



U.S. MASTERS SWIMMING

Position Description

Position title	LMSC Fitness Chair/Coordinator	
Start date / End date or Term length	Ongoing	Elected or appointed position, term varies by LMSC.
Estimated hours/days required per month	3 - 15 hours per month	
Reports to	LMSC Chair	
Direct Reports	Event volunteers	
Role overview and purpose, and how it relates to the organization's mission		
<p>The Fitness Chair generally works to develop, collect and disseminate information to USMS members about nutrition, training, and fitness through the LMSC newsletter, website, and other means of communication. In some cases, they also help to coordinate clinics to encourage members to set personal fitness goals, emphasizing dry side and wet side training for overall wellness. The Fitness Chair may also coordinate with local health, safety and fitness professionals in the swimming community to promote events, activities, and educational initiatives that relate to health and wellness through swimming.</p>		
Key responsibilities		
<ul style="list-style-type: none"> • Coordinate with pools, teams or groups to promote participation in fitness and postal events • Create or coordinate local area fitness and postal (or virtual) events • Promote the USMS Go the Distance and Check Off Challenge events within the LMSC 		
Key deliverables		
<ul style="list-style-type: none"> • Write or solicit articles on local long distance pool accomplishments and submit them to USMS and LMSC website, blogs, Facebook page, newsletter • Write or solicit articles related to nutrition, training, and fitness and submit them to publish for member reference. 		

Recommended skills, experience and attributes
<ul style="list-style-type: none"> • Organizational skills for reporting on events in a timely manner • Experience with distance swimming and training techniques • Ability to write and/or edit fitness articles that relate to swimmer health and wellness • Passion for fitness and swimming • Event development and implementation • Networking with other area fitness professionals
Recommended training
<ul style="list-style-type: none"> • Keep current with relevant articles and research that relate to nutrition, health, and training for swimmers and other multi-sport athletes.
Benefits for the volunteer
<ul style="list-style-type: none"> • Learn and help develop fitness related goals for swimmers • Being a role model to swimmers
Benefits to USMS
<ul style="list-style-type: none"> • In some cases, the Fitness Chair may bring personal and professional experience to LMSC swimming community that might normally carry a significant financial cost. • Provide events and information about fitness swimming to support and motivate members to achieve their goals • Recruit new swimmers to USMS
Other suggested requirements of the role
<ul style="list-style-type: none"> • Solicit and develop clinics of interest to members. • Seek input from swimmers and coaches on clinic topics and presenters • Contract with presenters, and assist with the development of training curriculum • Contract with venues, and complete any necessary insurance documents • Manage clinic enrollment, participant communications • Organize volunteers to support and attend clinics • Succession planning to recruit a capable successor for handling your role and responsibilities.