

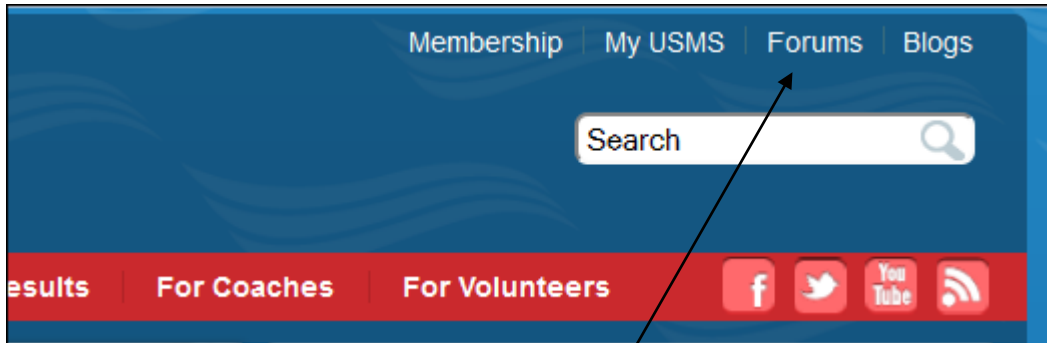


Accessing the Members-Only Features of USMS.org

| | |
|--|----------------|
| Creating a USMS Discussion Forums account..... | Page 2 |
| • Free to anyone | |
| Setting up your MyUSMS account..... | Page 8 |
| • Requires a current USMS membership | |
| • Necessary to view the coached workouts in the Forums | |
| Setting up your FLOG (Fitness Log)..... | Page 10 |
| Entering the Go The Distance Fitness Event..... | Page 11 |
| • Setting your goal distance | |

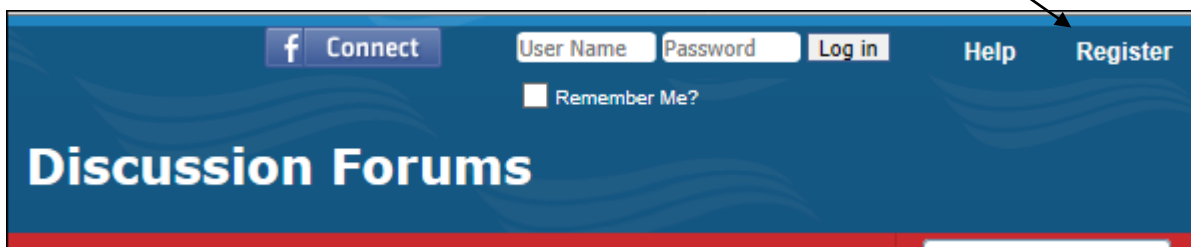
Creating a USMS Discussion Forums account

Begin at www.usms.org:



Select "Forums"

In the top right portion of the screen,
click "Register"



Registration
Step 1 of 2

Create an Account at the U.S. Masters Swimming Discussion Forums

Please Enter Your Date of Birth: The date of birth you enter here is binding and may not be altered at a later date. Make sure you enter it correctly!


Month: February Day: 28 Year: 1961

Enter your birthdate (you must be older than 13), click "Proceed"


Registration
Step 2 of 2

Create an Account at the U.S. Masters Swimming Discussion Forums

The Facebook Platform

 [Connect with Facebook](#)

Required Information

User Name: Demo User2 
 Username is valid and not in use.
 Please enter the name by which you would like to log-in and be known on this site.

Password:

Confirm Password:

Please enter a password for your user account. Note that passwords are case-sensitive.

Email Address: membership@usms.org

Confirm Email Address: membership@usms.org

Please enter a valid email address for yourself.

Security Question: What is the FOURTH stroke swum in an individual medley (the one after butterfly, backstroke and breaststroke)?

freestyle

Create your user name. In this example the user name is "Demo User2." Create a password, enter your email address, and answer the security question.

