



FAIRFAX COUNTY MASTERS

We are a self-supporting masters swim team, renting lanes from the Fairfax County Park Authority. Our coaches are a combination of former age group and/or college swimmers and current masters swimmers. Team members range in age from low twenties to seventies, and our current roster stands at about 100 people. We participate as a team in swim meets held year-round, though participation is completely optional. Additionally, some of our team members are triathletes who have found the training and instruction to be beneficial to them. Others are purely fitness/recreational swimmers.

Practice times:

| | | |
|--|--|--|
| Monday/Wednesday evening 8:00 - 9:00 p.m. | Oak Marr Recreation Center 3200 Jermantown Road Oakton, VA (703) 281-6501 | (off Route 123 north, from I-66) |
| Tuesday/Thursday evening 8:00 - 9:00 p.m. | Audrey Moore/Wakefield Park 8100 Braddock Rd Annandale, VA (703) 321-7081 | (just outside the beltway at Braddock Road and I-495) |
| Saturday morning 8:00 - 9:00 a.m. | Providence Recreation Center 7525 Marc Drive Falls Church, VA (703) 698-1351 | (just inside the beltway at I-495 and Route 50) |

Yearly dues

We charge yearly dues of \$40 and a per-swim fee to all our members. (The \$40 is prorated quarterly depending on what time of year you join.) In addition, all members of our team must be members of USMS for insurance reasons. The USMS fee is \$28. This gives you a subscription to SWIM Magazine and puts you on a mailing list for information about local and national events and meets. Both the Fairfax County Masters (FXCM) and the U.S. Masters dues run from January 1 through December 31 of the calendar year.

Swim fees

Tickets: Swimmers may purchase tickets—which are good indefinitely—for each workout. The coach collects one ticket from each swimmer at the start of each workout. Tickets may be purchased at any time in the following lots:

- 10 workouts at \$4.30 per workout = \$43
- 20 workouts at \$4.00 per workout = \$80

Passes: Swimmers may purchase one-year, six-month, and three-month passes good for unlimited practices. The one-year pass may be purchased at any time, but the three- and six-month passes may only be purchased quarterly in January, April, July, and October. Please note that the passes are good for FXCM practices only and will not provide admission to the Park Authority facilities at other times.

For people who only swim on Saturday, we offer the same three pass options, but the passes are only good on Saturday. Saturday passes may be combined with tickets. For example, a swimmer could buy a one-year Saturday pass and purchase tickets for weekday practices. Pass prices are as follows:

| | Unlimited swims | Saturday only |
|-----------------|---|----------------------|
| 1 year | \$475 (can be paid in 3 monthly installments) | \$163 |
| 3 months | \$265 | \$88 |
| 6 months | \$140 | \$47 |

For more information, please call (703) 204-9512 or visit our web site at www.pvmasters.org/~fxcm
We'd love to sign you up!





Additional resources

Membership in Fairfax County Masters entitles you to the following:

Usage of swim videos:

Advanced Technique (from the Fast Lane)
(1992, 47 minutes)

Basic Technique (from the Fast Lane)
(1992, 56 minutes)

Don Gambriel's Classic Series: Coaches' Drills; Men's Swimming; Women's Swimming

Excellence in Swimming Stroke Technique
(Mark Schubert, 1990, 45 minutes)

The Fundamentals of Swimming
(Mary T. Meagher, ASCA, 1991, 60 minutes)
Note: this is a basic-level video

Masters Stroke Technique
(John Leonard, ASCA, 1991, 54 minutes)

New Ideas in Freestyle and Backstroke
(Dr. Marty Hull, 1996, 67 minutes)

Swim Power: Unlock Your Ultimate Potential
(Steve Tarpinian, 1994, 55 minutes)

Swim Smarter, Swim Faster
(Richard Quick and Skip Kenney, 1989, 60 minutes)

Swim Smarter, Swim Faster II
(Richard Quick & Skip Kenney, 1991, 60 minutes)

Swimming Fastest II
(John Trembley, 60 minutes)

Freestyle and Backstroke: The Total Immersion Way

Butterfly/Breaststroke: The Total Immersion Way
(Terry Laughlin, also author of *Swimming Made Easy* and other Total Immersion books)

Water: How To
(Dr. Marty Hull, 53 minutes)
Note: this is a basic-level video

Usage of swim cassettes:

ASCA World Clinic (8 tapes)

Usage of swim books:

Coaching Swimming
(Dick Hannula, 1995)

Competitive Swimming Manual
(James Counsilman, 1977)

Competitive Swimming Techniques
(Mark Schubert, 1996)

The Complete Book of Swimming
(Dr. Phillip Whitten, 1994)

Science of Coaching Swimming
(John Leonard, 1992)

Swimming Even Faster
(Ernest W. Maglischo, 1993)

Swimming Faster
(Ernest W. Maglischo, 1982)

Swimming for Total Fitness
(Jane Katz, 1981)

Swimming Into the 21st Century
(Cecil M. Colwin, 1992)

Swimming Made Easy
(Terry Laughlin, 2001)

The Waterproof Coach
(Tom Denes, 1997)

Usage of publications:

USMS Places to Swim
Nationwide listing of USMS practices

USMS Top 10 Rankings
Rankings published three times a year for short course yards, short course meters, and long course meters

Potomac Valley Top 10 Rankings
Local area rankings published three times a year for short course yards, short course meters, and long course meters

USMS Rules Book
Lists all rules that apply to strokes, starts, and turns; includes administrative rules for conducting meets

American Lap Swimmers Association Directory of Pools for Lap Swimmers
Nationwide directory

Fairfax County Masters Team Records
Team records for short course meters, and long course meters





FAIRFAX COUNTY MASTERS SWIMMING APPLICATION

| | |
|----------------|-------------|
| Name: | |
| Address: | |
| Date of Birth: | Email: |
| Home Phone: | Work Phone: |

PLEASE NOTE: We communicate with our team members primarily by use of a Yahoo Group. You may sign up by visiting the Yahoo Groups link on our web site home page at www.pvmasters.org/~fxcm, but we suggest that you wait until your team membership has been processed, so that your Yahoo Groups membership will be approved.



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