



Accessing the Members-Only Features of USMS.org

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Creating a USMS Discussion Forums account

Begin at <https://www.usms.org/>:

About USMS	Events	Join	ALTS Central
What is Masters Swimming?	Calendar of Events	Join or Renew	ALTS Central
Organization	Sanction an Event	Membership Benefits	April is Adult Learn-to-Swim Month
National Office	Open Water Events	Trial Membership Form	Adult Learn-to-Swim Initiatives
USMS History	Fitness Events		Instructor Certification
Logo Merchandise	National Championships	Club Central	
Partners	Event Results	Club Central	Fitness and Training
SWIMMER Magazine	Rankings	How to Start a Club	Club Finder
USMS Swimming Saves Lives Foundation	Records	Register - Renew - Update Club	Online Workouts
How to Apply for a Grant	Top 10	Club Resources	Training Plans
College Club Swimming	All-American	Gold Club Designation	Fitness Logs
Try Masters Swimming Week	All-Stars	Insurance	Articles and Videos
Discussion Forums	FINA World Masters Championships	Membership Lists	Drills and Technique

In the large footer of usms.org select "Discussion Forums" under the "About USMS" section.

In the top right portion of the screen, click "Register"

User Name Password [Help](#) [Register](#)

Remember Me?

Discussion Forums

Registration

Step 1 of 2

Create an Account at the U.S. Masters Swimming Discussion Forums

Please Enter Your Date of Birth:

The date of birth you enter here is binding and may not be altered at a later date. Make sure you enter it correctly!

Month: Day: Year:

Enter your birthdate (you must be older than 13), click "Proceed"

Registration

Step 2 of 2

Create an Account at the U.S. Masters Swimming Discussion Forums

Required Information

User Name:

Please enter the name by which you would like to log-in and be known on this site.

Password:

Confirm Password:

Please enter a password for your user account. Note that passwords are case-sensitive.

Email Address:

Confirm Email Address:

Please enter a valid email address for yourself.

Security Question:

What is the FOURTH stroke swum in an individual medley (the one after butterfly, backstroke and breaststroke)?

Create your user name. In this example the user name is "USMS Membership Team." Create a password, enter your email address, and answer the security question.

You can fill in any of the optional information in the lower portion of the form. At the bottom of the form, click "Complete Registration."

Additional Information

Time Zone:

(GMT -5:00) Eastern Time (US & Canada), B

All timestamps displayed on the forums can be automatically corrected to show the correct time for your location in the world. Simply select the appropriate time zone from the list below.

DST Correction Option:

Automatically detect DST settings

In addition, you may set the appropriate option to allow for daylight savings time in your part of the world.

Receive Email...

Receive Email from Administrators

Receive Email from Other Members

From time to time, the administrators and/or other members may want to send you email notifications or messages. If you do not want to receive email from certain people then you may disable the options here

Your Real Name:

Layla

All items from here on are optional.

If not used as your user name, what is your real name?

Gender:

F

M/F

Location:

Vienna, VA

Where you live (City, State)

Occupation:

Security guard

Your job

These items
are optional

LMSC:
Which LMSC are you from?

Team/Club:
To which team/club do you belong?

Are you a swim coach?:
Y/N

Favorite stroke/event:
What is your favorite stroke or event?

These items are optional

Forum Rules

In order to proceed, you must agree with the following rules:

Forum Rules

Registration to this forum is free! We do insist that you abide by the rules and policies detailed below. If you agree to the terms, please check the 'I agree' checkbox and press the 'Complete Registration' button below. If you would like to cancel the registration, click [here](#) to return to the forums index.

I have read, and agree to abide by the U.S. Masters Swimming Discussion Forums rules.

This message indicates that the account is set up but not activated. The **activation email** will be sent to the email address that was provided.

vBulletin

Thank you for registering. **An email has been dispatched to membership@usms.org with details on how to activate your account. Click [here](#) to return to where you were previously.**

You will receive an email in your inbox. You **MUST** follow the link in that email before you can post on these forums. Until you do that, you will be told that you do not have permission to post.

Here is the email message you will receive:

Action Required to Activate Membership for U.S. Masters Swimming Discussion Forums



U.S. Masters Swimming Discussion Forums <support@usms.org>
To USMS Membership Services

[Reply](#) [Reply All](#) [Forward](#)

When you receive the email, click the indicated link

Dear USMS Membership Team,

Thank you for registering at the U.S. Masters Swimming Discussion Forums. Before we can activate your account one last step must be taken to complete your registration.

Please note - you must complete this last step to complete your forums account setup. You will only need to visit this URL once to activate your account.

