



Sanctioned by Southern Pacific Masters Association & United States Masters Swimming

Welcome to South Bay Swim Team Masters!

Welcome to Masters Swimming

Adult swimmers of all ages and skill level are welcome!

- Competitive pool & ocean swimmers, triathletes, recreation & fitness swimmers and beginners
- We have a fun group of people, and you'll enjoy working out with people who have similar goals
- Our coached workouts are challenging and fun, and are designed to maximize your training time with the best in cardio exercise and will help you to build your speed, strength, pace, form, and understanding of the sport.

When and Where

South Bay Swim Team Masters offers a daily swim workouts at the Hawthorne Aquatic Center – a great outdoor aquatics facility in the South Bay located at 12501 S. Inglewood Avenue 90250

- Workouts are Monday thru Friday evenings 6:30-7:30 PM

How To Join – Paperwork and Fees

- Complete online 'Swimmer Registration' – See "Event" page of our website
- Dues are paid two months at a time, \$150 (\$75/month)

Note: We work on a 'two-month' dues structure for payment. Dues will be paid two months at a time (\$150 / \$75 per month x 2 months) on the odd numbered months, January, March, May, July, etc.

If you join the team 'mid-cycle' for dues, we can pro-rate the fee; talk with Rachel for specifics. Then you'll pay \$150 at the next odd numbered month.

- Membership in United States Masters Swimming is required. Click <https://www.usms.org/join> to join; this covers your insurance in the pool, and offers you the opportunity to participate in swim meets and some ocean races; in addition, after joining, you'll receive "Swimmer" magazine. The annual fee is \$70 in 2024

Swimmer Equipment

Swimming does not require a lot of fussy equipment – grab your swimsuit and join us!

- Swimsuit
- Goggles

Questions?

Contact Rachel Pinto at sobaswimteam1@gmail.com or www.SouthBaySwimTeam.org



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Frequently Asked Questions

Q. Masters Swimming? Sounds like retired Olympians – but, can I join?

A. YES! Masters swimming just describes coached group training for **adult swimmers** – that's anyone 18 or older. We have swimmers of all skill levels and backgrounds on the team. Training for ocean swimming, pool swim meets, triathlons or general fitness – join us!

Q. What are the workouts like?

A. SOBA Masters workouts are challenging and fun. Coaches maximize your training time with the best in cardio exercise and will help you to build your speed, strength, pace, form, and understanding of the sport. Beginning with warm up, then, progress through swim sets, sometimes drills, and more. Nine lanes are arranged by pace/speed based on the swimmers interval pace so there is a spot for various ability levels.

Q. What Are The Coaches Qualifications?

A. The South Bay Swim Team professional coaching staff is certified by United States Masters Swimming, and trained in various levels of coaching and instruction. Our coaches have decades of experience as coaches and as athletes. Not only do they lead the workout, they offer direction and suggestions for technique and individual improvement.

Q. How Often Do I Have To Swim?

A. That's up to you – come to whatever workouts fit your schedule. Most team members swim 2-3 times per week. Some more, some less.

Q. How Do We Know What's Going On with the Team's Activities and Schedule?

A. We have a team website that is updated regularly: www.SouthBaySwimTeam.org The 'Events' tab of the website includes a schedule for upcoming team activities. We send announcements via email.

Q. How does it work to pay the semi-monthly swim team dues?

A. Dues are payable on the first of each odd-numbered month. Payment is via credit card online

Q. Where Can I Purchase Swim Equipment?

A. The best local option is 'The Swim Guy' store: 15900 Inglewood Ave. Lawndale 90260. Other team logo-ed items such as t-shirts, sweatshirts, caps, are available from the team.

Q. I can't swim on a regular basis – do you have a drop in fee or other payment plan options?

A. We cater to members who can regularly participate in our workouts. So, we currently do not have options for drop in swimmers.