

Fitness Events/Programs Coordinator Report – 2/18/21

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. ePostal 1 HOUR 2021 National Championships

The extremely popular 1 Hour National Championships is being swum from January 1, 2021 to February 28, 2021.

2. 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 February 14, 75 SPMS swimmers have swam 3,377 miles in 2021.

3. ePostal 5K/10K 2021 National Championships

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

4. 2021 Swim.com USMS Fitness Challenge (2000 Meters)

The USMS Fitness Challenges were previously sponsored by Smarty Pants [Vitamins]. Starting January 1st, USMS is now partnering with Swim.com. The 2K fitness challenge is swum between June 1 and June 15. The three annual fitness challenges are designed for fun participation especially in a team atmosphere. The 2K can be swim anyway you want. Fins, paddles, snorkels are fine along with swimming the 2000 meters in a relay format. Participation, not results, is emphasized.

SPMS RECOGNITION

I have updated the Go the Distance recognition lists through 12/31/20. The lists are on the SPMS website under the FITNESS TAB. Since 2007, the following teams have swam around the earth (24,900 miles):

NOVA (39,368), MVN (34,850), ROSE (33,822), CTM (33,656), CVMM (31,603) and VCM (26,564).

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

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