

Community & Team Building Events: Clinics, ALTS, and More

Moderator: Tom Moore – LMSC Development Committee (Minnesota LMSC)

Nicole Christensen – Dad's Club Swim Team Masters, Gulf LMSC

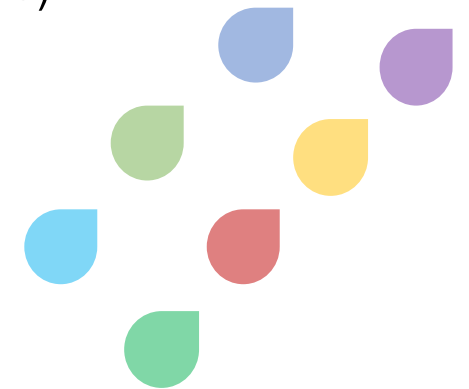
Karin Clemon – Two Tails Swim Coaching, Minnesota LMSC

Ian King – Walnut Creek Masters, Pacific LMSC

Tara Mack (TMack) – Slow 2 Fast Swimming, New England LMSC

Loren Pearson – Treasure Valley Masters, Snake River LMSC

Matt Zachan – Davis Aquatic Masters, Pacific LMSC



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Presenters/Panelists



Moderator: Tom Moore – LMSC Development (Minnesota LMSC)

LMSC Development Committee Chair
Minnesota Masters LMSC – ALTS
Program Coordinator
Dorothy Donnelly Service Award



Nicole Christensen – Dad's Club Swim Team Masters, Gulf LMSC

Gulf LMSC Chair
USMS Board of Directors
LMSC Development Committee
Open Water Service Award
June Krauser Award
Dorothy Donnelly Service Award



Karin Clemon – Two Tails Swim Coaching, Minnesota LMSC

Co-founder, Two Tails Swim Coaching
MN Masters, ALTS strategy team
Youth and Middle School coach
USA Swimming coach
ALTS certification
Multi-sport athlete
B.S, Psychology, MBA, HR Mgmt
Passionate about teaching the world
to swim, one person at a time.



Ian King – Walnut Creek Masters, Pacific LMSC

Pacific LMSC Chair
LMSC Development Committee,
Comp & Benefits Committee Chair
Dorothy Donnelly Service Award

Presenters/Panelists



**Tara Mack (TMack) – Slow 2 Fast Swimming,
New England LMSC**

NELMSC A&R Chair & USMS R&A Chair

42 years of swimming; 30+ years of coaching
13 time USMS National Champion and counting ;)

Coaching Certifications: USMS Level 3 Coach;
Nutrition & Hydration; Habits and Lifestyle

Retired High School Science Teacher (20 years)

Bonus Mom & Obsessed Dog Mom

Favorite Motto: Be a Good Human

Favorite Lifestyle Focus: Aging into Awesome



**Loren Pearson – Treasure Valley Masters,
Snake River LMSC**

20+ years coaching

USMS Level 3, USA Swimming Level 2 coach.

Volunteer coach with Mission 43

11 years Assistant coach and adjunct faculty,
California Community College

Swimmer, triathlete, cyclist, skier, hiker

Coaching philosophy: community, connection;
belief that we're stronger together in & out of the
water. Every person matters, everyone belongs.



**Matt Zachan – Davis Aquatic Masters,
Pacific LMSC**

CEO and Head Coach of Davis Aquatic Masters

20 years of coaching experience

USMS level 3 and ASCA level 4

Owner: The Swim Fix (theswinfix.com)

Youtube: @coachmattz



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Overview

Tom

- Much of Relay 2026 focuses on competitive events (virtual, pool & open-water meets)
- This session focuses on programs and events that are not primarily competitions to engage members, provide opportunities, and serve the community
- Hosting events to build community
 - Volunteers in your LMSC or at your club/workout group
 - Members in your LMSC or at your club/workout group
 - Casual swimmers (that are not members) in your area
 - Non-swimmers in your area (local residents, local community center, local restaurants)



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Community Building Events

Tom

- Swimmers (Members)
- Volunteers
- Coaches
- Non-members
- Non-swimmers



Community

- Fitness
- Social
- Fundraising
- Education
- Service



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Agenda

Tom

- Overview: Building Community, Providing Opportunities, Serving the Community, Engaging Members
- Loren: Social Connection & Community Collaboration
- Nicole: How LMSCs Can Build Community
- Matt: Big Day of Giving fundraising event
- Karin: ALTS - A Community for Non-Traditional Swimmers
- Ian: Workout + Guest Speaker for Annual Meeting
- TMack: Awards + Recognition: Annual Celebration Opportunities
- Panel Discussion: Commonalities & Themes
- Q&A
- Next Steps
- Resource Links
- Panelist Bios



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Social Connection & Community Collaboration

Loren

Mission 43- Finding the Tribe

- Veterans supporting veterans
- Connection
- Belonging
- Shared experience
- Community

Key takeaway: We all need a tribe.



