

2016 SPMS Fitness Clinic  
Tentative Outline – 15OCT2015  
Submitted by Robin Smith, Fitness Committee Chair

Scope:

Fitness Clinic open to “non-USMS members” (must be 18 or older). To offer one clinic in 2016 (with morning and afternoon sessions) to see if this will work for SPMS. Goal is to expand to 2 clinics in 2017 to cover SPMS LMSC geography.

Objectives of Clinic:

- To introduce attendees to US Masters Swimming philosophy - “To promote health, wellness, fitness and competition for adults through swimming”
- To address questions and concerns
- To allow attendees to participate in a “practice” led by SPMS Coaches
- To recruit prospective new SPMS/USMS members for local Clubs

Fees/Other:

No registration fee

Refreshments will be provided (water, snack)

Handout will be provided with USMS, SPMS, and Masters 101 information

Attendees will complete USMS Guest Membership Form for liability purposes

Tentative Fitness Clinic Agenda: (Propose 2 Sessions 9:00 AM to 12:00PM and 1:00PM to 4PM)

Modality	Content
Classroom (1 hour)	Brief presentation about USMS/SPMS and Masters 101 information (terminology, swim practice logistics, reading a pace clock, etc.)
In-Pool (1-1 ½ hours )	Practice Stations set up for Triathletes/Open Water Swimmers, Fitness/Lap Swimmers, and “Beginner Swimmers” – to be led by SPMS Coaches