



<http://tampametromasters.org>

**Tampa Metro Masters (TMM)** is a registered **U.S. Masters Swimming (USMS)** swim team (<http://www.usms.org>) which was founded in 1997.

The TMM club was formed for those who enjoy swimming, ranging from fitness swimmers, triathletes, to competitive swimmers, from ages 18 and up. TMM is organized to support common USMS swimming goals, regardless of where one chooses to workout. Many of us currently train at New Tampa Family YMCA, but we have members who train elsewhere, including Bob Sierra YMCA, Brandon YMCA, and Lakeland. You can train at any location and be a member of TMM. To become a member of the Tampa Metro Masters swim team the yearly membership fee includes a \$10 fee for administrative costs. The yearly USMS fee is \$37. The total annual cost for TMM membership is \$47. A registration link is available at <http://tampametromasters.org>.

As a member of TMM and training at New Tampa Family YMCA you will have the benefits of:

- Coached workouts
- Training for swim meets, open water events and triathlons
- Improved health and fitness
- Improving strength and stroke techniques

Other TMM benefits include:

- Relays at swim meets
- Planned social events for the team
- Enjoying the fun, friendships, and camaraderie of swimming with others.
- Many local and national competitions
- TMM merchandise (swim caps, t-shirts, caps, windbreakers,...)

Additional U.S. Masters Swimming benefits include:

- Subscription to USMS SWIMMER magazine.
- Opportunities to participate in one of over 500 clubs with coached workouts.
- Opportunities to participate in training clinics across the country.
- Competitive, Fitness, and Open Water events offered all across the country
- Insurance coverage while participating in USMS Events.

## **Contacts**

Email or call:

Dave Naffziger 813-727-9693

[Swimtrekr@verizon.net](mailto:Swimtrekr@verizon.net)

Mark Calvert (813) 857-3348

[mcalvert@tampabay.rr.com](mailto:mcalvert@tampabay.rr.com)

## **About U.S. Masters Swimming**

U.S. Masters Swimming (USMS), a non-profit member association, is comprised of 52-Local Masters Swim Committees (LMSC) that serve more than 500-member clubs. USMS clubs and its network of coaches and instructors serve more than 45,000 individual members. Together we promote the benefits of adult wellness, health, fitness, and competition through aquatics.

Through the network of local clubs, we provide life enriching adult programs such as learn to swim, fitness programming at community pools, fitness challenges, clinics, education, and pool and open water competitions. We additionally promote aquatic instructor and coach certification so the member fitness experience can be safe, and socially, mentally, and physically rewarding.



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