

Masters FAQ-

1. The word "Masters" sounds intimidating. Do I have to be an expert?

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.

2. What if I don't think I'm fast enough to be a Masters swimmer?

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](#).

3. I'm a triathlete. Why should I join USMS?

Many triathletes, including world-class triathletes [Sara McLarty](#) and Ben Hoffman, 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](#) newsletters have techniques and training tips in each issue.

4. Is Masters Swimming going to help me learn to swim/ make my technique better?

No, and Yes, we are a community of adults who like to swim. Think of us as your book group, but for swimming! We share our workouts/ideas and enjoy each other's company! While our sets do have a technique base, that is not what we spend a lot of time doing. Our workouts are geared towards getting our heart rates up and having a good social experience!

If you are looking to learn to swim or have better stroke technique, we suggest contacting Swim Fit Alaska at swimfitalaska@yahoo.com.

5. Do I have to be competitive to join?

No, we take everyone! From fitness swimmers to ex-college athletes. We do keep the community aware of races and clinics that Masters might be interested in. However, you do not have to attend if you do not wish to.

6. Is there anything I need to know about COVID-19 AND Fairbanks Masters Swimming?

Right now, we do encourage social distancing. Our swim group is small enough that if you choose you can start your workout at a different end of the pool if you like, but is not required. We do not require masks. All locker rooms are open for changing or if you like you can change on deck and leave when the practice is over. Your choice!

7. Can I bring a friend(s)

Yes!!! Over the last 4 years, Fairbanks Masters Swimming has become an amazing community because of swimmers bringing the people they care about most to the pool! We love and support this tradition. If you have someone you think would love and enhance the environment of Masters swimming please bring them!

8. Why do some practices say Swimmer Led?

Due to Covid-19, we had to make difficult decisions when it comes to our budget. We agreed that it was more important to have pool time than to always have a coach on deck. But never fear! All workouts are written by our Level 3 Masters Swim Coach Kristina Biceroglu, and you will have an amazing pool full of people ready to swim with you and support you through the workout! We have a great community of swimmers ready to help you succeed in each workout

9. What is the monthly fee?

The monthly price break down is as follows:

- Adult Fry- \$40/ month for one practice a week (comes to \$10/ practice)
- Adult Grayling - \$56/month for 2 practices a week (comes to \$7/practice)
- Adult Trout - \$72/month for 3 practices a week (comes to \$6/practice)
- Adult Salmon - \$100/month for unlimited practices a week (comes to \$5/practice)

If you cant afford the monthly fee, please ask about our volunteer coaching program that gives you free membership!

10. I am sold, what do I do next?

To start, you can do one of two things:

1. Try a one-week free trial. Please email me when you would like to start.

2. You can register to be on the team with the link below. Once registered please send me an email so I can approve it. [Stingray Swim Team - Team Registration](#)