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Social Connection & Community Collaboration

Loren



Why Open Water Swimming/ Triathlon?

- Learning a new skill
- Building confidence
- Facing discomfort together
- Training for a shared goal

Key takeaway: It's not all about teaching people how to swim. It is about community and belonging.

Social Connection & Community Collaboration

Loren

More than swimming

- Competence - “I can do this”
- Confidence - “I can do hard things”
- Connection - “I don’t have to do it alone”
- Community - “These are my people”



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Social Connection & Community Collaboration

Loren

Sometimes we put people in the water to teach them to swim.... but what the find is their tribe

- Belonging
- Purpose
- Trust
- Resilience
- Unity

Key takeaway: The swim may be individual, but the journey doesn't have to be.



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How LMSCs Can Build Community

Nicole

LMSC Primary Responsibility:

- Bringing Value to your Members
- *This strengthens your community and brings people together*

HOW You Ask?????

- Sponsor/Host Events that are free (or cheap) for your members to participate in



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How LMSCs Can Build Community

Nicole

Fitness Events: In-person and Virtual

Thanksgiving Swim

- LMSC rents a pool Thanksgiving morning
- All LMSC members invited
- **Cost: FREE to members**



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How LMSCs Can Build Community

Fitness Events: In-person and Virtual

Gulf Swim University - Virtual

- Runs Jan 1 – Apr 30 every year
- All LMSC members invited
- Swimmers sign up for GTD and put their miles in FLOG
- Multiple “Degree” Levels
- Fitness Chair tracks the mileage
- All participants get custom shirt, cap and invited to lunch social
- **Cost: FREE to members**



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How LMSCs Can Build Community

Fitness Events: In-person and Virtual

Fall Fitness Challenge - Virtual

- Runs Sep 1 – Dec 31
- All LMSC members invited
- Swimmers put their miles in FLOG
- Famous locations chosen for swim
- Fitness Chair sends curated tour guide emails
- All participants get custom shirt and invited to lunch social
- **Cost: FREE to members**



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How LMSCs Can Build Community

Fitness Events: In-person and Virtual

USMS Virtual National Championships

- LMSC rents pools for each event
- All LMSC members invited
- Great for unattached swimmers and swimmers whose clubs are not doing it as a group
- **Cost: FREE to members**



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How LMSCs Can Build Community

Coached Practices

Summer LC Practice

- LMSC rents 50 meter pool
- LMSC gets 4 certified USMS coaches
- All LMSC members invited – sign up before
- Swimmers broken up into four groups
- Finish 1 ½ hour practice with fun relays & pizza social
- **Cost: FREE to members**



