

SPMS Fitness Committee Report
Thursday January 19, 2017
Submitted by Robin Smith, Chair

- Attended USMS National Coaches Clinic (Nov 11-13, 2016) in San Mateo, CA
 - Participated in the USMS LMSC Fitness Chair P2P Conference Call on December 7, 2016
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- Brief summary of current USMS Fitness Events/Activities below:

USMS ePostal Events:

Speedo USMS 1-Hour ePostal Nationals (January 1 through February 28, 2017)

Hosted by Ohio Masters Swim Club

Individual and Relay options

Link to registration and more information:

https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=8216

USMS Fitness Events:

GoTheDistance (GTD)

This is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. **There is no cost to enter GTD.** You can register through the “My USMS” section on the USMS website.

Link for more information:

<http://www.usms.org/fitness/content/gothedistance>

USMS 2017 Check-off Challenge (Registration ends November 1st, 2017)

This is a postal event designed to motivate swimmers to complete some or all of the pool events and an open water swim during the calendar year. **Note – events can be “checked-off” during a practice, or on your own, or in a meet. Using equipment and/or being timed is optional. This event is completed on the “honor system”.**

The 2017 USMS Check-Off Challenge is hosted by FLOW Swimmers in Montana.

Link to registration and more information:

https://www.clubassistant.com/club/meet_information.cfm?c=1854&smid=8435

USMS Fitness Tools:

Fitness Log (FLOG)

Access and Set-up your Fitness Log (FLOG) on the “My USMS” section on the USMS website. Your FLOG allows you to track all your fitness activities in addition to swimming (i.e., walking, running, biking, weight training, yoga). Track your weekly, monthly and annual totals online.

Note: You do NOT need to participate in the GoTheDistance Event to use the FLOG.

Link for more information:

http://www.usms.org/fitness/content/fitnesslogs?utm_campaign=top_nav&utm_medium=swim_for_fitness