

Fitness Survey

New England Masters Swimming

The Fitness Committee is exploring ways to help New England's Masters swimmers like you achieve their fitness goals. To do so, we need to hear from you regarding your thoughts on fitness – what it means to you, what role it plays in your daily life, what level of interest you have in participating in fitness-related activities designed to enhance your swimming.

Please take a moment to complete this survey. If you have any questions about this survey or the committee itself, contact committee .

Why do you participate in Masters swimming? Please rank your responses from 1 (most important) to 5 (least important):

- ☐ General fitness
- ☐ Competitive opportunities
- ☐ Social aspects
- ☐ Cross training
- ☐ Other: _____

In what other fitness activities do you participate regularly?

- ☐ Running
- ☐ Triathlon
- ☐ Cycling
- ☐ Open water swimming
- ☐ Racquet sports (e.g. tennis, racquetball, squash)
- ☐ Team sports (e.g. baseball, soccer, volleyball)
- ☐ Weight training
- ☐ Indoor cardiovascular training (e.g. treadmill, elliptical, spinning)
- ☐ Yoga, pilates, stretching
- ☐ Boating (e.g. kayaking, canoeing)
- ☐ Other: _____

How high a priority is swimming in relation to your other fitness (or competitive) activities?

What do you most like about your current Masters swimming workouts?

What do you think needs improvement in your current Masters swimming workouts?

For general survey

Have you ever participated in a swim meet? Yes ☐ No ☐

If no, would you consider participating in a meet in the future? Yes ☐ No ☐

If yes, would it be helpful to be paired with a more experienced competitor who could explain the intricacies of a meet? Yes ☐ No ☐

Would it be helpful to participate in a non-competitive “dress rehearsal” meet with other novice competitors to learn more about how meets work? Yes ☐ No ☐

If you are not interested in competing, what are your reservations?

Is there anything Masters swimming could do to change your mind (i.e. hold a beginners meet, offer technique clinics)?

Would you have interest in attending health and fitness-related seminars developed exclusively for Masters swimmers? Please indicate your interest level on a scale of 1 (highly interested) to 5 (not interested):

- ☐ Sports performance nutrition
- ☐ Swimming-specific dryland training
- ☐ Sports psychology and goal setting
- ☐ Periodization – how to peak for most crucial events
- ☐ Pre- and post-workout yoga and stretching programs
- ☐ Stroke technique and in-pool drills

What types of activities or resources would you like to see the fitness committee develop to benefit New England’s Masters swimmers?

Please return your survey to: Al Prescott
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