How LMSCs Can Build Community

Nicole

Hosted Swim Meets



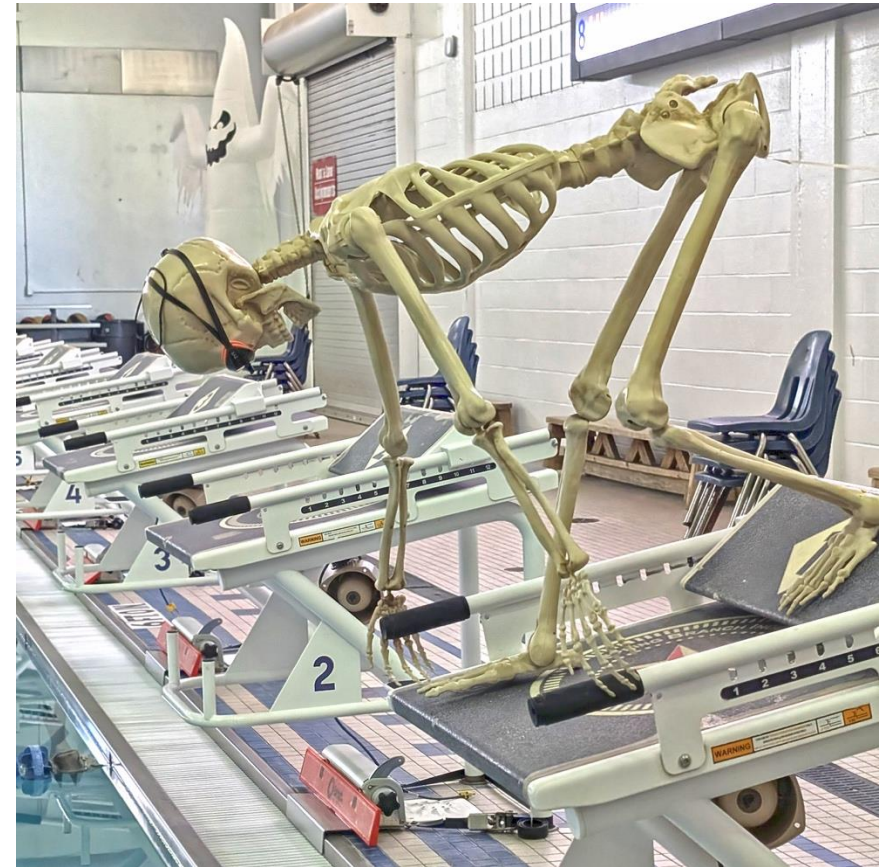
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How LMSCs Can Build Community

Hosted Swim Meets

Themed Fun Meet

- LMSC covers all costs
- Low registration fee – LMSC knows it will go into the red
- Aimed towards swimmers who haven't done a meet as well as competitors who like FUN
- Non-standard and standard events
- Music, prizes, heat awards, decorations & photo ops
- Start clinic before warm ups



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Big Day of Giving fundraising event

Matt

- Our biggest fundraiser of the year
- One focused campaign each May
- Members, families, and local businesses all participate
- **\$36,000+ raised in a single campaign**
- Goal: Make fundraising feel like a celebration, not an obligation



The Most Important Decision...I don't run it!

Big Day of Giving Director

- Owns the event from start to finish
- Handles prizes, volunteers, logistics, and details
- Drives the day-to-day execution

CEO / Head Coach

- Sets the vision and creates the energy
- Builds relationships with businesses and major donors
- Steps in where I can have the biggest impact

Result: Under \$20K → \$36K+

Takeaway: Give the event an owner. Don't let the leader become the bottleneck



Make Giving Fun

Matt

- **Make it a party** — decorations, energy, costumes, and excitement
- **Gamify the goal** — fundraising milestones unlock increasingly ridiculous things
- **Use a raffle** — every donation earns chances to win
- **Offer great prizes** — donated by local businesses
- **Make giving tangible** — show members exactly what their donations can make possible



What Other Clubs Can Steal From Us

Give it an owner

- One person is responsible for making it happen

Make it an event

- Create something people want to participate in

Make the impact tangible

- Give people specific things to rally around

Use your community

- Members, volunteers, families, and local businesses can all contribute

Fundraising can build community while generating revenue



ALTS ~ Community for Non-Traditional Swimmers

Karin

MN Masters ALTS Program & Two Tails Swim Coaching

Two programs with the shared goal of making swimming accessible & achievable for all adults



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ALTS ~ Community for Non-Traditional Swimmers

Karin

Why are Adult-Learn-to-Swim Programs Important?

Safety:

- Roughly 40 million adults in the U.S. report they can't swim.
- Approx. 44 million adults report they aren't comfortable in water higher than their chest.
- 55% of U.S. adults have never taken a swim lesson.
- Over 4,000 adults die each year in the U.S. from drowning.

Health & Joy:

- Swimming opens a new world - no more sitting on the sidelines.
- Regular swimming is associated with a 24% lower risk of death from any cause.
- Aquatic exercise significantly improves mood and anxiety.
- Emerging research suggests swimming may benefit cognitive health as we age.



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ALTS ~ Community for Non-Traditional Swimmers

Karin

MN Masters ALTS Program: What Makes Us Unique?

The Scaffolding: Building Community through Volunteer Opportunities that Provide a Public Service.

Assist. Instructor ➡ Beginner Instructor ➡ Experienced Instructor ➡ Lead Instructor ➡ Run a Program

Everyone Benefits: Building Community through Shared Experiences.

