

# **Fitness Events/Programs Coordinator Report – October 15, 2020**

Submitted by David Johannsen

First, I appreciate the opportunity to give a first report for this new volunteer position. Second, I am not sure what my position is actually called, but perhaps "Fitness/Open Water Recognition" is pretty accurate.

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 3000/6000 Yard National Championships**

Swims must be swum between September 15 and November 15, 2020. Individual results must be submitted by November 25th and Relays submitted by December 5th. Awards include first place championship patches and medals for individuals (1-6) and relays (1-3).

### **2 Brute Squad and Brute Squad Lite (12th Annual)**

Swims must be swum between October 1 and November 30, 2020. These fitness events are sponsored by Davis Aquatic Masters and sanctioned by Pacific Masters Swimming. The Brute Squad recognizes swimmers that swim the 200 Fly, 400 IM and the 1650 Free in that order. Any rest time is included in your cumulative total time. Custom awards for the winner in each age group and gender. The Brute Squad Lite is 100 Fly, 200 IM, and the 500 Free. Last year, Niki Stokols (CVMM) won the 60-64 Women Brute Squad in 35:11.24 over 4 fellow competitors.

### **3. SMARTY PANTS (Vitamins) 1 Mile Fitness Challenge**

The 1 mile fitness challenge is swum between November 15 and November 30, 2020. The three annual SMARTY PANTS challenges are designed for fun participation especially in a team atmosphere. The one mile can be swum anyway you want. Fins, paddles, snorkels are fine along with swimming the mile in a relay format. Participation, not results are emphasized.

### **4. 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. In 2020, through October 13th, 132 SPMS swimmers have swum 20,141 miles which is 153 miles per SPMS swimmer!!

### **5. ePostal 1 HOUR National Championships**

The extremely popular 1 Hour National Championships is scheduled for January 1, 2021 to February 28, 2001.

## **SPMS RECOGNITION**

USMS recognizes with a patch, all swimmers that swam ALL 5 ePostal swims in a calendar year. For 2019, Larry Raffaelli (VCM) was the second oldest (76) in USMS to participate in all 5 events.

I have updated the Go the Distance recognition lists through 12/31/19 and they should be on the SPMS website soon.

I should have our first new SPMS Records/Top 10 list finished by November 1. This first recognition list will be for the 1 hour National Championships. USMS has had National Records since the early 1980s. Unfortunately complete 1 hour results only exist since 1998.

Please contact myself with suggestions (advice), comments, and even fitness events that I might not be aware of. (805) 964-6959 [davidswim@johaninc.com](mailto:davidswim@johaninc.com)