

PROGRAMS FOR THE FITNESS SWIMMER

REPORT OF THE AD HOC COMMITTEE ON FITNESS

9/19/90

In its initial discussion, this committee recognized three major factors: 1 - USMS offers a fitness program superior to most individual swimmer's lap swimming because it incorporates both aerobic and muscle strengthening into its workout programs.

2 - Most lap swimmers are not aware of USMS's programs and tend to equate USMS only with competitive swimming.

3 - That neither of the above two factors have been addressed sufficiently by the standing committees presently in existence.

To meet this need, this committee identified four areas for further action by this committee in conjunction with various standing committees, particularly Marketing, Sports Medicine and Coaching.

- 1 - Disseminating information about the USMS program
A packet should be produced on the national level that would serve the LMSCs. It should contain as much material as reasonable so that each LMSC could abstract that which is meaningful to a fitness program designed primarily for the non-competitor and one that would lead those swimmers into a competitive program only if they wished to compete. The material in this packet should help each LMSC to design a complete program adapted to its available pools, coaches, clubs, isolated swimmers, etc. Some of the ideas to be developed are:

*Introductory and novice stroke drills - including 'What is a workout and How do I start'

*Log book planner as well as a list of places to swim so that the LMSC could use to abstract those places in its area or zone.

*Medical checklist a swimmer can give his doctor who can check off those levels the doctor feels best suited to his patient, whether post stroke, arthritic, post operative, etc.

*Target groups to send posters and literature - such as: USS 15+ age swimmers and USS swimmers' parents; Tri-fed organizations, Health clubs, Physio-therapists, Hospitals, Booths at clinics and fairs, Corp. games, Park & Rec depts, Heart, Arthritis and other specialty health organizations, Red Cross, etc.

- 2 - Types of Workouts and Practices and Fun Events

*Super Set Saturday - one per month from program planners. Completion of various levels could allow the swimmer to buy different color T-Shirts or badges.

*Workout menu for one month that could be purchased or supplied to each individual

*National 'Butterfly' Month or similar program to encourage swimmers to stretch beyond crawl and sidestroke

* A drill book for individuals without coaches and coaches not yet attuned to the beginning swimmer - not exhausting or scaring them - and then progressing on in very easy stages. It was agreed that both in this area and the area of information to be given on Health and Nutrition we should not assume these swimmers come equipped with any background knowledge.

* A service be offered by willing coaches at a reasonable fee or cost basis that would permit a swimmer to use a home video camera to produce a tape of his techniques. This tape would be then sent to the coach for evaluation, critique, and suggestions for improvement. Such a process by the coach might also include a voice-over for the swimmer to listen to while watching the tape.

*Arranging to leave a workout on a poolside bulleting board for swimmers to use during any lap swim period during the day.

Creation of a pool log sheet and end-of-the-month recognition for swimmers achieving preset goals.

3 - Recognition Techniques

*Recognition for distances swum: Red Cross 50-mile program or swim across program, Presidential Sports Award program, Individual or team totalling of distance per workout that takes them from one point to another (From Tallahassee to Tampa, From San Francisco to Hawaii etc.) and individual certificates or badges that recognize each achievement. Some suggestions were to have the goal city's Chamber of Commerce send a congratulatory letter or discount coupon to that swimmer - to have the goal country's Ambassador send a letter of achievement - to hold a party suggestive of a team's achievement (a luau for reaching Hawaii, etc.)

*Recognition for time swum: A certificate stating that the swimmer swam for 20 minutes, 40 minutes, 60 minutes etc. without stopping, (Aerobic) and that a certain number of laps were done in that time. A swimmer could get another certificate either for a greater number of minutes or stating that at least a 10% improvement in the number of laps swum in that same time (learning to push rather than steady swim).

*Recognition of these non-competitive achievements at a club dinner, an LMSC dinner, an award dinner, publishing of names & achievement in a newsletter, a photo on a pool bulletin board, etc.

4 - Motivating Techniques

Buddy system - put a newcomer with an experienced swimmer, give each new swimmer an experienced swimmer to critique his work (if the newcomer wants this).

