



## LMSC VOLUNTEER ROLE DESCRIPTION FITNESS CHAIR

### ROLE OVERVIEW

The LMSC Fitness Coordinator's purpose is to develop, collect, and disseminate information to members about fitness, swimming technique and wellness.

### KEY DUTIES & RESPONSIBILITIES

- Coordinate with local health, safety and fitness professionals to put on events, such as dryland and pool clinics, for overall member wellness.
- Communicate with pools, teams, or other groups to promote participation in USMS Fitness events such as "Go the Distance" and the "USMS Fitness Series".
- Write or solicit articles related to fitness, nutrition, and training for the benefit of LMSC members.
- Promote events, activities, and educational initiatives that relate to health and wellness through swimming.
- Seek input on clinics and events of interest to members; ask for post-event feedback.
- Publicize post-event results or reports through the LMSC website, blog, Facebook page, or e-newsletter.
- Recruit and organize other volunteers to support and attend clinics.
- Recognize volunteers that promote fitness activities
- Share resources and information distributed by USMS Fitness Committee with LMSC membership

### RECOMMENDED EXPERIENCE & SKILLS

- Experience with event planning and event coordination
- Knowledge of fitness, nutrition and training
- Passion for both fitness and swimming
- Strong interpersonal and networking skills; ability to network with other area fitness professionals
- Ability to write and/or edit fitness articles that relate to swimmer health and wellness

### RESOURCES

- National Event Coordinator: [events@usmastersswimming.org](mailto:events@usmastersswimming.org)
- Relevant articles and research that relate to nutrition, health, and training for swimmers and other multi-sport athletes.
- USMS Website and Swimmer magazine
- Fitness and Education Committee