

SPONSOR PARTNERS

We would like to thank our sponsor partners.
Visit 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
- 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