

MAKING MASTERS FUN
BREAKOUT GROUP 1
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THE THEME OF THIS YEAR'S CONVENTION: MASTERS –SWIMMING FOR LIFE SUGGESTS THE CONCEPT THAT WHAT WE DO IS TOO IMPORTANT TO BE TAKEN SERIOUSLY. THAT IS, OUR HEALTH CONCERNS ARE PARAMOUNT. ALL OF US ARE FITNESS SWIMMERS, WHETHER OR NOT WE COMPETE IN MEETS.

THE TERM “ MASTERS” CAN BE INTIMIDATING TO THE NEW MEMBERS, CONNOTING EXPERTISE RATHER THAN AGE. THIS GROUP SOUGHT TO GATHER IDEAS TO ASSIST THE RECRUITMENT AND RETENTION OF MEMBERS BY MAKING OUR COMMON EXPERIENCES THE BEST POSSIBLE FOR SUCCESS .

WORKOUTS

1. ZIG ZAG WORKOUTS; EACH LANE DOES A DIFFERENT 10 MIN SET THEN MOVES TO THE NEXT LANE TOGETHER TO DO THAT SET.
2. ACCOMMODATE ABILITIES; A) 10 MIN SWIM FOR DISTANCE; B) START ON SAME INTERVAL BUT GO DIFFERENT DISTANCES OR STROKES; C) L1 GOES 12 X 50 ON 40 ,L2 GOES 8 X 50 ON 60.
3. TRIATHLETES- NON STROKE SWIMMERS. LET THEM SWIM FREESTYLE ONLY, USE SIGHTING DRILLS AT END OF LANES OR POOL FOR OPEN WATER SWIMS, EXPLAIN THE BENEFITS AND PURPOSE OF DRILLS. PUT PYLONS ON THE POOL BOTTOM AND SWIM AROUND THEM WITHOUT TOUCHING WALLS OR BOTTOM.
4. FIN DAYS. ONE WORKOUT A WEEK WITH FINS ONLY WORKING LEGS, BREATH CONTROL AND ABDOMINALS.
5. TENNIS BALL DRILLS: DO SETS HOLDING TENNIS BALLS IN HANDS OR BETWEEN LEGS. DO NOT LET GO DURING SET.
6. LIGHTS DRILL; CRUISE EASY SWIM WHEN POOL LIGHTS ARE TURNED OFF, SPRINT WHEN TURNED BACK ON.
7. FLOAT DRILLS FIND THE IDEAL BODY TYPE-SEE SWIM MAGAZINE ARTICLE LAST ISSUE.
8. LET EACH LANE SELECT A SET FOR ONE WORKOUT. HAVE A SWIMMER SELECTED AS COACH FOR THE DAY. USE A DARTBOARD TO PICK THE WORKOUT.
9. PICK ONE SWIMMER GET THE PHONE NUMBER TO MAKE UP THE WORKOUT, IE. 8 X 50, 3X150, 1X500. 2X100 STROKE, 2X25 NO BREATH, 5X50 KICK, 1X500 PULL. FOR ZERO MAKE IT A TIMED SWIM.

CLUB ACTIVITIES

- 1 HAVE HOLIDAY THEME WORKOUTS AND PARTIES AFTER.
- 2 DONUTS TOGETHER AFTER MORNING WORKOUTS, PIZZA AFTER LATER WORKOUTS.
- 3 HAVE THE CLUB HOST AND SPONSOR A TEAM DINNER TO WELCOME AND ASSIST YOUNGER AND LESS AFFLUENT MEMBERS.
- 4 HAVE POST MEET FOOD. ADD \$2 OR \$3 TO MEET ENTRY FOR 6' SANDWICHES. ETC.
- 5 HAVE A MONTHLY BIRTHDAY PARTY FOR TEAM MEMBERS WHO AGE UP. ONE TEAM HAS THE HONOREE SWIM A 50 ON THEIR BIRTHDAY-NAKED.
- 6 HAVE FUN MEETS. T SHIRT RELAYS, EXCHANGE THE T SHIRT AFTER EACH LEG. USE A BALLOON TIED TO THE SUIT INSTEAD OF A T SHIRT. HAVE INNER TUBE RELAYS.
- 7 HAVE GREASED WATERMELON WATER POLO.
- 8 HAVE RELAYS SUM OF THE AGES AND MIX STROKES AND DISTANCES. 80 YR OLD @ 25 YDS , 25 YR OLD DOES 200 STROKE.\

GENERAL

1. HAVE LANE MENTORS TO WELCOME NEW MEMBERS AND EXPLAIN WORKOUT PROCEDURES AND TEAM ACTIVITIES.
2. HAVE MEET MENTORS FOR NEW COMPETITORS FOR POOL AND OPEN WATER EVENTS.
3. USE COOL DOWN AS CHAT TIME KICK EASY USING KICK BOARDS.
4. ASSURE EVERYONE KEEPS A SENSE OF HUMOR IN WORKOUT AND MEETS, ESPECIALLY HELPFUL WHEN ACTING AS RELAY COORDINATOR.
5. NO GRUMPY COACHES ALLOWED.
6. HAVE A FUN COLUMN IN SWIM MAGAZINE.
7. INVITE 60+ SWIMMERS TO SWIM A HEAT AT A USA AGE GROUP MEET. INSPIRATIONAL AND AN EXCELLENT RECRUITMENT OPPORTUNITY.
8. APPOINT A TEAM SOCIAL CHAIR.
9. NEVER LOSE THE PARTY.