



Sanctioned by Southern Pacific Masters Association & United States Masters Swimming

Welcome to South Bay Swim Team Masters!

Welcome to Masters Swimming

Adult swimmers of all ages and skill level are welcome!

- Beginners, recreation & fitness lap swimmers, triathletes, competitive pool and ocean swimmers
- We have a fun group of people, and you'll enjoy working out with people who have similar goals
- Our coached workouts are fun, and are designed to maximize the time you spend in the water

When and Where

South Bay Swim Team Masters offers a daily swim workouts at the Hawthorne Aquatic Center – a *great* outdoor aquatics facility in the South Bay located at 12501 S. Inglewood Avenue 90250

- Workouts are Monday – Friday evenings 6:30-7:30 PM (Covid Schedule 6:30-7:20PM)

How To Join – Paperwork and Fees

- Complete 'Swimmer Registration' form. We also have a special Covid Waiver that is a requirement of joining at this time. Forms can be completed, signed and scanned back to SouthBaySwimTeam@socal.rr.com
- Once entered into our online team platform, you can enter your credit card for payment. The dues are \$140 (for two months)

Note: We work on a 'two-month' dues structure for payment. Dues will be paid two months at a time (\$140 / \$70 per month x 2 months) on the odd numbered months, January, March, May, July, etc.

If you join the team 'mid-cycle' for dues, we can pro-rate the fee; talk with Kathy for specifics. Then you'll pay \$140 at the next odd numbered month.

- Membership in United States Masters Swimming is required. Click <https://www.usms.org/join> to join; this covers your insurance in the pool, and offers you the opportunity to participate in swim meets and some ocean races; in addition, after joining, you'll receive "Swimmer" magazine. The annual fee is \$60

Swimmer Equipment

Swimming does not require a lot of fussy equipment – grab your swimsuit and join us!

- Swimsuit
- Goggles

Questions?

Call Kathy Gore at SouthBaySwimTeam@socal.rr.com or www.SouthBaySwimTeam.org



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Frequently Asked Questions

- Q.** What safety measures do you have in place given the Covid-19 Pandemic?
- A.** Several safety protocols in place: Limiting workout space to two swimmers per lane, temperature checks upon entry, pre-sign ups for workouts, face covering required before/after swim, and social distancing. Swimmers arrive in their suit, and leave in their suit – no locker rooms available.
- Q.** Masters Swimming? Sounds like retired Olympians – but, can I join?
- A.** YES! Masters swimming is just describes coached group training for **adult swimmers** – that’s anyone 18 or older. We have swimmers of all skill levels and backgrounds on the team.
- Q.** I can’t swim on a regular basis – do you have a drop in fee or other payment plan options?
- A.** Normally, yes. But because of current safety protocols and space restrictions, we can only cater to our regular membership base. So, we currently do not have options for drop in swimmers.
- Q.** What are the workouts like?
- A.** SOBA Masters workouts are creative and motivating. Beginning with warm up, then, progress through drills and sets, and end with a warm down. Our coaches maximize your training time with the best in aerobic exercise and will help you to build your speed, strength, pace, form, and understanding of the sport. Our experienced coaches will help make the most of your workout time.
- Q.** What Are The Coaches Qualifications?
- A.** The South Bay Swim Team professional coaching staff is certified by United States Masters Swimming, and trained in various levels of coaching and instruction. Our coaches have decades of experience as coaches and as athletes (swim, triathlon/IronMan, running/marathons, & more)
- Q.** How Do We Know What’s Going On with the Team’s Activities and Schedule?
- A.** We have a team website that is updated regularly: www.SouthBaySwimTeam.org The ‘Events’ tab of the website includes a schedule for upcoming team activities. We send announcements via email.
- Q.** How does it work to pay the semi-monthly swim team dues?
- A.** Dues are payable on the first of each odd-numbered month. Preferred payment option is via credit card online with AutoPay
- Q.** Where Can I Purchase Swim Equipment?
- A.** The best local option is ‘The Swim Guy’ store: 15900 Inglewood Ave. Lawndale 90260. Other team logo-ed items such as t-shirts, sweatshirts, caps, are available from the team.