You can fill in any of the optional information in the lower portion of the form. At the bottom of the form, click "Complete Registration."

Additional Information

Time Zone:

(GMT -5:00) Eastern Time (US & Canada), B

All timestamps displayed on the forums can be automatically corrected to show the correct time for your location in the world. Simply select the appropriate time zone from the list below.

DST Correction Option:

Automatically detect DST settings

In addition, you may set the appropriate option to allow for daylight savings time in your part of the world.

Receive Email...

Receive Email from Administrators

Receive Email from Other Members

From time to time, the administrators and/or other members may want to send you email notifications or messages. If you do not want to receive email from certain people then you may disable the options here

Your Real Name:

Layla

All items from here on are optional.

If not used as your user name, what is your real name?

Gender:

F

M/F

Location:

Vienna, VA

Where you live (City, State)

Occupation:

Security guard

Your job

These items
are optional

LMSC:
Which LMSC are you from?

Team/Club:
To which team/club do you belong?

Are you a swim coach?:
Y/N

Favorite stroke/event:
What is your favorite stroke or event?

These items are optional

Forum Rules

In order to proceed, you must agree with the following rules:

Forum Rules

Registration to this forum is free! We do insist that you abide by the rules and policies detailed below. If you agree to the terms, please check the 'I agree' checkbox and press the 'Complete Registration' button below. If you would like to cancel the registration, [click here](#) to return to the forums index.

I have read, and agree to abide by the U.S. Masters Swimming Discussion Forums rules.

