Exclusive Information and Content
- Bimonthly SWIMMER magazine
- Monthly e-newsletter STREAMLINES
- For coaches, monthly e-newsletter STREAMLINES for Coaches
- Exclusive articles and stories at usms.org
- Join thousands of other swimmers on our active online Discussion Forums, create your own blog, and interact with the worldwide swimming community at usms.org
- Create a personal usms.org email address
- Track fitness activities in your online Fitness Log

Fitness and Participation Programs
- Popular national events such as the Speedo 1-Hour Swim, 3000/6000-yard swims, and 5K/10K swims
- Fitness programs such as Go the Distance and Check-off Challenge

Competition Programs
- Regional pool championships
- Spring and summer national pool championships
- National championship open water events

Recognition and Awards
- Your event results archived on usms.org
- Top 10 and All-American awards and recognition
- Volunteer service awards

Volunteer Opportunities
- Organization and leadership positions within your LMSC and at the national level
- Online workouts written by USMS coaches
- Coached workout programs in your area
- Coached workouts nationwide when traveling
- Program development support, including visits from Club and Coach Services
- Coach certification and professional development for coaches

Insurance
- Coverage while participating in USMS insured activities including $25,000 of excess accident insurance for medical and dental and liability insurance for USMS practices, meets, and approved activities

Grants
- Apply for grants for your local club development through the Swimming Saves Lives Foundation
- Over $60,000 in grants were given to adult learn-to-swim programs in 2014

Sponsor Discounts
- Exclusive sponsor discounts and rewards

Full details online at usms.org