

**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 11<sup>th</sup>, 2016)
  - Participated in USMS Stroke Development Clinic held at La Mirada Splash (Oct 9<sup>th</sup>, 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
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-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](https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=7130)

**USMS Fitness Events:**

*USMS 2016 Check-off Challenge (Registration ends November 1<sup>st</sup>, 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>