HSA MASTERS SWIMMING

HSA Masters team is a member of United States Masters Swimming.
HSA Masters Head Coach is Brooke Pate. Brooke has been coaching Age group swimmers, Senior level swimmers, College swimmers and Masters swimmers for over 45 years.
HSA Masters offers practice options year round for swimming enthusiast.
August – May HSA offers practice from 5:00 -7:00 am Mon – Fri and Saturdays 5:30 - 7:00am.
June – July HSA offers Mon - Sat 5:00-6:30am
Workout is typically short course August – May with some exception & long course June – July.
We have swimmers of all ability levels from learning to swim, fitness swimmers triathletes, open water swimmers and those who compete at Masters Nationals. We also have an open workout policy and Coach Brooke is usually there by 4:35ish(weekdays, Sat by 5:00) so you can come in early or any time after and stay as long/short as you want, but we must be out of the water by 7:00am August – May and 6:30am June - July.
You can register for the Masters program on the HSA website HERE
To join HSA Masters you must be a member of USMS
Fees for masters include a yearly $20 registration fee and $58 monthly training fee.
For information or questions concerning HSA Masters contact:
Coach Dave - coachdave@swimhsa.org