- ❖ Swimmers: Regular People Acquire a Super Power.
 - Learn a life-saving and enjoyable skill.
 - Discover the joy and healing that swimming brings.
- ❖ Volunteers: Regular Swimmers Use Their Super Power for Good.
 - Satisfaction of giving back in a meaningful way.
 - Paving the way for generations of future swimmers.



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ALTS ~ Community for Non-Traditional Swimmers

Karin

MN Masters ALTS Program: Offering Free Swim Lessons to the Community Since 2016



Carrie Stolar

First certified ALTS instructor offering lessons in MN. Started by organizing one free session per year.



Tom Moore

Organizes the free swim lessons through the Blake School & leads the MN Masters ALTS program.



Marie Smith

Organizes the free & paid Women-Only classes throughout the year.



Michelle & Karin

With ties to the MN Masters ALTS program, created Two Tails Swim Coaching.



Leslie Englert

Partners with Tom to support & grow the Blake School program.



Shannon Gibson

Partners with Marie to support & grow the Women-Only program.



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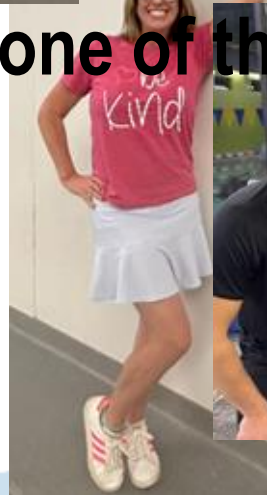
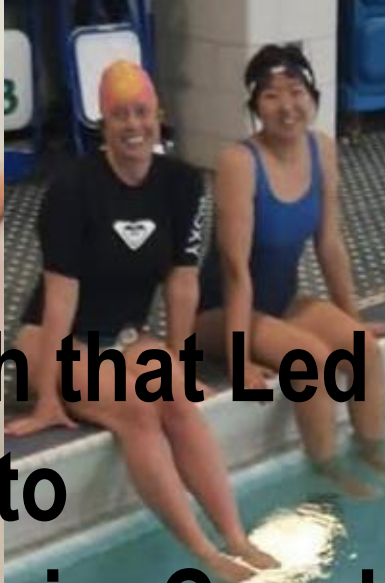
ALTS ~ Community for Non-Traditional Swimmers

Karin

*ALTS
Certification*

The Path that Led
to

Two Tails Swim Coaching
(as told by one of the tails)



ALTS ~ Community for Non-Traditional Swimmers

Karin



Khadra

The Force Behind the Muslim-Women Swim Program
at Two Tails Swim Coaching

“I loved the idea of swimming, but it felt far-fetched. The Somali women who have swum with Two Tails Swim Coaching are forever changed. Swimming has given us more than a new skill. It’s given us confidence, freedom, joy, and the courage to believe that we too can dream bigger.” ~ Khadra

Special Considerations

Create a private space (after hours when no one will be there).

Timing: Ramadan & Prayer.

Challenges of teaching swimmers wearing heavy clothing.

Careful about where to promote.



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ALTS ~ Community for Non-Traditional Swimmers

Karin

A Group for Everyone	Individual Needs Met by Community
Learn to Swim: Mixed Gender & Women-Only Beginner 1 Beginner 2 Advanced Beginner *Women-Only Classes	I don't need to feel embarrassed about never learning to swim. We're in the same boat. Motivating each other to show up each week & challenging the limits of what we thought possible. A safe, private, spectator-free environment to learn & face fears. A place to Make Peace with the Deep Water. *A strict, no men policy so women feel totally comfortable, whether for religious or personal reasons. *Accessibility for communities who often don't have a place to swim.
Swim for Fitness & Competition Intermediate Technical Training for Masters & Triathletes (TTMT)	Teammates to challenge and support me. Teammates to participate in OW races, triathlons & meets. I've found my swim bestie! We can't let each other down!
Private Classes Friends & Family Private & Semi-Private Lessons	A private environment and dedicated time to learn with my family and/or friends. Customized program focusing on individual's unique needs.

ALTS ~ Community for Non-Traditional Swimmers

Karin

MN Masters ALTS Program & Two Tails Swim Coaching

Building Community through Collaboration

- ★ Sharing Knowledge
- ★ Volunteering and Teaching Together
- ★ Providing Additional Instructors
- ★ Referring Swimmers



The pool is large enough for us all. Success is greatest when we work together.



