

CSP Masters Frequently Asked Questions

I haven't swam in a while, can I join your group?

Yes! The word "Masters" swimmer has nothing to do with your skill level or competency, just your age. Unfortunately, the name can be intimidating to some. The only requirements to be a Masters swimmer are that you must be 18-years-old and registered with US Masters Swimming. The CSP Masters program welcomes people of any ability level. Our members include a wide range of competitive swimmers, triathletes, and fitness swimmers.

No matter what your skill level, there is a place for you in the pool. We organize the lanes by speed, so the coach at each workout can help get situated in the right place. If you've been out for a while, we've found that after only a couple weeks swimmers start to get some rhythm back.

Do I have to be registered with USMS?

Yes. This is a requirement for anyone participating in our workouts due to our insurance coverage.

Do you have an attendance requirement?

No. We have a very small handful of swimmers that come 5-6 days a week, but most would be more like 1-3x per week. How often you come is completely up to you. We have found that it usually takes about 3x per week to feel much progress and to maintain the "feel" of the water. However we totally understand that you have other things going on in your life and this might not be possible.

What do I need when I show up on the pool deck?

At a minimum you will need a swimsuit, goggles, and cap. Some workouts also use equipment such as, fins, paddles, pull buoy, snorkel, and kickboard. You won't need all of this equipment at every practice and use of them is optional. Not sure where to buy swim gear? Head over to the B&B Aquatics Shop either online or at one of their two locations (Des Peres and Chesterfield).

Do you accept drop-in swimmers?

CSP Masters is happy to welcome other Masters from around the world! The drop-in fee is \$20 per practice. Please bring cash to your drop-in swim OR Venmo Head Coach Stephanie Miller (@sjoymiller). All swimmers must be USMS registered or sign a [USMS 30-day waiver](#) in order to swim with us.

I'm training for a triathlon. Should I join USMS?

Many triathletes join USMS programs because training with swimmers is the best way to improve the swim portion of the triathlon. Masters coaches provide technique instruction and interval training with a group. Your USMS membership also grants access to the

triathlete-specific workouts posted regularly in the members-only Forums at usms.org. In addition, *SWIMMER* magazine and *STREAMLINES* newsletters have technique and training tips in each issue.

How many people are at the workouts?

Attendance usually varies between 12-25 swimmers depending on the season and day of the week. The freestyle-focused workouts are usually higher attended.

I can't do all of the strokes. Can I change the workout?

You are welcome to make minor modifications to the workout based on your physical abilities. We do ask that you communicate any changes with your lanemates so that their workout isn't disrupted.

What is your inclement weather policy?

We follow all inclement weather closures for the schools where our workouts are located. Therefore, if the school is closed or on a late start, then our workout is canceled. If closures are announced the night before, then we will try our best to communicate the practice cancellation to the group. In the summer, the workout may be delayed or canceled due to thunder/lightning or very heavy rain. Unfortunately these are harder to predict ahead of time, therefore please use your best judgment.