



U.S. Masters Swimming
LMSC Fitness Chair
Peer-to-Peer

June 30, 2022 Webinar

LMSC Development Committee
Peer-to-Peer Webinar



LMSC Development Facilitators

Linda Chapman swims with Puget Sound Masters in the Pacific Northwest LMSC. Linda currently serves on the Webinars Team and LMSC Standards Team for the USMS LMSC Development committee as well as serving as Chair of the Pacific Northwest LMSC.

Kris McPeak swims with (and is the co-owner of) SilverPeak Performance in Pasadena, CA. Kris currently serves on the Mentorship Team for the USMS LMSC Development committee & is Treasurer for the Southern Pacific LMSC.

Tom Moore swims with Minnesota Masters Swimming in Minnetonka, MN. Tom currently serves on the Webinars Team for the USMS LMSC Development committee as well as on the USMS Diversity & Inclusion committee.

Katherine Olson swims with the Sioux Falls Prairie Masters team in Sioux Falls, South Dakota. Katherine currently serves on the Mentorship Team for the USMS LMSC Development Committee and is the current Chair and former Communications Chair for the South Dakota LMSC.

Panelists

Beth Nymeyer swims with Minnesota Masters Swimming and coaches for the Minneapolis YWCA. She currently serves as the chair of the Recognition and Awards committee, and also serves as the Vice Chair and Fitness Events Coordinator for the Minnesota LMSC. In 2021 she was awarded the Dorothy Donnelly Service Award.

Welcome Everyone!



- The webinar will begin in a few minutes; please stand by as everyone gets connected
- All attendees will be muted throughout the presentation
- You can submit questions to the moderator via the Q&A 'Chat' window



LMSC Development Facilitators



Linda Chapman



Kris McPeak



Tom Moore



Katherine Olson



Fitness Chair Panelist



Beth Nymeyer





Peer-to-Peer Webinars

Annual session hosted by LMSC Development and any relevant national committee for a specific LMSC role focused on establishing and growing mentoring relationships.

<https://www.usms.org/volunteer-central/lmscs/peer-to-peer-calls> Upcoming Schedule (subject to change):

9/30 – LMSC Membership Coordinator

11/4 – LMSC Secretary

1/6 – LMSC Leadership (Chair / Vice-Chair)

2/3 – Event Hosting (Sanctions, Safety, Officials, LMSC Records, Top10 Recorder)

3/3 – LMSC Treasurer

3/31 – LMSC Diversity & Inclusion Coordinator

4/7 – LMSC Coach & Club Development

5/5 – LMSC Awards & Recognition

6/2 – LMSC Communication

6/30 – LMSC Fitness Event Coordinator

7/7 – LMSC Hall of Fame

Agenda

- Group Discussion: LMSC Fitness Events – Beth Nymeyer
- Q&A
- Resources - Linda
 - LSMC Fitness Chair Role Description
 - Guide To Local Operations,...
- Peer-to-Peer Relationship Building Program – Katherine & Kris

Fun Fitness: Out of the Box



New ideas and fun ways to connect!

Think about how swimmers move outside the pool. What are some fun excersizes that are swimming adjacent?

Weight Lifting

Yoga

Rowing

Paddle Board Yoga

Log Rolling



Rowing

Minnesota Masters paired with a local rowing studio and did a class for swimmers. We had about 20 people join us and everyone loved it! We typically subsidize with studios or teachers to offer a highly discounted rate for Masters Swimmers. Swimmers can bring friends, but they will pay the full class price. This offers a value add for membership.



Yoga and Paddle Board Yoga

Minnesota Masters has offered both yoga AND paddle board yoga to it's membership using the same model as the rowing class. It's been fun and a success on all occasions.

Yoga is easy and there may even be a swimmer willing to lead a class or combine it with a swim event!



Virtual Dryland

Have a geographically spread out membership? This could be the ticket for you! Anyone can join in from anywhere and do strength and conditioning specific to swimming. Go one step further and post a video to your website!



Virtual Swims

Get your whole LMSC or team to track your swims together and win prizes. You can create a google sheet, you can create a club assistant event- whatever works for you! Get creative! Maybe you will also find a pizza coupon whilst swimming! See pizza coupon pic 😊



What are some of your ideas? The sky is the limit!

Identify a USMS member who may be willing to teach

Having Fitness Events for USMS members is a value add

Free for LMSC members (or subsidized) and full cost for partners and friends

Find a time when there is a lull in competition

Great chance to advertise in the fitness community!



Q&A

- Questions?
- Comments?
- Other Ideas to Share?

LMSC Fitness Chair Resources



- [LMSC Fitness Chair Role Description](#)
The LMSC Fitness Coordinator's purpose is to develop, collect, and disseminate information to members about fitness, swimming technique and wellness.
- Guide To Local Operations, Event Management page
<https://www.usms.org/volunteer-central/guide-to-local-operations/event-management>

P2P Relationship Building Program

- Keep the Conversation Going!!
- We want to connect each LMSC Volunteer with 1-5 Peers in similar LMSCs.
[Program Overview Link](#)
- Fill out online sign-up form (closes Sunday 7/10)
- [>>LMSC Fitness Chair – Sign Up Link<<](#)
 - Your contact info
 - Challenges?
 - Best Practice suggestions?
- LMSC Development will send you contact information for your Peer(s), along with some suggested conversation starters – we recommend you share contact information with each other, do a phone call in the next 30 days to get to know each other, then do a follow up in 3 months, and whenever you need a ‘buddy’ to talk to about being an LMSC Chair or Vice-Chair.