

NAVY SEAL FITNESS CHALLENGE

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NAVY SEAL FITNESS CHALLENGE
Presented by USA Swimming

Dear Facilitator,

Congratulations on your decision to launch the Navy SEAL Fitness Challenge with your club!

The Navy SEALs and USA Swimming have teamed up to create a unique opportunity for swimmers to test their performance in individual tests of strength and endurance. The Navy SEAL Fitness Challenge mirrors the initial physical screening test given to those aspiring to become a Navy SEAL. The challenge consists of swimming, push-ups, sit-ups, pull-ups, and running. When your club completes the Navy SEAL Fitness Challenge, they will find out how they stack up against America's elite special operations team and discover how fit they really are!

This Navy SEAL Fitness Challenge is being conducted by USA Swimming clubs around the country and scores from the challenge will be calculated and posted on the USA Swimming website so competitors can compare themselves with other age group swimmers and participants nationwide. All Navy SEAL Fitness Challenge competitors will receive a commemorative t-shirt and swim cap for their participation in the competition.

Good Luck and Have Fun!

SEAL Fitness Challenge

A Joint Program between the Navy SEALs and USA Swimming

Overview

The Navy SEALs and USA Swimming have joined efforts to bring a new program to USA Swimming clubs and LSCs. The program provides benefits for both organizations – for the Navy SEALs, it will seek to improve the awareness and promotion of their challenging program, and for USA Swimming clubs and LSCs, the Fitness Challenge will provide a fun, competitive dry land program.

Key Facts

- The Challenge will take place in the fall of 2011. **Events must be complete on or before September 30, 2011.**
- USA Swimming will offer this program to members age 13 and older (male and female).
- What does the Navy SEAL Fitness Challenge entail?
 - 500-yard swim (10 minutes rest)
 - Maximum number of push-ups in 2 minutes (2 minutes rest)
 - Maximum number of curl-ups in 2 minutes (2 minutes rest)
 - Maximum number of pull-ups in 2 minutes (10 minutes rest)
 - 1.5 mile run
 - All these exercises take approximately 60 minutes to implement.
- The Challenge mirrors the initial physical screening test given to anyone who desires to become a SEAL.
- An athlete's score will be calculated against Navy SEAL standards and posted to the USA Swimming website to compare with age group swimmers nationwide.
- Scores to be kept on USA Swimming website (www.usaswimming.org).
- USA Swimming will provide each organization with a "how to" kit to run the event.
- For larger events, USA Swimming and the Navy SEALs will assist in the running of the event. All LSC events will have a USA Swimming staff member on-site and many events will be attended by a Navy SEAL.
- USA Swimming will have "coaching" sessions to educate clubs and LSCs on how to run each Challenge.
- USA Swimming successfully ran pilot tests of this program with seven clubs/university clubs in the fall of 2009.

Benefits to USA Swimming Clubs/LSCs

- Creates a competitive dry-land program that promotes core strength.
- Provides a measurable way to track dry land.
- All participants to receive a commemorative t-shirt and swim cap.
- Creates a ranking and recognition program for dry land that can be used within clubs, LSCs, zones, universities, etc.
- Work with a partner (Navy SEALs) that helps more than just USA Swimming.
- Promotes a competitive angle to dry land that can help build team spirit and teamwork

Goals

The desired goals for the Navy SEALs will be to:

- Increase awareness of the SEALs program
- Reach an audience that knows how to swim and is comfortable in the water
- Provide information on Navy SEALs Increase overall numbers of SEALs
- Create a long-term relationship with a “promotional” partner

Site Requirements

- **500-yard swim** – A 25-yard pool is ideal.
- **Push-ups** – A flat surface where at least half of the competitors can complete the push-up test simultaneously. A soft or matted surface is ideal.
- **Curl-ups** – A flat surface where at least half of the competitors can complete the sit-up test simultaneously. A soft or matted surface is ideal.
- **Pull-ups** – Space for pull-ups to accommodate as many as possible.
- **1.5 mile running course** – This can be a six-lap course on a standard 400 meter running track or a clearly marked course on an alternative surface. Regardless, the course must be flat and safe from obstacles such as potholes, roots, traffic, construction, etc.
- **Note:** USA Swimming will do its best to provide pull-up bar stations to each event.