To complete your registration, please visit this URL:

<http://forums.usms.org/register.php?a=act&u=66006&i=b92ec36854a1f3591d6ec91bafb5387289ce6c83>

**** Does The Above URL Not Work? ****

If the above URL does not work, please use your Web browser to go to:

<http://forums.usms.org/register.php?a=ver>

Please be sure not to add extra spaces. You will need to type in your username and activation number on the page that appears when you visit the URL.

Your Username is: USMS Membership Team

Your Activation ID is: b92ec36854a1f3591d6ec91bafb5387289ce6c83

If you are still having problems signing up please contact USMS Member Services at support@usms.org

All the best,

U.S. Masters Swimming Discussion Forums

Action Required to Activate Membership for U.S. Masters Swimming Discussion Forums

UM U.S. Masters Swimming Discussion Forums <support@usms.org>
To USMS Membership Services

Reply Reply All Forward

OR, if the link doesn't work, go to this URL
<http://forums.usms.org/register.php?a=ver>

Dear USMS Membership Team,

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<http://forums.usms.org/register.php?a=act&a=0000&i=b92ec36854a1f3591d6ec91bafb5387289ce6c83>

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If you are still having problems signing up please contact USMS Member Services at support@usms.org

All the best,
U.S. Masters Swimming Discussion Forums

Activate Your Account

Activate Your Account

... and manually enter your user name and activation code:

User Name:
If you have lost your activation code or you have forgotten your username, [click here](#) to have the codes emailed to you again.

Activation Code:

Activate Your Account Reset Fields

You have now successfully activated your new My USMS account.

Continue to the next page to set up your MyUSMS area...

Setting up your NEW My USMS account

Begin at <https://www.usms.org/>:

click on "MyUSMS" in the very upper right portion of the page



[Fitness & Training](#)

[Events](#)

[Club Finder](#)

[About USMS](#)

[Join](#)

[My USMS](#)



If your discussion forums user name and password automatically populate here, DO NOT USE. **Your forums user name and password will only grant you access to the [discussion forums platform](#), not your My USMS account on this page. My USMS accounts are based on your email address and password.**

Welcome to My USMS

In April 2018 we upgraded our website. If you've already created a new My USMS account since then, sign in below.

If you have **not** created a new My USMS account since April 2018, create one below. Not sure? Check out [this tutorial](#).

Log in to My USMS

I have a new My USMS account.

Remember Me

GO!

[Forgot/Reset Password](#)

[Join USMS Today](#)

Create a New My USMS Account

I have **not** created a new My USMS account, here's my personal info.

Gender Male Female

Date of Birth

GO!

Welcome to My USMS

In April 2018 we upgraded our website. If you've already created a new My USMS account since then, sign in below. If you have **not** created a new My USMS account since April 2018, create one below. Not sure? Check out [this tutorial](#).

Create your NEW My USMS account under the "Create a New My USMS Account" header

Log in to My USMS

I have a new My USMS account.

Remember Me

[Forgot/Reset Password](#)
[Join USMS Today](#)

Create a New My USMS Account

I have **not** created a new My USMS account, here's my personal info.

Gender

Date of Birth

Welcome to My USMS

In April 2018 we upgraded our website. If you've already created a new My USMS account since that time, click the link below. If you have **not** created a new My USMS account since April 2018, create one below. Not sure? See the [new user tutorial](#).

Enter the required information that you register with, click "GO"

Log in to My USMS

I have a new My USMS account.

Remember Me

GO!

[Forgot/Reset Password](#)

[Join USMS Today](#)

Create a New My USMS Account

I have **not** created a new My USMS account, here's my personal info.

