



## New Member Information Packet

\*(Welcome Edition)\*

### 1. Introduction

Welcome to **Burbank Aquatics Masters (BAM) LLC** — a community of spirited adult swimmers committed to fitness, friendship, and fun. Whether you're returning to the water after years away, sharpening technique for competition, or simply seeking an hour of peace and propulsion, you'll find your lane here. Our **BAM Coaching Team** designs structured workouts for all abilities, from novice lap swimmers to seasoned racers. Each session blends skill development, endurance, and teamwork in an environment that's equal parts discipline and delight.

#### **Programme Overview:**

- Workouts offered evenings and weekends.
- Each session lasts roughly one hour with a warm-up, drills, and main set.
- Swimmers grouped by ability for safety and progression.
- Training runs year-round, supporting pool and open-water swimmers and triathletes.

### 2. Tips for Practice

A successful practice depends on cooperation and good manners. Think of the pool as a ballroom: everyone moves gracefully, observes rhythm, and avoids collisions.

#### **Before Practice**

- Arrive early, stretch, and greet your lane-mates.
- Inform the coach of any limitations.
- Keep equipment ready and organized

#### **During Practice**

- Fastest swimmers lead the lane, followed by descending pace.
- Leave 5–10 seconds between swimmers.
- “Top” means :00, “Bottom” means :30.
- Tap a foot gently when passing; overtake at the next wall.
- Finish to the wall and move left for others.
- Swim on the right side of the lane and communicate courteously.

## After Practice

- Return equipment neatly.
- Congratulate your lane-mates.
- Hydrate, stretch, and leave with dignity and a smile.

## 3. Swim Lingo – A Quick Guide

Term	Meaning
Top / Bottom	Reference points on the pace clock — :00 is the 'Top', :30 is the 'Bottom'.
SDK	Streamline dolphin kick — the sleek underwater movement off each wall.
UW	Underwaters — streamline before surfacing.
Catch / Pull / Finish / Recovery	Phases of a stroke: grip, drive, complete, and reset.
EVF	Early Vertical Forearm — efficient pulling position.
IM / RIM	Individual Medley (Fly-Back-Breast-Free) / Reverse IM order.
SCY / SCM / LCM	Pool lengths: 25 yards, 25 metres, 50 metres.
Desc / Asc	Descend = faster each repeat; Ascend = slower each time.
BP	Breathing pattern, e.g., BP 3 = breathe every three strokes.
Mixer	Combination of strokes or skills for variety.
Scull	Small figure-eight hand motion for water feel.
AFAP	As Fast As Possible — no tea breaks allowed.
Vertical Kick	Kicking upright with head above water — strength and balance.

## 4. Freestyle Drills

**10 Kick Switch:** Kick ten times on one side before switching; promotes balance and rotation.

**Zipper Freestyle:** Brush thumb up side during recovery; encourages high elbow and smooth form.

**Fist Freestyle:** Swim with fists to build forearm strength and feel for the water.

**Superman Catch-Up:** One arm stays extended while the other completes a full stroke; enhances timing.

**Flick and Drag:** Finish with wrist flick, skim fingers across surface; builds follow-through.

**Head-Up Freestyle:** Maintain head above water; improves alignment and breathing control.

## 5. Breaststroke Drills

**One Pull, Two Kicks:** One pull followed by two kicks, breathing after each; perfects rhythm.

**Two Pulls, One Kick:** Adds dolphin kick for coordination and upper-body drive.

**Separation Drill:** Pause between pull and kick; promotes balance and awareness.

**Kick with Hands on Hips:** Builds leg strength and flexibility.

**Coordination Drill:** Alternate one arm with the opposite leg; encourages smooth timing.

## 6. Backstroke Drills

**10 Kick Switch:** Ten kicks per side; reinforces shoulder rotation.

**Single-Arm Backstroke:** One arm strokes, one rests; improves body roll.

**One-Two-Three Drill:** Alternate 1, 2, 3 strokes per arm; builds rhythm.

**Wrist Flick Drill:** Rotate wrist during recovery; perfects pinky-first entry.

**Mummy Kick:** Kick with hands on shoulders; enhances core and balance.

**Double-Arm Backstroke:** Both arms pull together; teaches acceleration and symmetry.

## 7. Butterfly Drills

**Single-Arm Fly:** Swim with one arm; develop timing and control.

**One-One-One Drill:** Alternate arms, then one full stroke; smooth transition from drill to stroke.

**One-Two-Three Drill:** Gradually increase number of full strokes; builds endurance.

**Dolphin Dives:** Dive, push off, and surface into butterfly; perfect for rhythm.

**Dolphin Kick on Side:** Kick on one side, one arm forward; focuses on hip drive.

**Butterfly with Breast Kick:** Fly arms with breast kick; challenges timing and coordination.

## 8. Code of Conduct

**Respect and Civility:** Treat all teammates, coaches, and staff with courtesy.

**Safety and Professionalism:** Follow directions, avoid disruptive behaviour, and prioritise safety.

**Team Spirit:** Encourage others and represent BAM positively.

**Integrity and Accountability:** Be punctual, communicate clearly, and report concerns respectfully.

Violations may result in warnings or suspension under BAM's Terms of Service

## 9. Acknowledgement & Signature

I have read and understood the **Burbank Aquatics Masters LLC Code of Conduct, Terms of Service**, and all policies contained in this packet.

**Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Please return to the Head Coach or email: **[burbankaquaticsmasters@gmail.com](mailto:burbankaquaticsmasters@gmail.com)**.