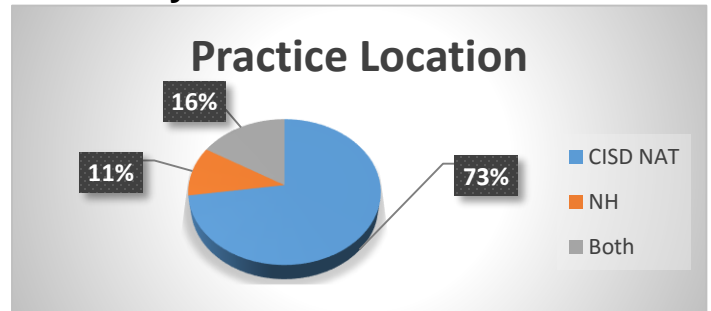


WMST Member Survey

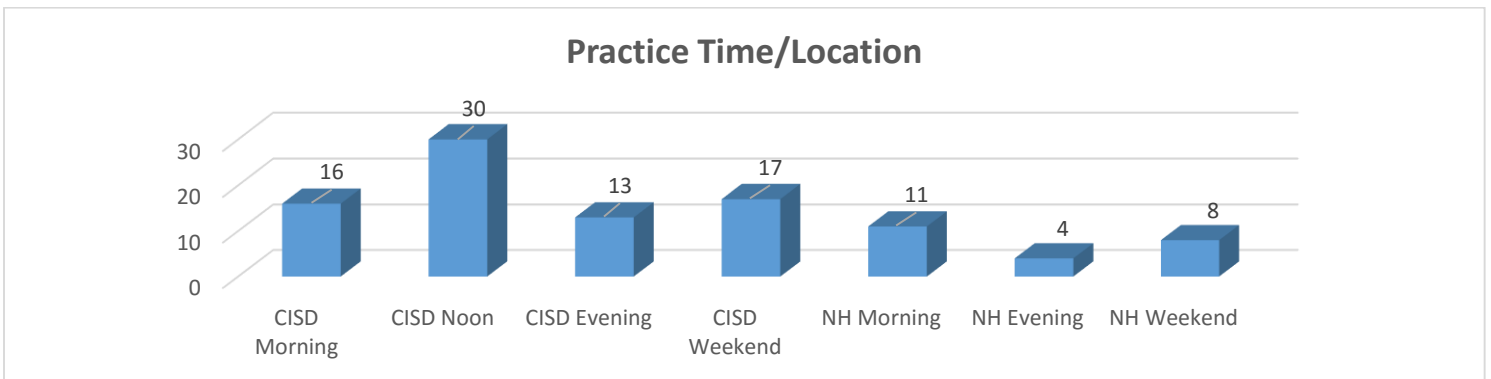
2. Please circle the usual times you attend WMST workouts:

CISD NAT	NH	Both
40	6	9



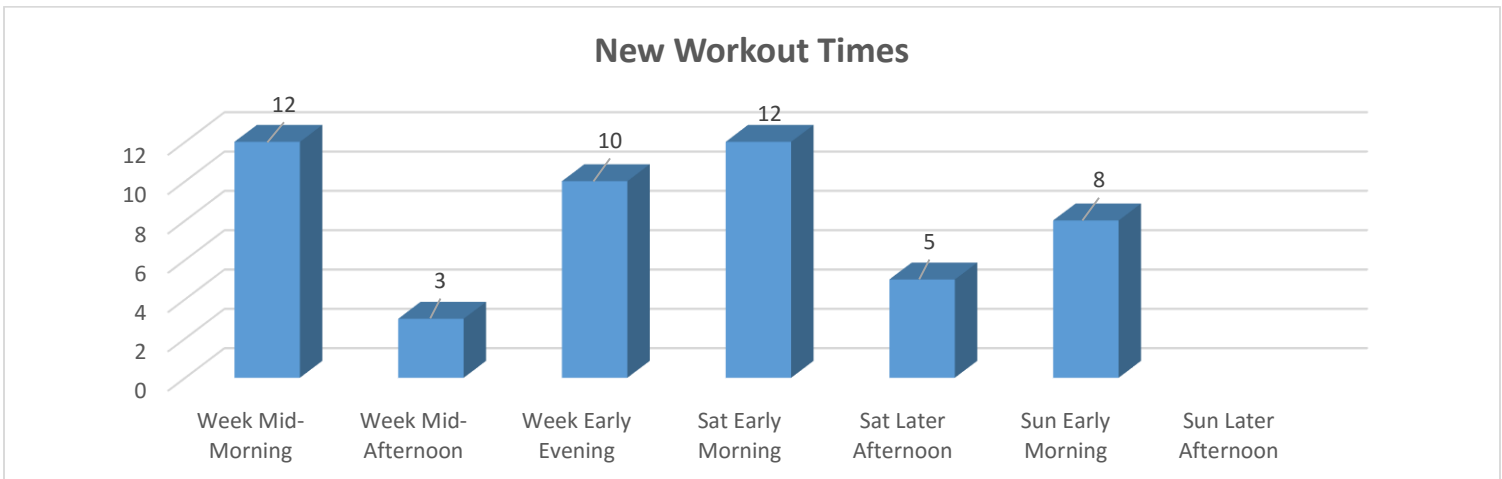
3. Please select the location/times you swim:

CISD Morning	CISD Noon	CISD Evening	CISD Weekend	NH Morning	NH Evening	NH Weekend
16	30	13	17	11	4	8



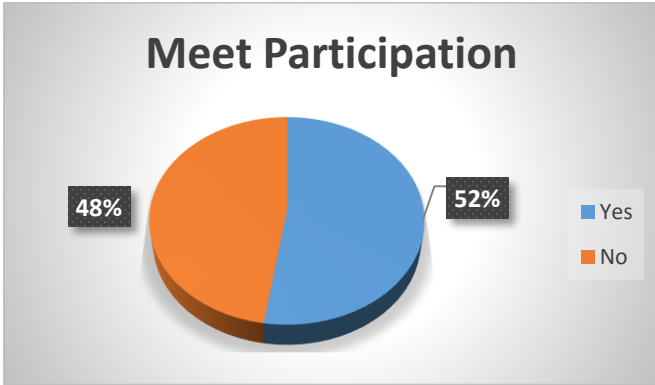
4. List other days and times you would like to regularly attend new workouts:

Weekday Mid-Morning	Weekday Mid-Afternoon	Weekday Early Evening	Saturday Early Morning	Saturday Later Afternoon	Sunday Early Morning	Sunday Later Afternoon
12	3	10	12	5	8	



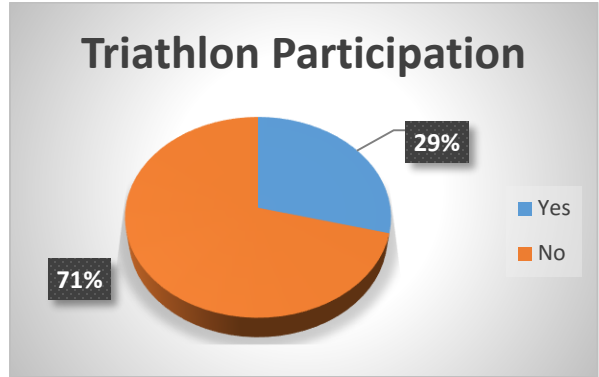
5. Do you compete in meets?

Yes	No
32	29



6. Compete in triathlons?

Yes	No
18	44



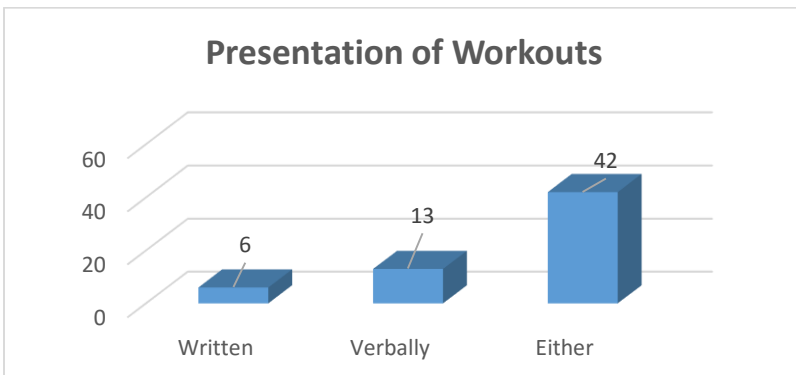
7. Would you like coaches to encourage/coach more towards meet participation?

