



Raleigh Area Masters  
Swim Team  
Established 1981



### **Can I swim with the Raleigh Area Masters?**

- ◆ If you are 18 years of age or older,
- ◆ Like to swim and / or want to improve your swimming ability,
- ◆ Are looking for a structured practice with a coach, and
- ◆ Can swim 1000 yards in 20 minutes (10 X 100 on a 2:00 interval)

You should consider giving RAM a try!

New swimmers are invited to swim with the Raleigh Area Masters (RAM) two times at no cost to give our practices a try and see what the team is like. If after the two free swims you want to continue swimming with RAM, here is what you must do:

- ◆ Register with USMS & RAM via web: <https://www.clubassistant.com/club/USMS.cfm?l=13>. Select NCMS as your club and RAM as your workout group. If you prefer, you can download a paper registration form at <http://www.ncmasters.org/regforms.html>. You will be prompted to pay the USMS annual fee of \$37 during registration. Please note the requirement to register with both USMS and RAM is necessary for insurance and liability purposes.

### **Frequently Asked Questions...**

#### **How long are practices?**

- ◆ Weekday practices are 1 hour 15 minutes and weekend practices are 1 hr 30 minutes.

#### **How many practices are available each week?**

- ◆ Nine! Go to as many as you desire. RAM offers 9 practices so swimming can be a part of everyone's schedule. <http://www.ncmasters.org/ram/schedule.shtml>.

#### **What are the swim coaches like?**

- ◆ Check them out! <http://www.ncmasters.org/ram/coaches.shtml>

#### **What are the fees?**

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| ◆ USMS Fee (paid once each year)                    | \$37.00 |
| ◆ RAM Dues (paid on the 5th of each month you swim) | \$45.00 |
| ◆ RAM Dues for full-time students (monthly)         | \$23.00 |
| ◆ RAM Dues for individuals 70 and over              | \$23.00 |

#### **What are the benefits of membership?**

- ◆ Up to 9 coached practices weekly that are sure to improve your swimming and fitness
- ◆ Weekly RAM email newsletter with practice schedule, social updates, & more
- ◆ A subscription to the USMS magazine, *USMS SWIMMER*
- ◆ Eligibility to compete in local / regional / national / international USMS events
- ◆ Supplemental insurance coverage during USMS sanctioned events and supervised workouts
- ◆ Across the Lanes quarterly newsletter from the North Carolina Local Masters Swimming Committee (LMSC)

## ***More Information About the Raleigh Area Masters...***

**Raleigh Area Masters (RAM) Swimming** is one of the largest adult swimming programs in North Carolina, under the sanction of North Carolina Masters Swimming (NCMS) club, a component of United States Masters Swimming (USMS). RAM is a federally recognized 501(c)(3) charitable organization. Dues cover the cost of pool lane rentals, coaches' salaries and other operating expenses.

**When you show up for practice**, clearly print your name on the RAM sign-in sheet and put a check mark on the date that you swim. Be sure to introduce yourself to the team coach on deck and share a little information about your swimming history so that they may recommend the best lane for training. RAM coaches not only provide great workouts for our team, they will also provide individual stroke and technique advice.

**RAM swimmers include** competitive swimmers, triathletes, and fitness swimmers of all ages and skill levels, so you're sure to find the level of training you are seeking. RAM is a great place to train for your next competition or to just get in shape, in addition to making friendships that will last a lifetime.

**E-Newsletter:** RAM members receive a weekly e-newsletter about current activities, practice and coaching schedules, upcoming meet information and RAM members in the news. Pool locations, practice times, and coaches are subject to change, so be sure to check the weekly schedule.

**RAM is represented** by a Board of Directors comprised of 11 RAM members who meet on a monthly basis in support of our organization. Board members serve two years and are elected by the membership. All members are invited to attend the Board meetings, which are communicated in the weekly e-newsletter. If you would like to contact the Board members with questions or suggestions, you may e-mail them at: [ramboardmembers@ncmasters.org](mailto:ramboardmembers@ncmasters.org)

**Social and Fundraising Activities:** Not only is practicing with RAM an awesome way to train, it's a great social outlet as well! Each year, RAM hosts a winter holiday party and a summer social / barbecue, in addition to other activities planned throughout the year. Communications are sent out regularly for members to coordinate trips to meets, volunteer to assist with RAM fund-raising activities as a 501(c)(3), or attend a family function such as a Durham Bulls baseball game. Many swimmers informally have breakfast together after morning practices, so be sure to inquire about this with your lane mates.

**Competition:** A major RAM effort each year is to host the North Carolina Masters State Swimming Championships for swimmers across NC and surrounding states. This meet is typically a two-day event held in April and includes a dinner / social get-together for participants and guests. Other state and national swim meets that are scheduled are posted on the NC and USMS web sites, in addition to the quarterly *Across the Lanes* North Carolina newsletter. USMS recognizes Top Ten and All American times in each 5-year age group category for both men and women.

**RAM Web Site:** <http://www.ncmasters.org/ram/>

**NC Masters Swimming Web Site:** <http://www.ncmasters.org/>

**United States Masters Swimming Web Site:** <http://www.usms.org/>