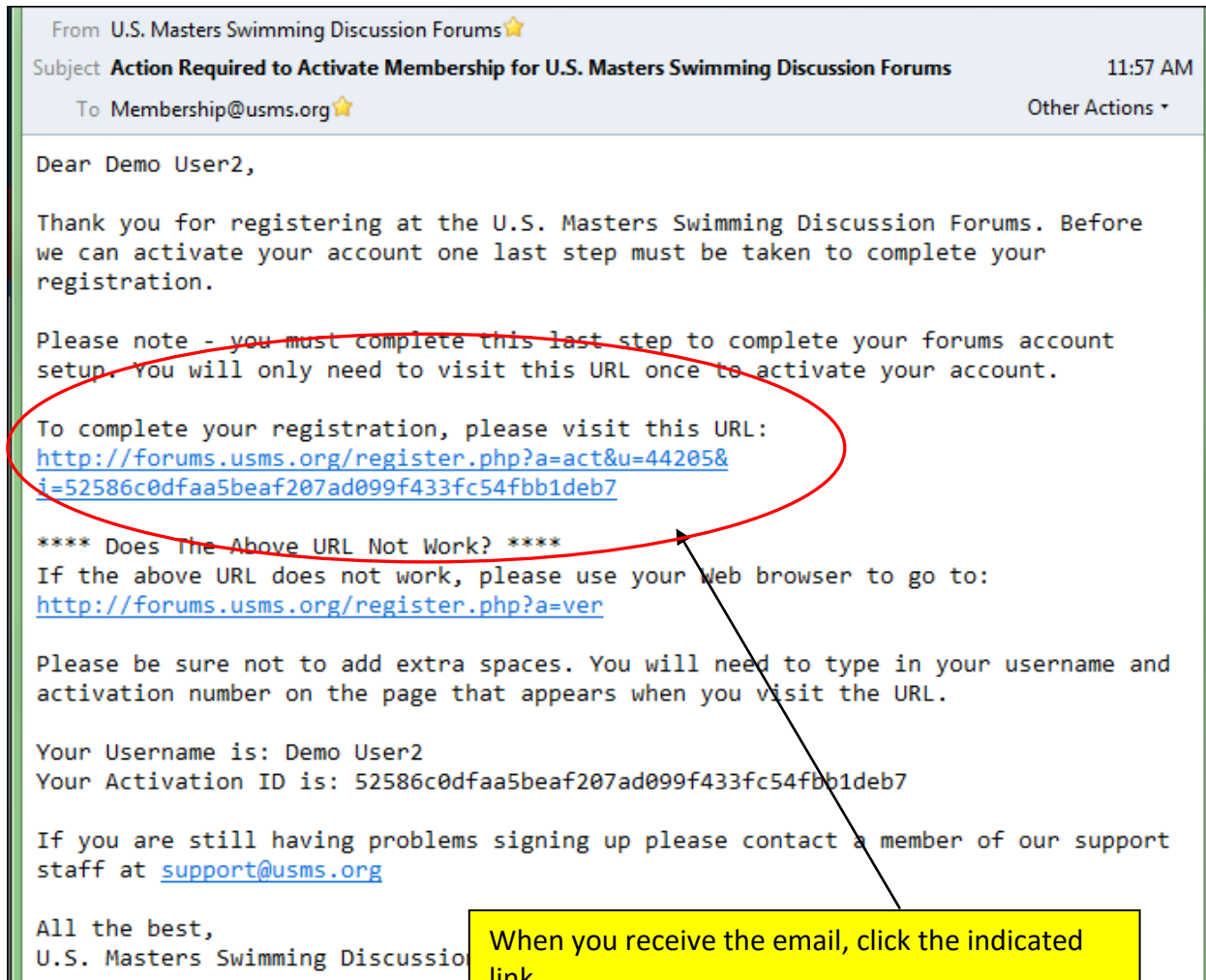
vBulletin Message

Thank you for registering, Demo User2. An email has been dispatched to membership@usms.org with details on how to activate your account. [Click here to return to where you were previously.](#)

You will receive an email in your inbox. You **MUST** follow the link in that email before you can post on these forums. Until you do that, you will be told that you do not have permission to post.

This message indicates that the account is set up but not activated. The **activation email** will be sent to the email address that was provided.

Here is the email message you will receive:



OR, if the link doesn't work, go to this URL:



(continued on next page)

... and manually enter your user name and activation code:

Activate Your Account

Activate Your Account

User Name:

If you have lost your activation code or you have forgotten your username, [click here](#) to have the codes emailed to you again.

Activation Code:

You are now a registered member of the forums. To set up your "MyUSMS" account, click the link

vBulletin Message

Thank you, **Demo User2**. Your registration is now complete.

If you are a paid member of U.S. Masters Swimming, you may now proceed to your **My USMS** area to link your new forums account with your membership. Once you have entered your membership information there, you will be able to use your new forums account to log in anywhere on the USMS website to access members-only content and services. **My USMS** is your portal into the ever-growing membership services provided by U.S. Masters Swimming.

You may also now proceed to edit your **Profile** in order to fill in additional personal details about yourself, or you could modify your **Options** to customize your browsing experience of this site. If you would rather do these things later, you can do so by following the links around the site to your **User Control Panel**.

Alternatively, you can simply go back to the **Forums** and start posting in threads.

Continue to the next page to set up your MyUSMS area...

Setting up your MyUSMS account

Begin at: <http://www.usms.org/myusms/>

My USMS [Print your membership card](#) | [Update your membership information](#) | [Join / Renew](#)

Log In to My USMS

Log In by Identifying Yourself

~~First Name *~~
~~Middle Initial~~
~~Last Name *~~
~~Gender * Female Male~~
~~Birth Date * (mm/dd/yyyy)~~
~~Zip Code *~~
~~Permanent ID OPTIONAL (last 5 characters of your 9 character USMS number i.e., if your USMS Number is 1234-067A9, the last 5 characters would be 067A9)~~

** required field*

OR

Log In with a USMS Online Account (from Discussion Forums)

Username: Remember Me?
Password:

Log in with your forums user name and password

[Home](#) ▶ [My USMS](#)

My USMS

Welcome, Demo User2! [\[Log Out\]](#)

My USMS provides you with access to USMS members-only services. Would you like to [set up your My USMS area today?](#)

Set up your My USMS account today so you can:

- Read *SWIMMER* magazine online
- Access written workouts from USMS coaches

Click to set up your MyUSMS area

My USMS Setup

Please fill in the form below in order to set up your **My USMS** area.

