



Greetings!

Goodness, it's July 2020, not 2026? It may feel like we've lived a few years during the first half of 2020, but pools are starting to open up. There's a mixed crowd out there: some of us are swimming, some of us are planning to soon and some of us are waiting. Find the best option for you and your health. The time will come when we do not have to weigh our options so mightily. I'm going to spend the bulk of this newsletter giving motivational options no matter which of those three categories you find yourself in.

Heather Melrose
Secretary and Communications Chair

Outside the Pool Motivation

Unfortunately, I find myself in the not-swimming-yet category. As an asthmatic mom with two kids not old enough to stay home on their own, I am trying to remain patient with myself and my situation. It's easy to get down when we hear of others who are back in the pool, but this too shall pass. It's time to focus on what we can control in our lives.

What can we work on if we are not in the pool, or even if we are? The answer to that question is as individual as each one of you reading it. Do you need to work on how many hours of sleep you get each night? Has your diet slid away from healthy to too many bake goods? Have you wanted to start a strength routine, but haven't had access to a gym? Have you noticed being less limber, having a harder time getting your arms out of the water on fly as the years go by? We each have something that we need to work on; it's a matter of having an honest look at your current self.

Sleep - Try going to bed at the same time each night. Once you have a handle on that, go to bed 10 minutes earlier, then 20 and so on. By slowly working at it, you'll add an hour more sleep each night before the weather turns cold.

Diet - I'm guilty of baking, and eating, way too much over the pandemic. Without being in the pool regularly, this bad habit has dropped me several rungs on the health ladder. If you find yourself in a similar situation, focus on adding back those healthy fruits, vegetables and whole grains. Learn to cook to avoid processed foods. Or order a new cookbook to change up the every day grind.

Strength - You don't need a gym to strength train. There are plenty of body weight exercises, like push ups and squats, which you can do from the safety of your own home. USMS has treasure trove of articles on [strength training](#) without fancy equipment.

Flexibility - Yoga, pilates, traditional stretching are all things that you can do on your own in your own living room.

Challenge: Pick ONE and only one of these four categories to work on. Do the bare minimum each day in July. Who knows, come August you may have formed a whole new healthy habit, ready to pick another thing to try.

USMS Summer Fitness Challenge July 15-31



**SMARTY
PANTS**
vitamins 

2020 USMS
**SUMMER
FITNESS
CHALLENGE**
2K SWIM

The 2020 SmartyPants Vitamins USMS Summer Fitness Challenge (whew, try saying that 10 times fast) kicks off mid-July. If you are looking to try something new or just need motivation to get back to working out, this is a great option for a good cause. For members who register after June 1st, benefits go to help fund the USMS COVID-19 Relief Fund for struggling teams. If you registered prior to that date, the benefits go towards the USMS Swimming Saves Lives Foundation. Both are good options.

The Summer Fitness Challenge is offering both a swimming and non-swimming option this year. You can choose whether you want to participate in a 2K swim, pool or open water your choice, or a 30 minute dryland workout. Click on the picture for more details.

USMS Virtual Swim Meet Aug 12-23



For our members who need a competition on the calendar to stay focused, USMS just announced the 2020 Toyota USMS Virtual Championships powered by Swim.com. I think that someone at the National office has been binge watching "The Office" during the pandemic; these titles are reminiscent of *Michael Scott's Dunder Mifflin Scranton Meredith Palmer Memorial Celebrity Rabies Awareness Pro-Am Fun Run Race for the Cure*. Please, do not use Michael Scott's carbo loading technique prior to swimming the virtual championships.

Any USMS member with access to a 25 yard pool or open water venue can compete in a plethora of events. If you'd like to get in on the swag and sponsor giveaways, make sure that you sign up for Option 2, and get in soon, only for the first 1000 registrants qualify for the swag.

It's Official!

The Virtual Championships states that USMS rules apply, on the honor system of course. If you are looking to swim a long distance free event in the pool, the USA Swimming Rulebook 2020 states: " A swimmer in any individual event of 16 lengths or longer, except the individual medley, may appoint one counter to call lengths or indicate lengths by a visual sign." Page 137, in the Masters section.

Get creative and send me pictures to share an upcoming newsletter.

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USMS

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