Yes	No
23	23



8. How do you like workouts presented? (circle all that apply)

Written	Verbally	Either
6	13	42



9. What do you like best about WMST workouts?

<p>Access</p>	<ul style="list-style-type: none"> • The set workout plus pool access • Personally, the workout times fit my schedule very well and I love that there is always availability to swim • Number of times available • I like morning swims as I can have the evening free. • Great pool at CISD
<p>Coaching</p>	<ul style="list-style-type: none"> • Getting feedback on stroke x5 • Everything!!! Greg rocks... • Variety offered by the many coaches x4 • We all have our own speed lanes • Forced pacing • A coach that knows my times and pushes to improve intervals • Great coaches x4 • Like the variety of workouts offered by different coaches or same coaches being creative and giving us variety. • Coach Greg Tharp • I like it when there is a "good" coach. By good I mean engaged. And by engaged, I mean a coach that makes an effort to know what each swimmers capabilities are so they can determine appropriate intervals. AND more importantly, a coach that holds you accountable. • The chance to swim with professional instruction, with other adults with no chance of being interrupted by kids swimming into my lanes. • Coach Janis and the 5:30AM Tues/Thursday group. Awesome coach!!! • Diverse coaching staff, and the different themes with different workouts • I am motivated when the coach is engaged and encouraging during the workout • I like the challenge of the workouts that each workout is for a different aspect • I am challenged by the coaches • They are structured
<p>General</p>	<ul style="list-style-type: none"> • Camaraderie x13 • Variety x8 • The competitiveness of the group x3 • Flexible x3 • Team setting, the pool is relaxing, challenging workouts • the quantity and variety of workout times is amazing • Conditioning • Good for side range of levels • I like them • Positive attitude • Swimming with others--makes me do the work. • Everything • Style - Competitive if you want to be competitive, laid back if you prefer to be laid back. Flexible to fit personal preferences. • Good people and a fun but slightly competitive atmosphere. • Pretty easy and consistent • Challenging and I can feel myself becoming a stronger swimmer • I would like more evenings 7pm at the nat • The workouts are challenging, and the people are great (including coaches and swimmers) • The other swimmers. I like a full lane - don't do well swimming alone • Chance of a real hour of exercise • Motivation and encouragement

10. What would you like changed about WMST workouts?

<p>Access</p>	<ul style="list-style-type: none"> • More lanes x7 • Less people per lane, more practice times • More nights at the CISD Natatorium (M/W/F) • Friday evening at the Nat • Tuesday and Thursday early morning at the Nat would be nice • Better options for those that work, only real option is early morning or take over your weekend. • I would love 5:30AM 5x a week at NH • Flex time before and after Natatorium practice
<p>Coaching</p>	<ul style="list-style-type: none"> • If it is a longer set with complicated intervals, it would be a good idea to have it written as well x3 • I would like to see the workout written up on a white board for me to help keep track. If the lane leader is setting a different interval (or doing their own thing), something written makes it easier to follow the workout as described • Don't enjoy distance workouts but I think they are necessary • I am probably a bit of an outlier, but I would really like to have more challenging workouts, perhaps more distance. With only 1 hour its difficult to do much distance but it would be possible to have challenging intervals. I find that Greg sometimes allows us to challenge ourselves by having faster intervals, I'd love to see more of that • More distance variety, more ladder sets (4x50, 2 x 100, 1x100) • Few sprint days → 50/100 days turn into short distances not focusing on sprints • More technique Workouts than getting in the yards • Lane management from coaches • Just that it is more fun when coaches are totally engaged and enthusiastic • I usually swim on Tuesdays & Thursdays and the "theme" of the day is very repetitive. For example, we did 200 free on a Thursday & then again the following Tuesday. Would love to mix it up a little • Explain goals for sets • I wish the coaches would give more instruction as to what my stroke needs to improve. Some coaches give absolutely NO instruction what so ever. What is the point of a coach if he or she doesn't do what their title is meant to do. • I would love to have a just one or 2 "good" coaches instead of a different coach everyday. That way a coach could get to know all of the swimmers. That way a coach would get to know which swimmers are there to train and/or work hard, which are there to just get some exercise, and which are there for social reasons, etc... • Coaches adjust swimmers in lanes as needed to avoid over-crowding. • As much as most individuals hate the longer sets, some longer base workouts may be helpful over repeat 100s or 50s and getting anaerobic • Janis brings donuts. Kidding. The workouts are great. • They have improved greatly since last survey. Coaches show real interest and enthusiasm. • Hard of hearing so verbal instructions difficult to follow
<p>General</p>	<ul style="list-style-type: none"> • Nothing x13 • They work for me!! • Better lane Manners from people who haven't swam on a real team before • Nicer members in lanes

