



Welcome to the 2024-25 Masters Season!

COACH CONTACTS

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PRACTICE SCHEDULE

Mon	Tues	Wed	Thurs	Fri	Saturday
6:00-7:30am	6:10-7:30pm	6:00-7:30am	6:10-7:30pm	6:00-7:30am	11:15am-12:30pm

Masters swimmers are invited to any swim during the week. The Tues/Thurs/Saturday swims will provide more technique training. All swims will provide workout plans. Masters coaches are also leaders of our age group team, there are times when all coaches will be traveling to swim meets with the age group team. Approximately once per month, 8 months of the year, coaches will not be able to run practices...usually missing Saturdays. There is also a short period of time in March and August, between seasons, that coaches may not lead a Masters practice.

REGISTRATION

All swimmers will need to register for two organizations...Trident and U.S. Masters Swimming.

REGISTRATION 1 - TRIDENT AQUATICS

On the Masters page on Trident's website, you'll find two red buttons. The first will take you to the Trident registration page. Follow that link and you'll create a new account and register within our team management system, operated by SportsENGINE / TeamUnify. This system covers all of our swimming groups so you'll see a few items focused upon our age group team that you can ignore. The system will also provide auto-billing of monthly dues, charged on the 1st for every month.

REGISTRATION 2 - U.S. MASTERS SWIMMING

U.S. Masters is a great organization that provides a lot a great info to swimmers. In addition, USMS hosts many regional meets, and Nationals, held twice each year. In addition, we are required to ensure all swimmers are registered with them, for insurance purposes.

To register, utilize that second red button on our Masters page, or simply head to www.usms.org

GroupMe App

We use GroupMe to communicate social news, weather closures, etc. During your first couple weeks on deck, we will set you up on that app so that we all stay in touch.

Commit App

We use a great system to manage swimming workouts. Commit Swimming. During each swim, your workout will be posted up on TV's above your lane. In addition, you can have the Commit App on your own phone. This is great for swimming while traveling, as you can access all of our workouts as needed. In addition, you can track your swimming yardage in the system. A coach will help you set this up during your first couple weeks at workouts. This app is free for Masters swimmers.

TRAINING EQUIPMENT

We love to use equipment in our training, as it really helps with both technique and strength gains...if used correctly. Typically, our swimmers will carry the following in their swim bag.

In addition to the standard suit/cap/goggles....fins, paddles, pull buoy, snorkel, kickboard.

Additional optional equipment includes a parachute, tempo trainer.

Prior to purchasing any equipment, please consult with a coach to ensure you get the right equipment.

We do have some items at the pool for purchase...ready to go. For the rest, we can get you to our team website for all additional equipment.

As a Masters swimmer, you may store your swim bag in our team wet locker area (to let it dry there instead of your car before your next swim!)

Masters swimmers are also welcome to utilize a locker at the pool for personal equipment. You'll want to provide your own lock.

SEE YOU AT THE POOL!!!

