday or Thursday morning workout at the st. Michaels Pool which opens its door to lap swimming at 7 or 7:30 each weekday morning. It would be nice to have a workout to do there or a coach.
- 6 Nothing, it's perfect.
- 7 Currently satisfied.
- 8 outdoor pool...being outdoors is good but water too warm by end of season the outdoor pool is not a deal breaker but I would just as soon stay indoors
- 9 I can't really think of anything that needs to be done on the team's part to improve the experience, its more on my end. Though I will say that I wouldn't mind if after missing so many practices, if someone had emailed me to check to see if things were ok, I would have appreciated knowing that people were concerned.
- 9 Other notes: on coaching, I liked Glenn and I miss him, but I have absolutely nothing bad to say about our current coaches. On practices, I just can't manage to make a 7 am practice on Saturdays, I've always preferred the later time on Saturdays in the summer. On fees, I've finally started working again, so fees shouldn't be an issue anymore, but it was rather tough to pay them when I was unemployed, thats all.
- 10 Maintain the diversity - in coaches, types of workouts, swimmers you draw, what you offer. It's great that you have so many different opportunities!
- 11 NOthing
- Small things - a large erase board, (or two) with the workout written on it. (easier to read than the handouts) Also, I'd like to have the focus of the workout spelled out a bit - i.e., streamlining, endurance, breathing, or
- 12 meet preparation?....And one more thing - maybe we could travel to, or have our own, swim clinic....I've always wanted to get a group and go away for a weekend swim clinic. it would be a fun social/swimming team thing to do...
- 13 I need to show consistently in order to answer that one!
- 14 I can't think of one thing that I would change all that much except for maybe the fees.....but understand the reason for them.
- The only thing that would be better is when we have our Y indoor practices, that we could have all 5 lanes

15 dedicated to us. I know from talk that it is a difficult to schedule this with the Y, so I understand when we don't. But technically we do pay double for this (Y fee + Masters fee). Everything else is great. It's been a year since I joined Masters, and it's been an awesome experience this season learning and competing. I hope our great group stays together.

16 I'm not a big fan of the Murphy pool but this is personal preference. Reasons why include: 1) Paying 33% more 2) Junk always seems to have blown into the pool 3) Changing facilities are not as good as the YMCA 4) Having to remember sunscreen 5) Dealing with the lane lines, clocks etc at the beginning and end of practice

17 At this time can't really think of anything. Question 2, Practice Dchedule; answered average, I would prefer our Sunday Practice to be moved to 11 to 1 pm if at all possible. I don't like the fact that we can't have a set schedule year round as well. Fees, I know we need to pay higher fees during the summer to retain the outdoor pool and good coaches, I just feel they are a little high on an annual take.

18 One of the perks that the summer outdoor pool practice offers is the use of the pool on personal time all summer. Last year there was confusion every time I showed up because we had no "pool passes" like year before and they said that our names should be in a notebook but no one could ever seem to find that list of names. If we could make that a little easier this summer it would be great!

19 1) i would like to be a member of the team even though i can't make practices. sat afternoons and sunday afternoons and friday mornings are all i can do, with maybe an occasional wed eve. it would be great to be able to swim with the team! maybe we can try to keep a coached practice on sunday? 2) i would like to include more individual coaching/stroke technique.

20 I am completely happy with the team. I think everyone is great and it is so much fun to be apart of! As a coach, i think everyone has a great attitude when they come to practice, which in my mind, is the best. As a swimmer, I feel pushed by Adam's workouts but not in a bad way. I enjoy coahcing along side with him and enjoy him as a coach. I feel the overall atmosphere of the team is outstanding!

21 The practice schedule is sometimes difficult for me with my work schedule. In the summer I also battle the beach traffic- Saturday morning and Sunday early evening are particularly ugly. I have no point of comparison for our fees so I rated that average.

22 It would be great to get a group of people together who just want to swim together, who can't get to the scheduled practices. #5 is a MAYBE I am hoping to swim on the summer team, but not sure yet... #4 is a lie because there was no way to answer...I am doing not swimming at all. :(

23 Due to alternative options for coaching (outside of our team), fewer people are practicing together now. I liked it when we had a larger group in the water together. I wish more people supported the team.