Permanent ID: × (last 5 characters of your 9 character ID: 1234-067A9, the last 5 characters would be 067A9)

Last Name:

Birthdate: (MM/DD/YY)

Gender: ▼

Fill in the form. Type the number "0" and not the letter "O" in your permanent ID.

My USMS

✔ Your USMS membership has been successfully linked to **Demo User**.

Welcome, **Demo User!** [\[Log Out\]](#)

Your USMS Membership:

- Name: John Smith
- LMSC: Florida
- Club: Sarasota YMCA Sharks (SYSM)
- Your Permanent USMS ID is 08P2T
- [View your swimmer info page](#) (a collection of your a
- [Lookup your current full USMS registration number](#)
- [Retrieve a copy of your current USMS registration c](#)

Your MyUSMS area is now set up. Click the links to set up your fitness log (FLOG) or to view your meet results.

Available USMS Member Online Services:

- [My fitness log \(FLOG\)](#)
- [My USMS blog](#)
- [My photo albums](#)
- [My Meet results](#) (124 swims)

STOP HERE if you only want access to the coached workouts section of the Forums. You should now have access.

Setting up your FLOG (Fitness Log)

Begin at: <http://www.usms.org/myusms/>

Available USMS Member Online Services:

- [My fitness log \(FLOG\)](#)
- [My USMS blog](#)
- [My photo albums](#)
- [My Meet results](#) (153 swims)

From your main MyUSMS page, choose "My fitness log (FLOG)"

My Fitness Log (flog)

Please specify your Fitness Log (flog) settings:

Visibility

- Allow anyone to view my workout logs
- Allow anyone to view my fitness measurements (e.g. my weight log)

Preferences

- Yards** ▾ Enter my swim distances mostly in this unit of measure (you may change this for individual workouts)
- Short Course Yards** ▾ My swim workouts are mostly done in this course (you may change this for individual workouts)
- Monthly View** ▾ My preferred view of my recent flog history

Choose your settings. The "allow anyone" settings are not available yet; this will be a future enhancement

Choose your defaults based on the type of pool in which you do most of your workouts (you can change these settings anytime, if you move to a different pool in the summer)

Click "Save Settings" when you're done. You'll be taken to the main page of your FLOG.

Entering the Go The Distance Fitness Event

Begin at: <http://www.usms.org/myusms/flog/>

My Fitness Log (flog)

Available Events

- [Go The Distance 2012](#) [[enter event now](#)]

Select a date on the calendar below to log a new entry (click on the day number), or see

<< January 2012

January 2012 [Go]

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------|-------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |

From the main page of your FLOG, click "enter event now"

My Fitness Log (flog)

Events I Have Entered

- [Go The Distance 2012](#) [[show details](#)]

You are entered in the 20120 Go The Distance event. Click "show details"

My Fitness Log (flog)

Events I Have Entered

- Go The Distance 2012 [[hide details](#)]

My Go The Distance 2012 Progress

0.00 miles swum (=0 yards, =0 meters). View [my progress](#) / [Go The Distance 2012 results](#).
50.00 miles (= 88,000 yards, = 80,467 meters) to next milestone (50 miles milestone).

My Go The Distance 2012 Goal: not yet set. [Set goal now?](#)

To set your mileage goal for the year, click "Set goal now?"

Go The Distance Goals

Set a goal for the Go The Distance 2012

350 miles

Enter your goal; click "Set Goal"

IN THIS SECTION

- [My Fitness Log](#)
- [Preferences](#)
- [Log an Entry](#)
- [Totals](#)
- [Events](#)

[Home](#) ▶ [My USMS](#) ▶ [My Fitness Log](#) ▶ [Go The Distance Goals](#)

Go The Distance Goals

Modify goal for the Go The Distance 2012

My current goal is 250.00 mi

350.00 miles

Your goal is set! Select "My Fitness Log" to return to the main page of your FLOG