

“New to Team New York Aquatics” Guide

Welcome to TNYA! This guide answers frequently asked questions new swimmers have about TNYA practices. Reach out to our head coach Scott at headcoach@tnya.org with any further questions.

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What lane do I swim in?

Our practices have several lanes with different interval speeds. See the pace per lane below:

John Jay & Hostos (yards):

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
1:20 per 100 FR	1:30 per 100 FR	1:40 per 100 FR	1:50 per 100 FR	2:00 or slower per 100 FR	2:30 or slower per 100 FR

LIU (Yards):

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
1:20 per 100 FR	1:35 per 100 FR	1:50per 100 FR	2:00 per 100 FR	2:30 or slower per 100 FR

Baruch (meters) with 3 lanes (Mondays, Thursdays, Saturdays):

Lane 1	Lane 2	Lane 3
1:30per 100 FR	1:45 per 100 FR	2:00 or slower per 100 FR

Baruch (meters) with 6 lanes (Sundays):

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
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1:30 per 100 FR	1:40 per 100 FR	1:50 per 100 FR	2:00 per 100 FR	2:10 or slower per 100 FR	2:30 or slower per 100 FR
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Still nervous? Try out our [LPZ practice](#), designed for new or beginner swimmers, or swimmers who like a slower pace. In this practice we help swimmers of any speed learn the basics and improve.

How do I arrange myself in a lane?

Lane order is swum as the fastest swimmer first, next fastest second, and so on. We swim a maximum of 6 swimmers per lane (7 at Baruch).

Each swimmer pushes off exactly 5 seconds behind the person in front of them. We don't estimate 5 seconds, we watch the pace clocks, and make sure we push our feet off the wall at exactly every 5 seconds. This creates good space between each swimmer, and prevents crowding and "swimming on people's feet" – See "Swimming Etiquette" for more information.

How do I get in to each pool?

John Jay:

John Jay requires either a member ID which you can find out how to print here:
<http://www.tnya.org/members/cards/>

Or a "blue card," which you can get from the gatekeeper at practice.

Frequently the following practices reach capacity and we have to turn swimmers away:

- John Jay Friday 6-7:30pm
- John Jay Saturday 11am-12:30pm
- John Jay Wednesday 6-7:30pm practices.

We advise you to show up early to these practices, and when you arrive check in with the gatekeeper first, then change in the locker room so your spot is not taken while you're changing.

LIU:

LIU requires you to be added to their security list. To be added, email us here: LIUlist@tnya.org

LIU also requires showers before practice.

Baruch:

Baruch requires you to be added to a security list. To be added, email us here: Baruchlist@tnya.org

What should I bring?

- Goggles
- Swim suit
- Towel
- Lock
- Sandals

- ID
- USMS card

What do I do when I get to the pool?

First, check in with our gatekeeper. The gatekeeper checks all of our swimmers in, checks their payment methods, and reserves the swimmer's spot in practice. They can also introduce you to the coach, your lanes mates, and answer any initial questions you have. The gatekeeper is usually on deck in the front of the pool, on deck outside of the locker room, or in the entrance way in front of the locker room. They will have a clipboard and look welcoming.

Second, change into your suit.

Lastly, our warm up is written on the board, lasts 10-15 minutes, and is done "free-for-all" style; meaning swimmers generally won't be doing it at the same time because everyone arrives at a different time. After warm up the coach will "hold you up," you give a pre-set which everyone swims together.

How can I change my membership?

Email our administrator Mark at admin@tnya.org.