11. Describe a recent workout set you really liked and why you liked it.

<p>Personal</p>	<ul style="list-style-type: none"> • I like them all x6 • I like any set which has tough intervals and challenges me. Extra plus if its an IM set • I have no favourites. I make a point of not looking ahead to see what the sets will be. I grin & bear them all! ;-) • Easily understandable, and not to complicated with changing intervals • I don't attend enough to answer • Its 5:30 in the morning. I can't remember. I do what Janis tells me to do. • I just like different kinds of sets • I like distance sets , distance pulling also. Also like sets of 100s and 200s. I'm in Florida swimming with a masters team here. We did 5x300, 5x200, 5x100, 5x50. • Variety in sets is most important with opportunity to use equipment.
------------------------	---

<p>Coaching</p>	<ul style="list-style-type: none"> • Choice free: coach did a good job breaking up the set. Sets repeated more than twice are mentally tough • I enjoy workouts with 1 main set for us • Feedback on my stroke • Working on holding a pace at a tight interval • Liked when Sabina had us do vertical kicking, and then some free and then stroke. Was novel and different. Like it when we do ladders. Liked Quentins work out with breath control and putting pull boy in different place to try to simulate going straight while pulling. • Drills and varieties of sets • Varying breath control for 75s (3, 5, 7). Fun & hard! • Steve did stroke workout where he explained each stroke well and did progressive drills then swim, but also like freestyle main sets with goals given • Mikes sets are the best - thorough, well planned and printed in advance. Stroke days - those that only do freestyle choose free on stroke days anyway. Disappointed when free is half of the set on IM days. Mix in more stroke options for those who prefer • Variety in the aerobic free day, the 50 stroke or free sets. Last week, Heather and Quinton had some workout sets using those themes last week. • I would like more evenings 7pm at the nat • I like 50 and 100 challenge freestyle sets that Janice gives us at Northampton. Janice is an encouraging, engaged coach. She tries to push us to make hard intervals or fast times with longer intervals and when we do she praises us. It may sound silly, but the praise is motivating and makes me work harder. • Broken swims. If we have distance, break it up. For example: 400 straight, 400 broken at 200, 400 broken at 100, etc. • Any of Carolyn's workouts • Especially like Sabine's coaching, but travel etc. has kept me away
<p>Workout Specific</p>	<ul style="list-style-type: none"> • 10x100 free on tight interval. Also, anything else freestyle for distance free program. Coaches are flexible on stroke day to include distance free emphasis • 50 free/choice workout, great intervals, kept practice moving along • I like 40 x 50's on 40 when I am able (Carolyn!) • Enjoyed workout on 05/22/16 – combo 200 • 300 madness, variety, middle distance • 100 Free and 200 Fee are my favorite workouts because they prepare me best for triathlons; variations of speed within those adds variety and training • I actually liked today's (5/23) workout with Heather. I'm picking today's because it's fresh on my mind and I liked that you had the opportunity to challenge yourself if you wanted to. <ul style="list-style-type: none"> ○ 5x100 Free Odds swim, evens kick. ○ 4x100 Pull on interval that was about 10-15 secs rest ○ 3x100 Free Hold fastest pace on short rest ○ 2x100 Drill ○ 1x100 All out • 1 min rest and repeat going back UP (ending with the 5x100s which also served as a warm down) • 5/24, NH morning swim. I had more endurance. The sequence of events for me allowed me to coordinate kick, stroke, breathing and looking down. All of it came together in the last 100 I was assigned. Also was able to share a lane with another person without any problems. • Although seemed pretty repetitive in nature from the start, the set allowed work on proper pacing to make the whole set and within right heart rate zones. Would have been great to add something long like a 400-500 straight after to force base build to extend aerobic fitness. <ul style="list-style-type: none"> ○ 1x100 on 1:50, 1x100 on 1:45 ○ 1x100 on 1:50, 1x100 on 1:40 ○ 1x100 on 1:50, 1x100 on 1:30 • It was a set concentrating on pacing. It was challenging and I realized I need to work on it! <ul style="list-style-type: none"> ○ 600 broken at the 200 ○ 600 broken at the 100 ○ 600 broken at the 50

