



We would like to thank our sponsor partners.  
Visit [usms.org](http://usms.org) for links, special offers and promotions.

## MEMBERSHIP BENEFITS

### COACHING

- › Coaches provide organized workouts and support
- › Stroke and technique tips
- › Personal attention
- › 2,600+ certified coaches nationwide

### DISCOUNTS FROM USMS PARTNERS

- › Special USMS partner discounts
- › Renewal discounts on swim gear
- › Annual renewal giveaways

### ORGANIZED WORKOUT PLANS

- › Printable workouts for lap swimmers
- › Online workouts, written by USMS coaches, in seven different categories

### VOLUNTEER OPPORTUNITIES

- › Volunteer at the local and regional level
- › National-level leadership opportunities
- › Fundraising events for our Swimming Saves Lives Foundation

### SOCIAL ENGAGEMENT

- › Organized social events
- › Meet swimmers in your community

### FITNESS AND HEALTH

- › Toning and weight management
- › Personal growth and improved fitness level
- › Improved cardiovascular health and conditioning

### EXCLUSIVE CONTENT

- › Subscription to *SWIMMER* magazine
- › eNewsletter *STREAMLINES*
- › Active online discussion forums

### COMPETITION AND ACHIEVEMENT

- › More than 500 USMS-sanctioned events
- › Event results archived on [usms.org](http://usms.org)
- › Top 10 and All-American awards and recognition

### INSURANCE

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

Full details online at [usms.org](http://usms.org)



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