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Workout + Guest Speaker for Annual Meeting

Ian

- Starting in 2011, Pacific Masters combined their annual meeting with a group celebration
- A day long event, it combines some sort of swim clinic/workout, the annual meeting, lunch, awards and a keynote speaker
 - Past speakers: Gary Hall Sr & Gary Hall Jr, Rowdy Gaines, Nick Thoman, Nathan Adrian, Natalie Coughlin, Anthony Ervin, and Aaron Perisot to name a few
- Past annual meetings/celebration has been at no cost to attendees. Just need to be a member of Pacific Masters LMSC
- Service and personal achievement awards presented
- Approximately 100-125 attendees
- Going forward, will need to make adjustments due to budgetary constraints



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Workout + Guest Speaker for Annual Meeting: sample agenda (2025)

- 9:00 – 9:30 Guest Check-in
- 9:30 – 9:45 Welcome (Ian)
- 9:45 – 10:45 Tech Talk, Gary Hall, Sr.
- 10:45 – 11:30 Business Meeting, elections, voting, memorial, break
- 11:30 – 12:30 Lunch
- 12:30 – Service and personal achievement awards
- 1:15 – 2:15 Keynote Speaker and questions, Gary Hall, Jr.
- 2:15 Closing remarks
- 2:20 – 3:00 pictures etc with Sr. and Jr. in lobby



Workout + Guest Speaker for Annual Meeting: Morning swim clinic (2023)

Ian



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Workout + Guest Speaker for Annual Meeting: Keynote speaker (2024)

Ian



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Workout + Guest Speaker for Annual Meeting: Keynote speaker (2024)

Ian



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Workout + Guest Speaker for Annual Meeting: Lunch (2025)

Ian



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Awards + Recognition:

Why Recognition Matters

- Impact on Volunteerism (& Workforce)
- Retention
- Valued
- Seen
- Appreciated



Reflect on our own experiences: What has made an impact on us?
(Both positive and negative; Personal and Professional)

Can be simple: A thoughtful, timely note of thanks highlighting a specific action taken can go a long way!



Awards + Recognition:

IDEAS for Clubs, LMSCs, and Beyond

Ideas on How to Start / Restart / Expand / Pivot

- In 2017 I took on the role of the NELMSC A&R chair, reigniting past efforts
- Looked at 'best practices' and created a plan for 2018
- Focused on documentation that can be easily transferred
 - Created an NELMSC gmail account
 - Use Google Forms and made templates of the awards
 - Create spreadsheets summarizing nominee & nominator info



NELMSC Awards Page

KEY message:
Plan, **DO**, Review



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Awards + Recognition: Annual Celebration Opportunities



Bill Meier 2018 USMS Fitness Award



Emily Mitchell 2022 Appreciation Award

We have presented awards during (after) the NELMSC annual meeting

Reasons why we don't do this anymore:

- Recipients had to 'sit through' the meetings (sometimes 3+ hours long)
- Was not a focused celebration of recipients (3+ hours for 5-10 minutes)
- Did not generate new volunteer efforts (reduced some enthusiasm)
- Our Focus: Recipients deserve to be CELEBRATED and Recognized!
- We have presented an in-person award at a Coaches Clinic vs mailing it
- Restaurants offer additional opportunities to unite expansive LMSCs / communities

KEY message: **Try something**
Start with '*low hanging fruit*':
Meetings, Clinics; Practice; Meets
Expand if needed

Annual Celebration Opportunities:

Designated awards to meet our needed areas of focus

(2018) Revamped NELMSC awards:

Appreciation & Lifetime Appreciation; Coach of the Year; Distinguished Service; Contributor of the Year; & Frank Wuest Open Water Swimming Award

newenglandmsc
Blodgett Pool, Harvard University



Thank you, Officials!!!

KEY message: **Catch-up** as needed!

Held the first revitalized A&R
Celebration at Harvard in 2018
on the pool deck, recognizing 19
individuals

Thank you, Rick Osterberg!

Long Overdue!
Recognized 13 Officials and
Priscilla Davis as our 1st Lifetime
Appreciation Award Recipient.

The Dynamic Duo



I joked that it was also for putting up
with Bob Fredette for so many years!
Priscilla chuckled at that!

Full Circle Moment
Bob Fredette & Priscilla were inducted
into 2022 HOF as Contributors.



Presented by Rick Osterberg;
Priscilla's daughter received her award.

Annual Celebration Opportunities: Partnering up with HOF: From swim meets to new venues.

