

SWIM

THE WORLD'S FOREMOST AUTHORITY ON ADULT SWIMMING

SWIM was started by Kim Hansen in 1984. It became the official magazine of United States Masters Swimming in 1992. Today the title lives as a section in Swimming World Magazine and can be downloaded separately.



the POOL'S EDGE

MOTIVATION ■ TECHNIQUE ■ TRAINING IDEAS ■ EQUIPMENT USAGE

RACE AROUND THE WORLD

BY KARLYN PIPES-NEILSEN

The world is your swimming pool—go swim, go explore!

tions throughout the year as well as national championships once or twice a year—except in Brazil, where there are *four* championship meets every year!

REASONS TO CONSIDER SWIMMING OVERSEAS

- **New friends.** A swim meet is a great place to meet like-minded people who share your love of the water. Even with a language barrier, friendships are easily established because swimmers are pretty much the same no matter what country you are visiting.

- **Immerse yourself in another culture.** Competing in a foreign meet is a great way to experience the culture on a deeper level than the average tourist since you will be seeing it through the eyes of a local.

- **Go with the flow.** Your fellow swimmers will be curious about your foreign adventure, so don't be surprised if you are asked to dine out or socialize outside the pool. Say "yes!" Making new friends and sharing experiences is what makes travel truly memorable. After the meet, keep your schedule flexible as you may be invited for a home-stay with a new swim buddy.

PLANNING SUGGESTIONS

- Schedule the competition during the first part of your trip, and plan to arrive early in order to acclimate.
- Upon arrival, resist the temptation to play tourist. Bus tours are OK, but minimize walking and standing.
- Plan at least one *full* day of rest before the start of the meet.
- Check with customs before bringing certain kinds of food. Energy bars are usually OK and a good idea to bring just in case of emergencies.
- Find out if your USMS card is accepted or if you need to register with the host organization.
- Inquire about housing for the meet offered by the host. In return, you can offer reciprocal accommodation at your home at a later date.
- Bring small thank-you gifts that are unique to your hometown or region.
- Pack team caps or T-shirts to trade or give away.

THE WORLD AT YOUR FINGERTIPS

If a competition does not fit into your itinerary, then do a bit of homework before you leave and find out if there is a local Masters club with which you can train while in town. For a comprehensive list of worldwide Masters swimming links, visit www.usms.org.

If you just want to find a pool to get in a workout or two, the traveling swimmer's best friend is a website found at www.swimmersguide.com. This amazing site can help you locate a pool *anywhere* in the world. ♦

Karlyn Pipes-Neilsen of Aquatic Edge travels the world offering swim technique clinics and camps. She has competed in Masters meets in France, the United Kingdom, Australia, Mexico, Canada and Switzerland, with many more planned in the future. For more information, visit www.aquaticedge.org.



ABOVE » Swimming overseas is a great way to meet new friends and learn about another culture.

Grab your racing suit and sunscreen, and brush up on your Spanish—Masters nationals is going tropical!

In August of 2010, United States Masters Swimming will host the long course national championships in exotic Puerto Rico. But if you like to travel and love to swim, why wait that long to plan your own global swim meet adventure?

There are plenty of international competitions. Most countries with Masters programs offer regional or provincial competi-