

## **Rudgear Estates Masters Swim Program Proposal**

### **Introduction**

As a student and varsity swimmer at Tufts University, I appreciate the value of community involvement and outreach. As a coach of the Rudgear Estates Swim Team (REST), I have been thoroughly impressed by the commitment of the parents to the sport of swimming and the program's success. Further, the Rudgear Estates Homeowners Association (REHA) has shown its commitment to the children of the community to use the pool in their pursuit of such a healthy activity as swimming. Because of this dedication by both REST parents and the REHA, I think it is fitting to offer a swim program to adult members of the community to pursue fitness and competition in the water. Without the communities' investment, both financially and in time spent, REST swimmers would not be nearly as successful. Therefore, I will be volunteering my time in order to give back to the REST and REHA adult communities.

### **Objectives**

The objectives of REST Masters (REM) vary by skill level, but ultimately the program is for fitness and enjoyment. The participants in REM program will learn the fundamentals of each stroke – freestyle, breaststroke, backstroke, and butterfly – as well as turns and starts. Participants will use interval training, and learn how to read and write sets so that they may use their skills outside of the program.

### **Plan of Action**

REM will be open to REST and REHA parents and family members over age eighteen. This is specifically a structured swim practice; no open lap swimming is allowed. Practices will be held at the REHA Pool and will run Monday, Tuesday, Thursday, and Friday, from 6:30 to 7:45 in the morning. REM will begin with REST summer schedule practices in June and conclude the Friday before the Walnut Creek Swim Conference Championships in August (dates TBD).

In order to achieve the objectives presented above, practices will focus on techniques and fundamentals of swimming. No formal swimming experience is necessary; practices will be personalized and adjusted for each experience and training level. Ultimately, I will work to have all swimmers “legal” as per FINA swimming rules. Stroke technique is especially important in Masters swimming in order to avoid injury and maintain efficiency in fitness training.

Commitment to the program is absolutely necessary for its success. In addition to maintaining a consistent regimen, swimmers need to continue to swim in order to maintain strength and avoid injury. Attendance is required at minimum three times a week; more frequent attendance will result in greater success at the end of the season. It is crucial that REM is understood as a time commitment as well as a commitment to a team; training is nearly always more successful in a group setting than an individual setting.

During the course of the REM season, those that are interested may compete in meets in order to race for official times by registering with Pacific Masters Swimming. However, we will hold our own intra-squad meets as well. A “time trials” meet will be held soon after practices begin, and a “championship” meet will be held at the conclusion of the program.

### **Evaluation**

The success of REM will be evaluated based on the enjoyment of the participants as well as improvement in times and technique over the course of the season. Interest in the program will also express the success of REM. As long as there are swimmers interested, I will be willing to spend my time coaching them.

### **Qualifications**

As Assistant Head Coach of REST, I will bring over seven years of coaching experience to the program. My experience is mostly working with swimmers under age eighteen, but as a collegiate swimmer, I understand training as an adult. While I am currently the only coach who has committed to the program, I hope to recruit other REST coaches and junior coaches.

The REHA Pool is a terrific facility for training and technique exploration. The pool equipment that is used by REST can also be used by REM and will be treated with respect.

### **Budget**

There will be no cost to participate in REM. However, there will be a suggested donation between \$10-\$20. These funds will specifically be for use by REM in order to pay for equipment, social activities, or other costs. I will not be charging a fee and will not be paid for my time.

Membership in Pacific Masters Swimming was mentioned above. The cost to register to compete in their meets is \$44, with more information available at their website ([www.pacificmasters.org](http://www.pacificmasters.org)).

REM will be run at no cost to REHA or REST.

### **Conclusion**

REM will provide structured swimming to the adult members of REHA and REST. By giving back to the community involved, REM will provide participants with useful fitness skills and create a culture that encourages health, dedication, and a greater sense of community.