In 2019, Tracy Grilli reignited the NELMSC Hall of Fame recognition and we hosted a combined event at Harvard.

- It had its own challenges, but the new “T&T” team had formed. We then brainstormed alternatives.
- Had our first restaurant Celebration, after a meet in Dover, NH. The space was too small!
- Other venues were explored and used and we learned to check the details! *Accessibility
- MOST IMPORTANTLY, we picked a consistent date!



Thank you Tracy!
Team T&T est 2019



KEY message:
Create & Leverage
Consistency

Annual Celebration Opportunities: Expanding Recognition Nationally, with Intention

- Followed the USMS R&A nomination structure so that our qualified LMSC nominations could be nominated without having to track down additional info. I became the person who promotes the LMSC nominations to the national level. I still serve in this role.
- Some stats: 19 volunteers from the NELMSC have been recognized at the national level since 2018. Of those, 16 are still volunteering.
- Most people don't volunteer for recognition, but it supports efforts and retention. And it's FUN!



Kysa Crusco
2025 USMS JKCA



Todd presented
to Crystie (GBM)

2026

More USMS Recipients
this year for NELMSC!!

KEY message:
Use what is already in place:
'Don't try hard, try easy'.
Adjust as needed.



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Announcing the Celebrations: Providing notice!

TMack

- First presentation in 2018, I tried to have the awards be a surprise. They were. :) I now inform the recipients.
- Grateful to have Alana, Kysa, Tracy, and Shannon who have all helped me to get the word out about our amazing recipients!
- Social media, newsletters, email, website posts, and word of mouth!
- Invite teams to join the fun!

KEY message: Invite, Invite, **INVITE!** AND, Keep it **FUN!!**

2026 NELMSC Award Recipients



Distinguished Service: Jen Downing;
Appreciation: Chris Carpino;
Lifesaver: Elaine Howley;
Contributor: Shannon Linsey;
Coach of the Year: Stacy Sweetser

Join us!

2026 Awards & Hall of Fame Induction Celebration Sunday, October 4

The 2026 New England LMSC Awards & Hall of Fame Induction Celebration will take place Sunday, October 4, at [J. Anthony's Italian Grill](#), 917 Southbridge Street, Auburn, Massachusetts. The social hour begins at 1 p.m. with light snacks and a cash bar, and the buffet opens at 2 p.m., followed by the [awards presentations](#) and [Hall of Fame inductions](#). Tickets cost \$40 per person.

2026 NELMSC HOF Inductees

Contributor



Guy Davis
Lifetime - 2026



Bill Meier
Lifetime - 2026

Pool Performance



Courtney Bartholomew
Pool Performance - 2026



Rich Baughman
Pool Performance - 2026



Brittany Butcher
Pool Performance - 2026

Open Water



Alana Aubin
Open Water/Long Distance - 2026



Guy Davis
Open Water/Long Distance - 2026



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Annual Celebration: Opportunities to Highlight the Legacy of our LMSC

Message: **Start.** Plan, Do, Review. Ask for help. Fail Forward. Revise. Keep Going. Keep Growing.

We added Categories and Honors:

- Lifesaver Award (Part of our Appreciation Award Category)
- Lifetime Distinguished Service Award in Honor of Tom Lyndon
 - Legacy is not just important it is essential

KEY message:
Stand on the shoulders of Giants.
Reflect & Honor while Growing Forward.

- **Reach Focus** => Volunteers, Members, & Local Communities
Wait staff have asked about our community! It's a Vibe :)

Some of our 2020 HOF Contributors



Phil Baker
Contributor - 2020



Stephanie Walsh
Beilman
Contributor - 2020



D Barr Clayson
Contributor - 2020



Ed Gendreau
Contributor - 2020



Kim Goodwin
Contributor - 2020



David Grilli
Contributor - 2020



Tracy Grilli
Contributor - 2020



Esther Lyman
Contributor - 2020



Tom Lyndon
Contributor - 2020



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Awards + Recognition:

The Impacts of Recognition

Key Factors of Recognition

- Retention
- Culture support & expansion
- Attraction of new members
- Performance and productivity



“You’re never too old to get recognition; especially when you’re young, that’s when it’s important. But when you get a little long in the tooth, recognition becomes a strong friend.”

