

# Great Bay Masters Swimming

Web site: <http://www.greatbaymasters.org/>

**Primary Contact:** Darwin White; [darwin@greatbaymasters.org](mailto:darwin@greatbaymasters.org)

## Coaches:

Crystie McGrail (Dover & Portsmouth);  
[GreatBayMastersSwimTeam@gmail.com](mailto:GreatBayMastersSwimTeam@gmail.com),

Erika Cooper (UNH); [unhcoach@greatbaymasters.org](mailto:unhcoach@greatbaymasters.org)



## What is Great Bay Masters Swimming?

Great Bay Masters is an association between the masters programs at Dover, Portsmouth, and UNH. When all programs are in session, swimmers will have the opportunity to swim six days a week. See Page 2 for detailed program schedule information.

Great Bay Masters Swimming is a United States Masters Swimming (USMS) club. See the [Introduction / FAQ](#) for more detailed information and answers to common questions. (<http://www.greatbaymasters.org/introfaq.php>)

## Who should swim with Great Bay Masters?

Masters swimming is for adults 18 and over. Swimmers should be able to swim a minimum of 100 yards freestyle without stopping. Swimmers unable to swim 100 yards freestyle should consider adult swimming lessons before starting the masters program. Swimmers who do not know the other three competitive strokes (back, breast and fly) are welcome but should have a willingness to try to learn these strokes.

## Why swim with Great Bay Masters?

- Develop fitness and strength through swimming
- Improve stroke technique and become a more efficient swimmer
- Do more varied workouts designed to work all your energy systems
- Enjoy the camaraderie of a fun group of people

## Competition

Great Bay Masters will focus on several competitions each year:

- Short Course Meter Tune-Up Meet in November, hosted by GBM
- Short Course Meters Championship, generally in early December, hosted by GBM
- Short Course Yards Championship, generally late March

Workouts will be structured around these competitions. The proportion of each workout dedicated to distance, pace, and sprint work will vary in the months before each competition to optimize conditioning.

Participation in competitions is optional. There is no requirement to race. However, swimming in competitions is encouraged for several reasons:

- Group participation in competitions is good fun
- Upcoming races provide an incentive to work out consistently and improve your swimming strokes
- Competition provides the opportunity for goal setting and achievement

## USMS Membership

USMS membership is now required to swim at the Portsmouth Indoor Pool workouts. It is not required for the Dover, UNH or YMCA practices. However, we do encourage membership in Great Bay Masters Swimming Inc., a USMS club. USMS membership benefits include a subscription to [USMS SWIMMER](#) magazine, which is targeted to adult fitness and competitive swimmers, and the ability to participate in USMS sanctioned events. In addition your membership will support masters swimming locally, regionally and nationally. Register online: <http://www.greatbaymasters.org/gbmmembership.php>

## **Jenny Thompson Outdoor Pool, Dover, NH: June through Labor Day**

Phone: 603-743-6085

Facility: 6 lanes, 50 meters

Schedule: Monday, Tuesday and Thursday evenings, 6:00-7:30 p.m., Sunday morning 9:00-11:00 a.m.

Coach: Crystie McGrail; [GreatBayMastersSwimTeam@gmail.com](mailto:GreatBayMastersSwimTeam@gmail.com)

Fees: Call for fees.

Address: 150 Portland Ave., Dover NH 03820

Directions: From Spaulding Turnpike North or South, take exit 8E. Follow to third light, a "T" intersection. Turn left.

Proceed to next light. Go through the light. Follow around bend, see white sign for Rt. 4 (Portland Ave.)

Take a right. Go about 1/2 mile, see Philbrick's sports store on right. The pool is directly across the street.

## **Dover Indoor Pool: September through May (when we're not outdoors we're indoors!)**

Phone: 603-516-6443

Facility: 6 lanes, 25 yards

Schedule: Tuesday and Thursday evenings, 6:30-7:45 p.m., Sunday morning 9:00-11:00 a.m.

Coach: Crystie McGrail; [GreatBayMastersSwimTeam@gmail.com](mailto:GreatBayMastersSwimTeam@gmail.com)

Fees: Call for fees

Address: 9 Henry Law Avenue, Dover NH 03820

Directions: From Spaulding Turnpike North or South, take exit 8E. Follow to third light, a "T" intersection. Turn left.

Proceed to the next light and take a very sharp right. The pool building is now on your left, turn left into the parking lot entrance.

## **University of New Hampshire, Durham, NH: September through May (fall and spring semesters)**

Phone: 603-862-3400

Facility: 6 lanes, 25 yards for workouts

Schedule: Monday and Wednesday evenings, 6:00-7:00 p.m., Friday mornings from 6:00 to 7:00 A.M.

Coach: Erika Cooper; [unhcoach@greatbaymasters.org](mailto:unhcoach@greatbaymasters.org)

Fees: call for fees

Address: 145 Main St Durham, NH 03824

Directions: From 95N in New Hampshire take Exit 4 - Spaulding Turnpike.

Exit 6W - Concord, Durham (Route 4 West)

Go four miles, then through a traffic light, 1.5 miles more to Route 155A Exit, marked University of New Hampshire

Left off the ramp, proceed one mile, the Field house is on the right after tennis courts.

The pool is in the Field House, parking in the lots across the street.

**-OR-**

From 93 in New Hampshire take 393 which will merge with Route 4 East

Follow Route 4 to route 155A exit, make a right off exit and proceed as above.

## **Portsmouth Indoor Pool: September through June**

**\*\*NEW: must be USMS registered to practice here.**

Phone: 603-427-1546

Facility: 6 lanes, 25 meters

Schedule: Monday, Wednesday evenings, 7:00-8:00 p.m.

Coach: Crystie McGrail; [GreatBayMastersSwimTeam@gmail.com](mailto:GreatBayMastersSwimTeam@gmail.com)

Fees: \$7 drop in fee each practice, or 10 visit punch pass for \$50

Address: 50 Andrew Jarvis Dr., Portsmouth, NH 03801

Directions: From 95 North or South, take exit 5. Take the Route 1 Bypass, South. At third light, take a left and follow to end

Take a very sharp right. Proceed a very short way and take a left at the blinking yellow light hanging over the road.

The pool is in the building on the right, after you pass the church.

**COME SWIM WITH US!!**