

Competitive/Fitness Virtual Events Report – April 21, 2022

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. 87 SPMS swimmers have swum 7971 miles in 2022 through April 17.

2. 2022 5K/10K Virtual Championships

The 5000 and 10000 LCM Championships are swum between May 15th and September 15th.

3. 2022 Swim.com USMS Summer Fitness Challenge (2K)

The 2000 meter fitness challenge is swum between June 1 and June 30. (Michael Phelps and Claire Curzan were both born on 6/30 for you swimming trivia buffs). The three annual fitness challenges are designed for fun participation especially in a team atmosphere. The 2000 meters can be swum anyway you want. Fins, paddles, snorkels are fine, along with swimming in a relay format. Participation (not results) is emphasized.

SPMS RECOGNITION

Nothing to report this month, but on a personal note, both of my recently hired part-timers have decided to stay with my firm and start full-time on June 1st and September. I have had a crazy last 7 months trying to replace my office manager/assistant who retired last summer after working for my firm for almost 40 years. Mission Accomplished! I have already started catching up with some of my swim volunteer work for the Santa Barbara area. SPMS should start seeing more results very soon on our website starting with updated recognition lists for Go The Distance and the 1 Hour postal swim. Thank you for your patience.

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