



SWIMVEMBER

*A Multisport Mastery + JHC Coaching Challenge
In partnership with Synergy*

Since 2017, we've welcomed over 750 athletes in our annual swim challenge, Swimvember. What is Swimvember and is it for you? Read on ...

What is Swimvember?

Swimvember is our annual challenge to you to set aside five weeks to focus on swimming and embrace opportunities to develop improved swim skills, speed, and confidence.

The goals of Swimvember are the same regardless of your swim speed or experience; increased fitness, shared motivation, improvement of swim-related skills, speed and strength as well as coming together as a community.

When is Swimvember?

Swimvember 2023 takes place across 5 weeks, **starting Monday, November 6 and concluding Sunday, December 10.**

What Do I Get For Signing Up For Swimvember?

- **Prizes!**

All participants receive a Swimvember swim cap. We will also have several prizes, including gear from our fantastic partners for Swimvember winners. Swimvember winners will be randomly selected from a drawing of all participants who compile a minimum number of points (35), which can be earned through Daily Swim Yardage, Weekly Challenges, Pop Up Challenges, Team Challenges, Special Challenges, and a Big Shoulders Challenge.

- **Workouts!** We'll provide you with 30 unique swim workouts, as well as 20 weekly challenges, about a dozen "special" challenges, and periodic team challenges and pop-up challenges. Our challenges are fun and designed to take you outside of your comfort zone. You will not be bored during Swimvember!
- **Community!** Our Swimvember Facebook group is extremely active, and an excellent way to bond with other swimmers, interact with experts, and learn all about swimming.

How To Register

By Monday, November 6, register by filling out this form:

<https://forms.gle/F4HwEjfrcoAj2cc9>

Remit payment via PayPal to Liz Waterstraat (use email ef1278@yahoo.com as a Friends payment) or Venmo (@Elizabeth-Waterstraat). If you need an alternative payment option, email us at msmswimchallenge@gmail.com.

Payment is non-refundable and due before you may participate.

Cost

TIER 1 (October 23-28) \$55 for current coached MSM or JHC athletes, \$65 for non-coached participants

TIER 2 (October 29 and later): \$60 for current coached MSM or JHC athletes, \$70 for non-coached participants

Frequently Asked Questions

- Do I need to swim every day?

No. There is a max of 6 swims per week of swimming your Daily Swim Yardage to earn a point. You may also earn points through participation in Weekly Challenges, Pop Up Challenges, Team Challenges, and more. You will need to earn 35 points to be entered into our random prize drawing.

- What is my Daily Swim Yardage?

Prior to November 6th, you'll need to complete a CSS swim test to determine your pace group (instructions will be emailed upon registration). Each pace group has a set number of minimum yards to swim (1500 to 3000 yards) to earn one point.

- What do I swim for my Daily Swim Yardage?

Simply put: anything – your normal swim workout, masters practice, etc. We'll also provide a PDF of 30 swim workouts ranging from 1500 to 3500 yards for fresh swim ideas. You'll also be provided with dozens of “challenges,” which can be incorporated into your daily swims.

- I'm not a “fast” swimmer, is Swimvember for me?

Swimvember is for everyone – all speeds, all abilities. Your CSS test will place you into a pace-appropriate group and Weekly Challenges will contain options for everyone regardless of ability.

- What are Weekly Challenges?

Each week (on Sunday), we will post 4 Weekly Challenges to invite you to expand your comfort zone, develop new skills and push yourself (where appropriate). Weekly Challenge participation is optional but does afford you the ability to earn more points.

- What are Pop Up and Team Challenges?

Throughout the month, we will post Pop Up and Team Challenges to encourage teamwork and fun. Participation is optional.

- What is the Big Shoulders Challenge?

We know some of you are excited to rack up big yards in November – enter the Big Shoulders Challenge. Across the entire month, you'll rack up a set numbers of yards (based on your pace group) to earn special recognition.

- But I'm not on Facebook much!

No problem! Swimvember uses living Google documents that anyone can access. If you're not on Facebook, you'll just need to keep a close eye on the Swimvember 2023 Information document for updates.

- Where can I learn more about Swimvember?

Email us at msmswimchallenge@gmail.com

Ready, set, let's SWIM!