

Why Join the San Mateo Master Marlins?



Competitive Swimming is a lifetime sport that benefits your body, mind, and spirit!

Physical benefits—Competitive Swimming builds flexibility, endurance, lung capacity, muscle strength, and cardiovascular wellbeing. Swimming strengthens and helps build lean, flexible muscles while going easy on the joints.

Mental benefits—For many, Competitive Swimming is a form of meditation. Swimming forces you to control your breathing and allows you to focus on the rhythm of your stroke. It reduces stress and leaves you relaxed and refreshed.

Social benefits—The Marlins have a wide variety of social functions throughout the year. Camaraderie and friendships emerge and flourish!

Frequently asked questions about joining the Marlins

1. I can swim, but am I ready for Masters Swimming?

You are ready for Masters Swimming if you are **age 18 or older** and you:

- Are comfortable in the water;
- Are in good physical health;
- Can swim at least two lengths of the pool without stopping;
- Can swim the crawl (also known as "freestyle") using rhythmic breathing;
- Are interested in improving your swimming technique, endurance, and speed.
- Are interested in joining an enthusiastic group of adult swimmers who are attracted to the many physical fitness and social benefits of competitive swimming!

2. Why swim with the San Mateo Master Marlins (SMMM)?

Swimming is great exercise. Our outdoor heated pools with modern locker rooms and hot showers are available year round. Swimming with others of your ability is fun and workouts are available on a daily basis. The San Mateo Master Marlins adult swim team was founded in 1971 and is a member team of [Pacific Masters Swimming](#) (PMS) and [United States Masters Swimming](#) (USMS). In fact, we were the first team registered with USMS as team number 001! PMS has over 10,000 swimmers in its 100 teams in Northern California and Nevada. USMS is the national organization with over 50,000 member swimmers.

3. What's the membership of the Marlins like?

The San Mateo Master Marlins has over 160 adult swimmers, most of whom swim for fitness and the friendly, social atmosphere that is offered by competitive swimming. From students to retirees, the ages range from 18 to 93! The skill levels of our swimmers range from novices to champions--and all levels in between!

4. Where are the workouts held and what are the pools like?

Starting June 1, 2010, workouts are held at the [San Mateo Athletic Club](#) (SMAC) located in the Health & Wellness Building (Bldg. 5) on the Campus of [College of San Mateo](#) (CSM), 1700 W. Hillsdale Boulevard, San Mateo, CA 94402. SMAC is a brand new, state-of-the-art facility consisting of a 14,000 square foot fitness center and two outdoor pools. The main Olympic Pool is 25 yards by 50 meters (kept at a target

temperature of 78 to 80° F) and the Instructional Pool is 25 yards long and 6 lanes wide (kept at a target temperature of 86 to 88° F). The equipment provided at the pools include kick boards and pull buoys. Swimmers are expected to bring their swim suit, goggles, towel, and lock. If desired, you should also bring your own swim cap, deck shoes (flip-flops), sun screen, and water bottle--metal is preferred over plastic.

5. I'm not a very fast swimmer, can't swim all the strokes, and am not sure I can finish an hour workout. How good a swimmer must I be to join?

The Marlins welcome swimmers of all abilities, from novices to experienced competitors. Our coaching staff will help you improve your skills and offer advice to all swimmers, not just the fast ones. And you don't need to be able to swim all the strokes to join! Don't be afraid to ask for help. All swimmers will swim in a lane with others of comparable ability and speed. If you cannot keep up with the other swimmers in your lane, you will be assigned to a different lane. With a little effort and tenacity, you'll be surprised how quickly you improve!

6. What are the workouts like?

Most workouts run for one hour. Don't worry if you can't finish the whole workout. The coach gives the sets (assigned stroke, distance, number of repetitions, and interval) which vary from lane-to-lane. The workout is also written out on a white board on the pool deck. There is also a pace clock that is visible from the water. The swimmers in the faster lanes generally cover two to three times the distance per workout compared to the swimmers in the slower lanes.

7. I'm not in the best of shape now, and don't look so great in a swimsuit. Do I have to wear a racing swim suit?

Any swimsuit will do. And with so many swimmers at the workout, all body types are represented! People aren't focused on your looks as much as you might think. Just hop in and get some exercise! If you put it off, you might never get started!

8. Am I required to enter swim competitions?

Entering swim meets is strictly optional. Competition in both swim pool and open water events are offered year round in our region and are fun to try.

9. What about the social aspects of joining the Marlins?

Besides the comradery that will naturally develop with your fellow swimmers, the Marlins calendar is full of social activities. One evening every month is [Marlins Pizza Night](#) at a local eatery. In addition, we hold a **Founders' Day Brunch** every spring and an annual [Soup Dinner](#) every January. If you enjoy volunteering you'll have many opportunities with the Marlins. In addition to serving on our self-governing body, the [Swim Committee](#), we are always looking for helpers at our annual [Parkside Mile](#) open water swim competition held every Spring.

10. If I'd like to arrange a trial workout or if I still have some more questions, who should I contact?

To arrange for a trial workout with the Marlins or for any other questions, you should contact our Head Coach, **Scott Williams**. His cell phone number is (415) 816-8417 and his e-mail address is: Scott@MasterMarlins.org

Come join the Marlins. We have a lane for you!



Web site: www.MasterMarlins.org