

## Walnut Creek Masters – Frequently Asked Questions

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- **Can I try out a workout?**

We do have a drop-in program, allowing anyone to try a workout. You are welcome to drop-in a few times to see if the program will work for you, or if you happen to be in the area on business or vacation. If you want to join our team, complete the membership application (available on-line or ask one of our coaches). As a reminder, we are a United States Masters Swimming (USMS) program. Our agreement with USMS requires swimmers possess a valid USMS registration. Out-of-town visitors may be asked to show current USMS membership to the coach on deck.

- **Where do you swim?**

We currently practice at Clarke Swim Center, located in Heather Farms Park, 301 N. San Carlos Drive, Walnut Creek, CA 94598.

- **Do I have to compete to swim on your team?**

Walnut Creek Masters encourages swimmers of all abilities to train with our team. Our swimmers have a wide breadth of previous swimming experience – from novice swimmers new to the sport to ex-age group swimmers to former Olympians and Ironman champions. While many of our teammates do participate in competitive swimming activities, many others do not compete and still enjoy the training and structured workouts.

- **What is the workout schedule?**

Coached workouts are provided Monday through Thursday at 5:30am, 6:45am, 10:30am, 12:00noon, and 7:00pm. Friday workouts are 5:30am, 6:45am, 10:30am, 12:00noon (no evening practice). Occasionally, Saturday practices are offered. Refer to the Calendar page of our website for more information.

- **What is a workout like?**

Each workout is 1 hour long and consists of 10-15 min warm-up, 2-3 minutes of announcements, followed by 35-45 minutes of interval based training. Workouts vary each day, with a different emphasis (i.e., distance, mid-distance, sprints, non-free). Our workouts offer variety and creativity – and include a mix of stroke (freestyle and non-freestyle), drill work, and pull and kick sets. While the intensity of our workouts generally follows the Masters Competition calendar, workouts are structured to accommodate both competitive and non-competitive swimmers as well.

Swimmers in each lane swim the same set on the same interval (spaced five seconds apart) based on an interval determined by the pace of the lane. Fast lanes will swim repeats of 100 yards of freestyle at a 1:10 pace. Slower lanes will swim repeats of 100 yard of freestyle at a 2:10 pace.

**How many yards does each lane swim?**

A typical one-hour workout consists of approximately 2500-3300 yards – depending on the pace of the lane.

- **I'm not sure if I'm fit or fast enough for your team. How “in shape” do I have to be?**

We recognize that every swimmer started somewhere. A typical workout will have at least 10 lanes, ranging from faster swimmers to slower swimmers, depending on ability and fitness level. Newcomers may choose to swim in a slower lane at first, stop or take breaks as needed, and gradually work up to completing an entire workout. We recommend you ask a coach on deck for advice on which lane might be a good place to start.

- **What is the difference between your masters swim program and recreational swimming?**

Walnut Creek Masters (WCM) is a registered club with United States Masters Swimming, and our members are registered with USMS. Adults ages 19 and older may swim with a Masters club. Our coaching staff provides a structured workout, usually comprised of several “sets” for each lane. Our workouts have a coach on deck to help you achieve whatever your goals are in swimming, oversee and guide the workout, offer feedback on technique, and assist with your swimming skills. We consider

our team a community within itself - the camaraderie of your fellow team/lane mates will enrich your life in many ways.

Walnut Creek Masters swimming also offers social activities for its members – including picnics, holiday parties, post-workout coffee and bagels, and other social events.

- **When are competitions held?**

For those swimmers interested in competing, there are pool meets held throughout the year. “Open water” (lake or ocean) competitions occur during the summer months. Please note that competitions are always encouraged, but remain optional.

- **How do I contact someone for more information?**

The best way to get more information about the club is to send an email to one of our coaches (Click on the Coaches icon from our home page) or stop during one of our practices.

- **What are your membership rates?**

As a regular member of Walnut Creek Masters, you will need to pay admission to the pool and register as a member with our team. Several types of membership are available to our members: The 2007 Walnut Creek Masters Membership fee is \$210, which includes USMS registration fees. Swimmers who join mid-year may qualify for a prorated membership fee. Regular membership entitles members to receive the benefit of our coached workouts. An affiliate membership is available for those members who wish to compete as a Walnut Creek Masters swimmer but who train at a location other than Heather Farms/Clarke Swim Center. Membership (regular or affiliate) with WCM includes the annual USMS registration dues.

As of December 2006, pool entrance fees are \$4.25 per swim. A 15-Punch pass can be purchased for \$56.25. A Monthly Masters Pass is \$64.00. An annual swim pass is \$768.00. Note that both pool fees and WCM registration fees are generally reviewed on an annual basis, hence the quoted rates are subject to change.

- **Can I use the weight room/exercise equipment at the facility?**

Your pool entrance fees include the use of all facilities located on premises at the swim center, including the weight/exercise room & equipment.