 ✓

Gender

Male

Female

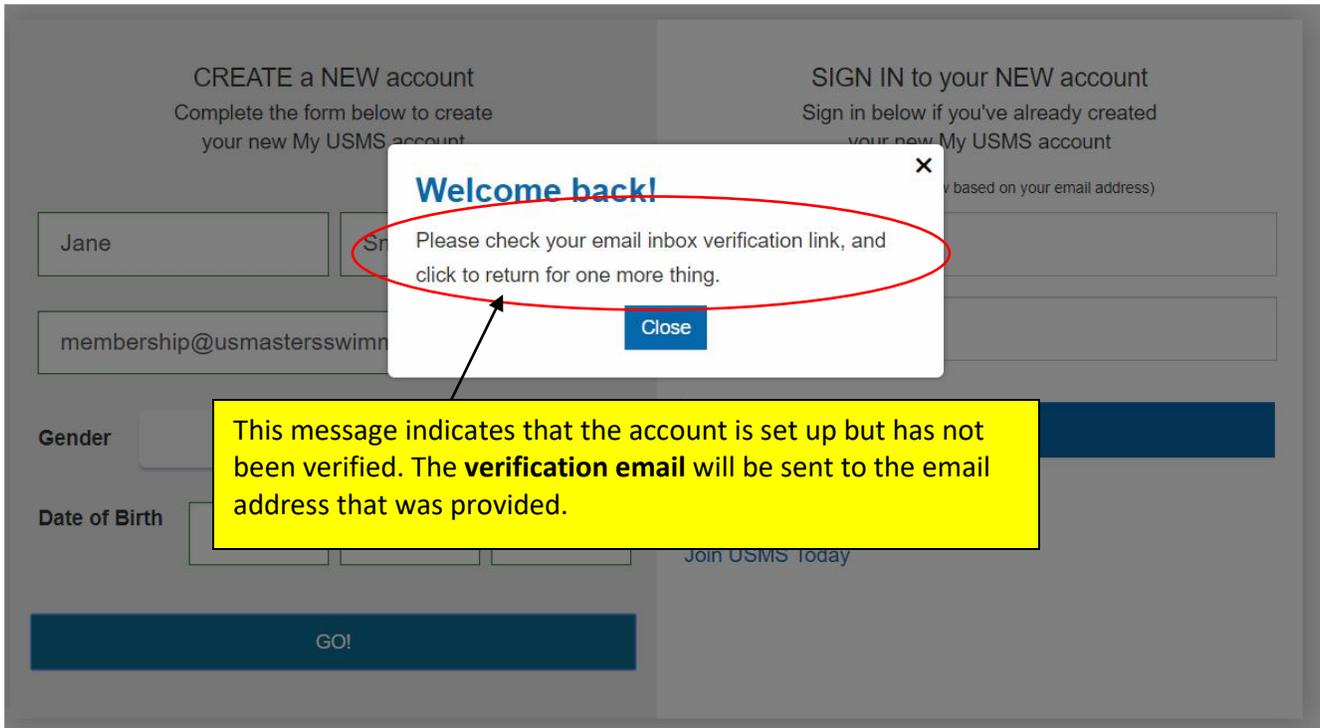
Date of Birth

Jan

2

1933

GO!



Here is the email message you will receive:



membership@usmastersswimming.org

My USMS Account Verification

To USMS Membership Services

Click here to download pictures. To help protect your privacy, Outlook prevented automatic download of some pictures in this message.

Dear Jane,

Please click to:

[VERIFY YOUR EMAIL ADDRESS](#)

Or, copy and paste this link into your browser: https://www.usms.org/account/member-account-conversion/?token=Tp9Vovl7aD2v6P1UVVWLM6WK8PGVYGZddxsl3eifuDqCA8VvJECxKYAlSRFNugfXdgVq6JSQBN5kRIsxFH6JBgLOAmUF-w8FbvmX1ZoRWKvwSiBItPsZvTbE1Jla6OkOY16Aeqdc85VBIP4rNt_8rQKLE0VGqIOVwzT5855IIWw&redirectUrl=/account/member-account-conversion-success

Questions? Contact us at membership@usmastersswimming.org or 941-256-USMS (8767)

Your Friends at U.S. Masters Swimming

When you receive the email, click the indicated link



membership@usmastersswimming.org
My USMS Account Verification

OR, if the link doesn't work, go to this URL:

To USMS Membership Services

Click here to download pictures. To help protect your privacy, Outlook prevented automatic download of some pictures in this message.

Dear Jane,

Please click to:

[VERIFY YOUR EMAIL ADDRESS](#)

Or, copy and paste this link into your browser: https://www.usms.org/account/member-account-conversion/?token=Tp9Vovl7aD2v6P1UVVbM6WK8PGVYGZddxsl3eifuDqCA8VvJECxKYAlSRFNugfXdgVq6JSQBN5kRIsxFH6JBgLOAmUF-w8FbvmX1ZoRWKvwSiBlTpsZvTbE1Jla6OkOY16Aeqdc85VBIP4rNt_8rQKLE0VGqLOVwzT5855ilWw&redirectUrl=/account/member-account-conversion-success

Questions? Contact us at membership@usmastersswimming.org or 941-256-USMS (8767)

Your Friends at U.S. Masters Swimming

Member Account Conversion

Set your password here

You have now verified your email address and will need to create a password.

Name: Jane Smith

City/State: Sarasota / FL

Member Number: 148D-XXXXXX

Status: Active

Please enter your password below

[CHANGE PASSWORD](#)

Click "change password"

You have now successfully activated your new My USMS account.



