

Fitness Events/Programs Coordinator Report – 8/19/21

Submitted by David Johannsen

My primary goals are to: 1) Publicize Fitness events/programs through our monthly reports, newsletter, website, and Facebook page. 2) Recognize teams and individuals by publishing participation lists and establishing SPMS Records/Top 10 for appropriate events.

CALENDAR OF CURRENT AND NEAR-FUTURE EVENTS:

1. Go the Distance (GTD)

This has been a very popular USMS fitness program since 2007. The concept is simple. Log your mileage throughout the calendar year. Through August 15th, 99 SPMS swimmers have swam 19,158 miles in 2021. Pacific is 310 miles ahead of SPMS for the 2021 U.S. LMSC lead.

2. ePostal 5K/10K 2021 National Championships

The 5,000 and 10,000 Meter National Championships are swum between May 15 and September 15.

3. 2021 Swim.com USMS Fitness Challenge (1 Mile)

The 1 MILE fitness challenge is swum between October 1 and October 15. The three annual fitness challenges are designed for fun participation especially in a team atmosphere. The 1 MILE can be swum anyway you want. Fins, paddles, snorkels are fine along with swimming the 1MILE in a relay format. Participation, not results, is emphasized.

4. ePostal 3000/6000 2021 National Championships

The 3000 and 6000 Yard National Championships are swum between September 15 and November 15.

SPMS RECOGNITION

The Go the Distance recognition lists have been updated through 12/31/20. The lists are on the SPMS website under the FITNESS TAB.

SPMS Records and Top 10 Yardage for the 1 Hour ePostal National Championships are on the SPMS website under the MEET TAB.

3000 yard SPMS Records/Top 10 lists have been established. SPMS swimmers have 12 National Age Group Records in the 3000 yard ePostal National Championships which is swam each year from September 15th – November 15th.

Please contact myself with suggestions (advice), comments, and even fitness events that I might not be aware of. (805) 964-6959 or davidswim@johaninc.com