SPMS Fitness Committee Report
Thursday October 20th, 2016
Submitted by Robin Smith, Chair

- Submitted Fitness Article for the SPMS Sep/Oct Newsletter
- Attended 2016 USAS/USMS Convention as SPMS Delegate and USMS Fitness Education Committee Meeting as Committee Member (see Secretary Report)
- Attended SPMS Coaches Clinic held at Rose Bowl Aquatic Center (Sep 11th, 2016)
- Participated in USMS Stroke Development Clinic held at La Mirada Splash (Oct 9th, 2016) as a “Coach on Deck”
- Will attend USMS National Coaches Clinic (Nov 11-13, 2016) in San Mateo, CA
- Starting to plan options for 2017 SPMS Fitness Clinic – may be combined with a Marketing/Club Development Activity

- Brief summary of current USMS Fitness Events/Activities below:

**USMS ePostal Events:**

**3000/6000 ePostal National Championships (25 yard -OR- 25 meter pools)**

September 15, 2016 to November 15, 2016
Hosted by Sawtooth Masters and Snake River LMSC
Individual and Relay options
Link to registration and more information:
https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=7130

**USMS Fitness Events:**

**USMS 2016 Check-off Challenge (Registration ends November 1st, 2016)**

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 2016 USMS Check-Off Challenge is hosted by the Long Beach Grunions.
Link to registration and more information:
http://www.usms.org/fitness/content/checkoff