	<ul style="list-style-type: none"> We had one a couple of weeks ago that included 3 X 250s then a 4 X 150 pull set, then a 6 X 50 kick set with fast/fast easy. I like having the variety of straight swimming and then the pull and kick sets. Felt like I accomplished a lot that day :) Stroke workout with 200 IMs and 100 IMs. It was very challenging for me. Wed. June 1 <ul style="list-style-type: none"> WU 400 free 6 x 50 Kick w/ fins 10 sec rest (I used fins because rest of lane likes fins, and a free day) practice 6 turns 8x50 free on 1:15 decend 1-4, 5-8 has goal possible to obtain 10x50 on 1:20 odds hard choice (I did breast), evens easy free gives swimmers choice, keeps heart rate up, adequate rest 6x50 free on 1:05 short rest challenge, again goal possible to obtain Only 1900 meters but a good work out
--	--

12. Describe a recent workout set you did not enjoy and why you did not like it.

Personal	<ul style="list-style-type: none"> When I don't enjoy is usually when I learn something :-) Verbal outrage expressed by swimmer When I get tired or feel like I want to stop it is usually because I've done some other workout that day. Like body pump or zumba or barre class so my arms and shoulders get fatigued if too much freestyle. I could keep going if here was variety even on distance free days. So my favorite days are when we do a bunch of free but we mix in stroke and kicking so I don't overwork my shoulders. None that I have not enjoyed I so do not like hypoxic which means I should do more of those breathe every whatever Janis tells me to do No complaints! I can't say that I dislike any workout. I prefer distances under 200 but I feel like I benefit from all the workouts I enjoy them all except "stroke" day, but that is only because I prefer the freestyle workouts. I did not grow up swimming -- have learned as an adult and am more comfortable with freestyle. I realize the importance -- but still don't particularly enjoy those days. Anything IM because I just don't enjoy it Too many long sets
Coaching	<ul style="list-style-type: none"> A workout with lots of small sets Anything overly repetitive Any set that seems to have no purpose and is on a slow interval...I can't remember all the workout sets we've done No proper build-up When it is too complicated and it takes a long time to understand Only thing I can think of is when coach did not move people who got in wrong lane After attending a couple of workouts and the Coaches gave no helpful or constructive pointers, I have not been attending as much or plan to unless that changes. I don't like workouts that I consider garbage yardage. And that can happen when you have to do a long set on an interval where you aren't getting any rest at all. To me the best sets are when I can challenge myself but not just give up because I know I'm not going to make the interval anyway. e.g. I prefer 3 sets of 4 x100's over 2 sets of 6x100s Boring freestyle and garbage yardage
Workout Specific	<ul style="list-style-type: none"> Distance ladder sets (10/9/8/7/6/5/4/3/2/1) 3x800 x 3 <ul style="list-style-type: none"> Swimming 3x 800's straight Straight boring sets, such as: 3X800 or 50X50 Mix it up!!!! 3x 800's on a coaches choice day! That's so boring, and I already think we do too much distance aerobic stuff and not enough short-distance quality stuff. 8x100s every few fast. Just a bit boring. Aerobics 400/500 or longer series 10x50s 3 rounds. There is no way to settle into set, focus on stroke, or pace, or efficiency

	<ul style="list-style-type: none"> • Aerobic/200 stroke long course, but that has nothing to do with the coach - it's just not my favorite thing to do since I don't have a 200 stroke I can swim fast enough to keep up with my long course lane mates • Friday, June 3 <ul style="list-style-type: none"> ○ WU 600 choice ○ 4x150 free on 1:05 per 50 ○ Next set continuous, repeat twice ○ 300 free on 6:30 (1:05 per 50) Beath every 3 ○ 200 (50 free 50 drill) on 4:20 Breath every 5 (not possible to make interval if doing a drill other than finger tip drag) ○ 100 on 2:10 Breath every 7(25 free, 25 kick, repeat(Not possible to make interval ○ 50 sprint on 1:05 Breath every 9 (could anyone sprint after the above on short rest?) ○ Also coach did not notice that lead swimmer in our lane was probably able to swim in faster lane, and that was after the swimmer asked the coach before practice what lane she should swim it. The reply was we have 5 lanes, pick one. ○ Work out was 2500 meters only my arms were a little tired.
--	--

