

2023 SPMS Fitness Challenge Event Outline

Progressive Mile Fitness Swim

Date: Sunday, Oct 8, 15, 22, or 29

Time: 9:00 am to 1:00 pm

9:00 am - 9:30 am: Check-In

- Participants arrive at the venue, check in, and suit up.

9:30 am - 9:45 am: Welcome and Opening Ceremony

- Organizers provide a brief welcome speech, introduce the event, and acknowledge the event sponsors: SPMS and more.
- Participants are briefed on the event rules and safety guidelines.

9:45 am - 10:15 am: Swim Challenge 1 - 500 Yard Distance Swim

- Participants start with a 500-yard distance swim.
- Finish 500 yards and earn a participatory vinyl sticker.

10:15 am - 10:45 am: Swim Challenge 2 - 750 Yard Distance Swim

- Participants continue swimming from where they left off in the previous challenge and aim to complete a total of 750 yards.
- Finish 750 yards and earn two participatory vinyl stickers.

10:45 am - 11:15 am: Swim Challenge 3 - 1,000 Yard Distance Swim

- Participants now progress further to swim a total of 1,000 yards.
- Finish 1,000 yards and earn three participatory vinyl stickers.

11:15 am - 12:15 pm: Swim Challenge 4 - Mile Swim (1,650 yards)

- Participants culminate their swim fitness challenge by completing a full-mile swim.
- Finish the mile swim (1,650 yards) and earn a special achievement vinyl sticker.

12:15 pm - 12:45 pm: Closing Remarks and Conclusion

- Event organizers deliver closing remarks, thanking participants, sponsors, and volunteers for their participation and support.
- Participants can provide feedback on the event and share their experiences.
- Light refreshments provided out at the parking lot

Participants can accumulate vinyl stickers for each distance milestone they achieve throughout the event. Additionally, the first participant to complete the mile swim will receive a special achievement vinyl sticker to celebrate their accomplishment.

Budget Proposal - Requesting funds for Rental Space at Palm Park

Duration: 8:00 am to 1:30 pm (5.5 hours)

The rate for Non-Profit Organizations:

Hourly Rate: \$149

Refundable Deposit: \$100

Rental Fee for **Palm Park Aquatic Center**: 5.5 hours x \$149/hour = \$819.50

Refundable Deposit: \$100

Additional Fees (to be determined by the City)

Total Budget Estimate: \$919.50 + Additional City Fees

Palm Park Aquatic Center at 5703 Palm Ave, Whittier, CA 90601.

Swimming together as a group during the 1 mile challenge for 2023 Fall Fitness Challenge organized by the USMS hosts Fitness series, can offer numerous benefits that make the experience more enjoyable and rewarding. In other words, this event is parallel to USMS's 2023 Fall Fitness Challenge, and this event will offer challengers to accomplish their goals together! Here are some advantages of swimming together as a positive group:

1. **Motivation and Support:** When swimmers come together as a group, they can motivate and encourage each other throughout the challenge. Group members can provide support during tough moments, celebrate each other's achievements, and create a positive, uplifting atmosphere that fosters personal growth.
2. **Social Interaction:** Swimming in a group creates a social setting, allowing participants to connect with like-minded individuals who share a passion for swimming. It provides an opportunity to build friendships, enhance teamwork, and enjoy the company of others while engaging in physical activity.
3. **Increased Accountability:** Being part of a group establishes a sense of accountability. Participants are more likely to stick to their swimming routine and complete the challenge as planned when they know others are also participating and expecting them to join in.
4. **Fun and Enjoyment:** Swimming together can add an element of fun and enjoyment to the challenge. It becomes a shared experience filled with laughter, camaraderie, and a collective sense of achievement.

5. Technique and Skill Improvement: Group swimming sessions can offer the chance to learn from others and receive feedback on swimming techniques and skills. Peers can share tips, insights, and knowledge, helping participants become better swimmers over time.

6. Healthy Competition: A positive group environment can foster healthy competition, spurring swimmers to push themselves further and achieve better results. This friendly competition can lead to personal growth and improved performance.

7. Reduced Boredom: Swimming long distances on your own may become monotonous over time. Swimming together with a group can alleviate boredom and make the challenge more engaging and exciting.

8. Sense of Community: Participating in group challenges fosters a sense of belonging and community. Participating in a larger collective pursuing similar goals can enhance the overall experience and sense of achievement.

In summary, swimming together as a positive group during the 1-mile challenge can create a supportive and enjoyable environment that motivates participants to excel and have fun while reaching their fitness goals. It enhances the overall experience, promotes a sense of unity, and makes the challenge more rewarding for everyone involved.

There are multiple dates still to see which Sunday Palm Park Aquatic Center can accommodate.

We anticipate 50-100 SPMS members to participate in the event.

The budget for vinyl stickers would be \$450 to order 100 each to indicate if a challenge was accomplished; an example:



For light refreshments of water and healthy to-go snacks will roughly be \$300.

Totaling to: $920+450+300= \$1,670$, and if would round up to \$2,000 just in case.