

# Schedule at the Eastwood pool in South Burlington.

**Tuesday/Thursday: 5:45-6:45 am, 7-8am, 11-12 noon**

**Saturday: 7-8:15 am**

## What is Masters?

The Edge Masters Swim is a welcoming and open community of people who love to swim! Team members work towards fitness and swimming goals through varied workouts, all while having FUN!

Swimmers come from a variety of swimming backgrounds including fitness swimmers, former age-group swimmers, competitive high school and collegiate swimmers, triathletes, and open water marathon swimmers. Our focus is working hard and having fun while we constantly improve our swimming! Although many of the members compete in some way throughout the year, there is no pressure to do so. U.S. Masters Swimming (USMS) is a national swimming organization with nearly 65,000 Masters swimmers across the country. Members of USMS receive benefits such as SWIMMER magazine, sanctioned events, and more.

All current Masters Swim Team participants are fully vaccinated against Covid-19. You must prove vaccination status to participate in the pool. To protect each other, do not come to practice if you are feeling sick.

**Please note:** due to limited pool space ,**Masters Swim Team is not a learn to swim program at this time.** Swimmers must have the endurance to swim 300 yards continuously. Swimmers must also be able circle swim in a shared lane with other swimmers of the same speed.

## FAQ

### *Why should I swim Masters?*

Masters swimming is a great way to stay in shape, have fun, and achieve long term health and fitness goals. But we'll let [this video](#) do the talking! There are plenty of other reasons, too! Watch [this video](#) to learn more!

***What's the benefit of swimming Masters?***

The primary benefit is having a coach write your workout, lane-mates to keep you going, and a coach to provide feedback on your stroke. Success in swimming, unlike cycling or running, is heavily dependent on technique and coach and teammate feedback is really helpful!

***I know how to swim, but I'm nervous I'll slow the group down or that I won't know the "swimming language?"***

This is understandable, but please, don't be! We design our workouts to be adjustable for all levels and you may well find a group of kindred swimmers in a lane who naturally match your pace. And don't worry about the lingo; U.S. Master Swimming (USMS) has developed a GREAT [resource guide](#) for just that purpose. Plus, Coach Emily is great at providing detailed explanations of each set!

***Do I have to attend a certain number of practices each week?***

While attending as much as possible is always encouraged, we are all adults with a lot going on! Come to the practice time that works for you and your life, and we will make sure you have a great workout.

***I just graduated high school/college, and I'm not sure if Masters is the right fit for me?***

Humans of all ages come to our practices, from 18 to 92! Our group is very welcoming to all newcomers. You'll feel like a part of the team in no time!

***I'm just a lap swimmer and I am nervous about meets and racing. Do I have to do that?***

Choosing to compete in any event - a Masters Swim Meet, and Open Water Swim or a triathlon, is completely up to the individual athlete.

***I have never swum before but am interested in starting. What do I do?***

Learning to swim is such an important skill, competitive or not! The EDGE has plenty of lesson programs that will help you take that necessary leap to learn to swim. Email [swim@edgevt.com](mailto:swim@edgevt.com) to learn more about lessons and pricing.

## Lead Coach Emily Mitchell



Lead Masters Coach Emily Mitchell (she/her) is a USMS Level 2 coach, a USA Swimming Coach, and Adult Learn to Swim (ALTS) certified. She brings 20+ years of classroom teaching experience to the pool deck, making the masters workouts fun, thought-provoking, challenging and exciting.

Emily has competed in many open water swimming events, including the length of Lake Willoughby and 10K in Lake Memphermagog, finished Ironman Lake Placid in 2003 with a sub-hour swim, and has a top-10 New England Masters ranking in the 200 Meter Back. Emily is also an assistant coach on the Edge Swim Club.

Other coaches who assist include Charles P. and Kitty Frazier. All coaches may coach on deck and from the water.

### More Information

If you'd like to start attending Masters practices, or if you have any additional questions, Head Coach Emily Mitchell can be reached at [emilym@edgevt.com](mailto:emilym@edgevt.com), or [ironwoman1344@gmail.com](mailto:ironwoman1344@gmail.com)