13. Are there social events you would like?

Yes	No
25	20

14. If yes, would you like to help plan events?

Yes	No
12	13

- **Examples:**
 - After practice Breakfast/Brunch/Lunch/Dinner x14
 - Picnic/BBQ/Potluck x11 (including families)
 - Holiday Parties (Xmas, 4th of July, etc) x3
 - Dodgeball, Happy hours
Christmas in July!
 - Socials at members' houses. Hanging out in Town Green during a concert
 - Summer Cookoff
 - Inter-team fun meet at a weekend practice
 - Social after swim meets announced in advance, not ad hoc at meet

15. Give us any further information you would like to share:

Access	<ul style="list-style-type: none"> • To be honest I like the WMST as it gives me access to a pool and a regular time to swim - helps with motivation • Wish we had a woodlands pool to use besides using Northampton on days we can't use Nat. Wish we used social media more to attract triathlon crowd. Hour workouts are hard to get it all done. So, I enjoy longer weekend workouts when I'm not exhausted from run/bike. • An extra lane or two could spread us out more • Maybe even longer practices on weekends or 1 or 2 1.5 hr practices during the week. Not sure how feasible this is, just sharing my thoughts • Lately there have been nights we needed 5-6 lanes because of the number of people that came. More than 4 in a lane is really tough • I actually haven't been in the pool for a while due to working. Would love to see a mid morning time come back. I loved the old 9 or maybe 930 they used to offer. Between 8 and before noon would be great as work is at 2. • I would like more evenings 7pm at the nat • I am very grateful for WMST, in particular the Northampton location. I live in the neighborhood and it is so convenient. • For the mini clinics-is it possible to do a video clinic with underwater video of our strokes. I would be willing to pay for this clinic.
---------------	--

<p>Coaching</p>	<ul style="list-style-type: none"> • Mike does a great job making you feel welcome and giving feedback on form • I really like the team and appreciate all the coaches do. Also appreciate the work put into making sure we always have practices available. Overall I'd really just like to see more challenging workouts. • Overall I'm very happy with workouts. I am doing more variety of exercise now so not coming as frequently. I really appreciate corrective suggestions from coaches and when they have thoughtfully prepared a workout that is well rounded. • Some coaches can do a better job making sure swimmers are in the right lane. Slower swimmers need to go down a lane and faster swimmers need to go up. • Video access would be helpful for additional stroke instruction • I know most of this Club consist of great swimmers and have had a life long background in it. But some of us are new to the sport and require more basic instruction that some Coaches take for granted. • I don't swim many meets anymore but I think it's a great idea to have at least one coach assigned to a meet to actually coach the swimmers that need it. • Some internal communication from coaches hosting workouts need to improve. There have been more frequent coach no shows over the last few months. (Northampton swimmer) • I really enjoy swimming with the Tues/Thurs Coach Janis morning group • The only thing I would like to see change a little is the variety of sets. After the last survey we completed coaches started giving more quality sets for a while, but that petered out. I personally like sprinting and I don't feel we do much training for that kind of racing • Janis is a fantastic coach -- she continues to push us to do more and expect more of ourselves. • Thanks to the coaches for dedication and commitment (morning workouts). • We have wonderful and committed coaches. Quinton is doing very well. • More mini-clinics on technique
<p>General</p>	<ul style="list-style-type: none"> • I like being a part of this team! At first, it was intimidating because so many competitive swimmers are serious or still competing • I like the gatherings for Christmas and other gatherings with food • I enjoy swimming with WMST and have improved my times • Keep up the good work! (It will be though social engagement that our club will grow.) • As I live 30 miles away I do not work out at either facility. I have a pool where I live and although it is not regulation size I work out there. • Generally like workout format of different themes • Keep up the great work and thanks for all you do! • Thanks for the opportunity for me to finally learn to swim properly. • Love having a WMST in our neighborhood! Thanks! • I love swimming and have great respect for Janis, sub coaches and my swim mates at Northampton. I swim to workout and may at some point compete. I know if I decided to compete the coaches would give me the guidance I would need. • Some of the members are very difficult to work with. It is suppose to be fun, not stressful. • Very good group of swimmers and coaches • Thanks for such hard work, coordination, and fun! • Bob Baillie's idea of the check off challenge might be worth looking into. I like the mini clinics. Wish we had more. I would also like WMST to host a clinic with a professional coach, not necessarily an Olympian.