



Fitness Award Considerations

Presented by the USMS Recognition and Awards Committee

More than 80% of USMS members are self-described fitness swimmers. They swim for conditioning, health, camaraderie of their teammates, the structure of coached workouts or just the joy of being in the water. USMS offers them a place to get all of this. This contingent has no desire to enter the ranks of competitors. USMS in turn has a significant obligation to provide fitness swimmers with the opportunities they seek.

In keeping with USMS's desire to recognize efforts that go above and beyond towards enhancing the fitness experience, contributions are recognized with the USMS Fitness Award.

- **Fitness Award Purpose** – to recognize initiatives, programs, concepts, and activities that improve the quality of the experience for USMS fitness swimmers.
- **Who is Eligible** – any individual, group initiative, team, club or LMSC that has demonstrated extraordinary contributions to enhancing fitness swimming. Coaches and Adult Learn-to-Swim instructors (and ALTS programs) are eligible.
- **What is Recognized** – programs, activities, and initiatives dedicated to members who swim only for fitness.
- **Proof** – provide explanation of the programs, activities, and initiatives that describe the goals and desired outcomes. Provide evidence that the intended outcomes have been successfully achieved with qualitative and quantitative examples that demonstrate the benefits to members. U.S. Masters Swimming committees, LMSCs, or any member can submit nominations.

Minimum Viable Qualifications:

- USMS member in good standing
- Demonstrates more than one fitness resource used or created, OR, one exceptional single resource use/creation/implementation.
- Benefits of the activity/activities conducted by the nominee to empower adults to improve their lives through swimming.

Submit and direct any questions about the Fitness Award to:

USMS Recognition & Awards Chair– awards@usmastersswimming.org