~Peter Cullen, voice of Eeyore and Optimus Prime



Panel Discussion: Common Themes

- Providing Opportunities, Serving the Community, Engaging Members
- Hosting non-competition events to build Community
 - The community of volunteers in your LMSC or at your club/workout group
 - The community of members in your LMSC or at your club/workout group
 - The community of casual swimmers (that are not members) in your area
 - The community of non-swimmers in your area (your local community center, local restaurants, folks that live in your town)





Wrap Up / Q&A

Don't be afraid to ask. If you're
thinking it, someone else is too!

Next Steps / Take Action

Start your own program!

- Through your Club – help your members find their tribe (Loren)
- Through your LMSC – host events to give value to your members (Nicole)
- Through fundraising – connecting people to have a successful event (Matt)
- Through ALTS – build community of non-traditional swimmers (Karin)
- Through your Annual Meeting – make it a party to bring your members out and together (Ian)
- Through Awards & Recognition – celebrate your members & volunteers (TMack)





Thank You!

Slides and Panelist Bios will be posted
on the USMS website

• Karin Clemon – Two Tails Swim Coaching, Minnesota LMSC

Karin Clemon— is the co-founder of Two Tails Swim Coaching and is an active member of the MN Masters ALTS Strategy Team. She has B.S in Psychology and an MBA, and spent much of her career working for an engineering company. In 2014, her family moved to Costa Rica where she fell back in love with the water and swimming. After returning to the U.S, her heart was drawn to pursuing her passion for sharing swimming with the world.

Karin became a USA Swimming coach and a U.S. Masters Adult-Learn-to-Swim (ALTS) instructor and has built a successful coaching career working with everyone from competitive youth, beginner adults, masters swimmers, and Ironman triathletes.

She and her business/coaching partner, Michelle Hopewell, created Two Tails Swim Coaching to meet the needs of the adult swimmer at all levels. Their specialties include working with fearful swimmers, helping advanced swimmers break through plateaus, and creating a community where swimming and the water are more than just exercise – but a place of peace and healing in the midst of life's challenges and pressures.

[Two Tails Swim Coaching](#)

info@twotailsswim.com

[Instagram](#)

[Facebook](#)



Ian King – Walnut Creek Masters, Pacific LMSC

Ian King – Ian began his USMS journey back in 2011 in Atlanta, GA. He participated in an adult summer league program (now called Grown Up Swimming) and found that when the summer ended, he simply needed to keep swimming. He served as a Delegate-at-Large for the GA LMSC at several USMS annual meetings before stepping into the Chair role for a brief stint. He and his wife moved to the San Francisco Bay Area in early 2018 where he joined the Walnut Creek Masters team. He currently serves as vice-president for the WCM Board of Directors and hits the pool about 5 times per week. On a national level, Ian has served in many positions over the years. He is currently a member of the LMSC Development Committee and also serves as Chair for the Compensation and Benefits Committee. When not swimming and competing, Ian enjoys time with his wife of 38 years and their 2 grown children.

ianeking_roswell@hotmail.com



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Tara Mack (TMack) – Slow 2 Fast Swimming, New England LMSC

Tara Mack “TMack” – TMack has been a competitive swimmer for over 40 years and a swim coach over 30 years and believes there is an athlete in all of us waiting to come (back) out to play. She is the current USMS R&A Chair and the chair for the NELMSC Awards & Recognition and has served in that position since 2017. TMack is the founder and head coach of Slow 2 Fast Swimming, offering clinics and travel coaching options to teams across the country. TMack is an advocate for healthy aging and a self-proclaimed ‘obsessed dog mom’ as well as a proud bonus mom to two amazing, adult women.

TMack has coached athletes of all ages, from 18 months to 94 years young, including swimmers, triathletes, water polo players, and surfers. She utilizes her unique skill set and communication style to show swimmers how to feel relaxed in the water and how to leverage current skills into a more efficient swimming style to maximize performance, balance effort, and have fun doing it.

slow2fastswimming@gmail.com

www.nelmsc.org



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Matt Zachan – Davis Aquatic Masters, Pacific LMSC

Matt Zachan is the CEO and Head Coach of Davis Aquatic Masters in Davis, California, one of the largest and most active Masters swim programs in the country. In his role, Matt leads the club's coaching staff, daily operations, programming, member experience, and long-term growth strategy. He is passionate about helping adult swimmers improve, building strong community-based swim programs, and creating systems that allow coaches and volunteers to do their best work. Matt also runs The Swim Fix, where he provides stroke instruction, video analysis, and practical resources for swimmers and coaches.

mzachan@damfast.org

www.theswimfix.com



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