*A 'bring a friend' day for easy fun in the lanes.

*A workout for newcomers only with experienced swimmers helping from the deck

*An Aquatic 'PAR' course rather than using a meet approach - with lots of fun stations

*Potluck relays at the end of a practice with fun relays where names are drawn out of a hat

Lots of team socials - after practice breakfasts or suppers, etc.

A RESOLUTION FOR THE HOUSE OF DELEGATES:

THAT THE 1990-91 SEASON BE DECLARED THE YEAR OF THE FITNESS SWIMMER

From the USMS Ad Hoc Fitness Committee

RECOGNITION IDEAS

1. PRESIDENT'S SPORTS AWARD
CONTACT: Presidents Sports Council
AAU House
P.O. Box 68207
Indianapolis, Indiana
46268-0207
2. SUPER SET SATURDAY
Once a month achievement check against goals on certificates
Achievement program info and certificates
CONTACT: Nancy Ridout
580 Sunset Parkway
Novato, California 94947
3. TIME SET SWIMS
Prepare certificates for interval swims of 20-40-60 minute
swims with yardage achievement. Recognized improvement with
gold stars
4. BANQUET OR CLUB DINNER
Includes and awards participation
5. POOL/PROGRAM PORTRAIT BOARD
Recognizes chosen achievements, displayed at pool

DESTINATION IDEAS

1. DESTINATION SWIM
Choose a spot in your state to which you wish to swim. By
accumulating yardage/mileage, either team, where possible, or
individual swim to this goal. Track it with attractive
graphics in a prominent location
2. RED CROSS "SWIM ACROSS" PROGRAM
Charted mileage with certificates of completion
3. RED CROSS 50 MILE PROGRAM
Mileage swims with recognized patch

From the USMS Ad Hoc Fitness Committee

SOCIAL/MOTIVATIONAL IDEAS

1. BRING A BUDDY WITH YOU TO WORKOUT NIGHT
Workout geared to novice ability level
2. ADOPT A SWIMMER
Advanced swimmer works one-on-one with a less accomplished swimmer
3. POTLUCK RELAY
Random teaming of all swimmers of varying ability levels and ages
4. REDEYE BREAKFAST
Breakfast together at dawn
5. FRIDAY NIGHT PIZZA AND BEER
6. FUN RELAYS
Mixed bag of assorted activities; inner tube, T shirt, tennis shoes, spoon & egg - you can dream up more crazies!
7. DEVELOPMENT /NOVICE MEETS
25-50 YD. and fun events for non competitive swimmers
8. AQUATIC PAR COURSE
A series of stations to perform:
Wall Kicks
Water Jogging
Dolphin Swim
Elementary Backstroke
Treading
Deep Water Drills
Jumping Jacks
Cross Country Skiing
Lane Line Ducking
9. FILMING FRIDAY - Videotaping
Coach or advanced swimmer critiques stroke in voice over audio. (More beneficial with underwater equipment)
10. NATIONAL (OR LOCAL) STROKE OF THE MONTH
Emphasize transition from side to breaststroke to free, your choice!

TO: LMSC Chairs
FROM: USMS Ad Hoc Fitness Committee, September 21, 1990
RE: Services for, Invitations to and Recruitment of Lap/Fitness Swimmers

Out of the concern that USMS has not recognized nor catered to the unique, and often different, needs of its majority non competitive members, the attached suggestions were proposed.

We suggest that you duplicate these suggestions for distribution to the clubs or teams in your territory. Where teams do not exist as an integral part of your constituency, try sending them to the pools where small groups of swimmers do workout. Direct this information to the manager, director of aquatics or anyone who might be able to implement some of the suggestions.

If none of the above applies, have a coach select workouts, a member design a swim destination and include with a newsletter.

It is vital that we begin to produce material relevant to this neglected segment of our membership. Successful service of this kind can decrease your turnover rate and increase participation in your organization. Try it!

Sincerely,



Dore Schwab, Jr.
Chairman

2 Enclosures

P.S. The coaches committee is vitally interested in this area of masters swimming. Contact them through the national office for more ideas.