**U.S. MASTERS
SWIMMING**

[Fitness & Training](#) [Events](#) [Club Finder](#) [About USMS](#) [Join](#)

MY USMS

[Home](#) ▶ [My USMS](#)

My USMS

[\[Log Out\]](#)

Jane Smith

Current USMS Number: 148D-

XXXXXX



[My Membership Profile](#)



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[My Fitness Log](#)



[Places to Swim](#)



[Forums](#)



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[Exclusive Member Discounts](#)



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[Exclusive USMS Member Online Workouts](#)

Moving forward enter your email address and password under "Log in to My USMS"

Welcome to My USMS

In April 2018 we upgraded our website. If you've already created a new My USMS account since then, sign in below. If you have **not** created a new My USMS account since April 2018, create one below. Not sure? Check out [this tutorial](#).

Log in to My USMS

I have a new My USMS account.

Remember Me

GO!

[Forgot/Reset Password](#)

[Join USMS Today](#)

Create a New My USMS Account

I have **not** created a new My USMS account, here's my personal info.

Gender

 Male Female

Date of Birth

GO!

Continue to the next page to set up your FLOG (Fitness Log)...

Setting up your FLOG (Fitness Log)

Begin at and login to your My USMS account: <http://www.usms.org/myusms/>



From your main MyUSMS page, choose "My Fitness Log (FLOG)"

My Fitness Log Preferences

Please specify your Fitness Log (FLOG) settings:

Visibility

- Allow anyone to view my workout logs
- Allow anyone to view my fitness measurements (e.g. my weight log)

Choose your settings. The "allow anyone" settings are not available yet; this will be a future enhancement

Preferences

Yards ▾ Enter my swim distances mostly in this unit of measure (you may change this for individual workouts)

Short Course Yards ▾ My swim workouts are mostly done in this course (you may change this for individual workouts)

Monthly View ▾ My preferred view of my recent FLOG history

Save Settings

Choose your defaults based on the type of pool in which you do most of your workouts (you can change these settings anytime, if you move to a different pool in the summer)

Click "Save Settings" when you're done. You'll be taken to the main page of your FLOG.

New Enhancements to the FLOGs

We've received requests over the years to modernize [our FLOGs](#), with most requests regarding swim tracking and falling into one of the following categories: creating an app that could be used to update FLOGs, improving the design, and creating a wearable tech integration. These requests, in conjunction with our desire to learn more about our members to help improve their overall experience and our ongoing digital transformation, have given us the opportunity to take the first step in building a better swim workout tracking system.

Instead of building our own system and trying to compete with tech companies, we opted to integrate with [Swim.com](#). Swim.com leads the workout tracking business, can fulfill all of the FLOG swimming enhancements our members have been asking for, and is owned by the same company as USMS partner [SwimOutlet.com](#).

Swim.com's ideals in regards to providing a better experience for our members lined up perfectly with ours. It's willing to heavily promote the USMS brand, USMS-registered clubs, and USMS membership and will provide exclusive discounts and perks to USMS members.

We are nearing the end of the first phase of integration with [Swim.com](#). We launched the Beta product last month and, today, have added USMS clubs and workout groups to the Swim.com platform with exclusive USMS branding (pictured below). Club contacts will be receiving an email later today letting them know about these enhancements and how to claim their club on the platform. An official announcement will be made later this month.

Please read the [specifics about the integration here](#).

Continue to the next page to enter the Go The Distance Fitness Event ...

Entering the Go The Distance Fitness Event

Begin at: <http://www.usms.org/myusms/flog/>

My Fitness Log (flog)

Available Events

- [Go The Distance 2012](#) [[enter event now](#)]

Select a date on the calendar below to log a new entry (click on the day number), or see

<< January 2012

January 2012

January 2012 Go

Sun	Mon	Tue	Wed	Thu
1	2	3	4	5
8	9	10	11	12

From the main page of your FLOG, click "enter event now"

My Fitness Log (flog)

Events I Have Entered

- [Go The Distance 2012](#) [[show details](#)]

You are entered in the 2012 Go The Distance event. Click "show details"

My Fitness Log (flog)

Events I Have Entered

- Go The Distance 2012 [[hide details](#)]

My Go The Distance 2012 Progress

0.00 miles swum (=0 yards, =0 meters). View [my progress](#) / [Go The Distance 2012 results](#).
50.00 miles (= 88,000 yards, = 80,467 meters) to next milestone (50 miles milestone).

My Go The Distance 2012 Goal: not yet set. [Set goal now?](#)

To set your mileage goal for the year, click "Set goal now?"

Go The Distance Goals

Set a goal for the Go The Distance 2012

Enter your goal; click "Set Goal"

IN THIS SECTION

- [My Fitness Log](#)
- [Preferences](#)
- [Log an Entry](#)
- [Totals](#)
- [Events](#)

[Home](#) ▶ [My USMS](#) ▶ [My Fitness Log](#) ▶ [Go The Distance Goals](#)

Go The Distance Goals

Modify goal for the Go The Distance 2012

My current goal is 250.00 mi

Your goal is set! Select "My Fitness Log" to return to the main page of your FLOG