EVENT OPERATIONS

SEAL Fitness Challenge

500 Yard Swim

Push-Ups

Curl-Ups (the SEAL term for sit-ups)

Pull-Ups

1.5 Mile Run

Operations Needs All Locations

1. Two (2) running clocks visible to all scorekeepers. One at the pool and one at the end of the running course.
2. Score Sheet, Clip Board, and Pens/Pencils
3. 6 Volunteers and/or Coaches

Athlete Needs

- Swimsuit, cap, goggles
- Dry land clothing and running shoes
- Water (optional)

Facility Requirements

- **Swimming** - A 25-yard pool (meters is fine but not ideal)
- **Push-Ups, Curl-Ups** - A flat surface, preferably with mats or participants may want to use towels that will hold 50% of participants in the wave to conduct push-ups and sit-ups.
- **Pull-Ups** – A flat surface near the Push-Ups/Curl-Up location for 4 free-standing pull-up bars. (Bars may be provided by USA Swimming and/or the Navy SEALs)
- **Running** - A 1.5 mile running course. Can be a six-lap course around a 400m track or a clearly marked course on an alternative surface. Ideally, the course will be relatively flat and safe from obstacles such as potholes, roots, traffic, construction, etc. The course should be measured to ensure that it is 1.5 miles.

General Operations Information

Check-In/Pre-Registration

- All participants must check-in prior to participating in the SEAL Fitness Challenge.
At check-in, athletes will register for the Challenge and complete a release waiver. T-shirts and caps may also be given out at this time.
- Depending on the number of athletes, there may be separate check-in times for different waves. It is suggested to have two waves check-in at one time (see timeline information)

Timeline

- A general overview timeline follows this page as does a time specific timeline.

Participant Waves

- It is best to create waves of approximate 25-30 participants. A wave takes approximately one (1) hour to complete. Waves can be run shortly after each other – once the first wave is out of the water, the second wave can begin once the pool is cleared and the clock is restarted.
- It is recommended that no more than two (2) waves check-in at one time. This will allow participants in later waves to arrive at a later time.

Swim Operations

- It is recommended no more than three (3) participants per lane to keep the swimming moving and so that no participants get lapped.
- The rest period, of 10 minutes begins, once the final swimmer in the wave has completed the swim.

Core Exercises

- It is recommended for athletes to pair up to conduct each of the three exercises. The partners can count for each other and each participant is responsible for reporting their counts to the Recorder.
- If an athlete reaches failure in the push-ups, curl-ups, and pull-ups before the two minutes are up, that exercise is complete. They may not stop and start again.
- What is “failure?” – Failure is the inability of the participant to fully complete a curl-up, push-up or pull-up. If the participant comes out of the up or down position or falls off of the pull-up bar, they have reached failure and the exercise is complete.

1.5 Mile Run

- All participants start at the same time and report their time to the Recorder at the finish.

Recording Results

- A hard-copy of the Score sheet is included in this notebook as well as electronically on the CD included.
- It is recommended that there be one Recorder per wave who tracks the results of each part of the Challenge (swim, core exercises, run).
- One score sheet should be used per wave and names can be typed in advance (or written in on-site).

Volunteers/Coaches

Check-In/Registration

- Three - Four volunteers checking participants in and assisting with waiver collection and t-shirt/swim cap distribution.

Swim

- Starter and time keeper – starts the 500-yard swim for each round of athletes (5 seconds apart). Calls out times as athletes finish.
- Recorder – Records time of each athlete as they are reported by the athlete exiting the water.

Core Exercises

- Time Keeper – Keeps time for (2 minute intervals) for each exercise.
- Recorder – Records scores of each athlete as reported by the athletes finishing the exercise.

Run

- Starter and Time Keeper – starts the 1.5 mile run and calls out times as athletes finish.
- Recorder – Records time of each athletes as they are reported by participant finishing the run.

General Timeline

1. Registration
 - a. Participants/Parents check-in and complete waiver forms
 - i. Note: Waivers can be completed and returned prior to the event.
 - ii. There should be a check-in sheet at registration listing those athletes that have already returned their signed waiver.
 - b. Participants directed to get ready for the swim and report to holding area
2. 1st Wave Gather in Holding area/Group Leader Overview
 - a. Group leader/Coach explain how swim/transition will work
3. Participant swim and exit pool upon completion
4. Participants give time to Time Recorder and change clothes and gather in holding area
5. Group Leader moves group to Core Exercises area
 - a. Group leader explains how Core Exercises will work
6. Core Exercises
 - a. Following all of the exercises, the participants report their score to the Score Keeper.
7. Prepare for run and gather in holding area
8. Group Leader leads to run location and explains details of run
9. Group Run
 - a. Participants report time to Score Keeper upon completion of run.
10. Participants Challenge Complete. Gather all score sheets from the stations. Keep together and store in a secure location.

Notes:

- The 10-minute rest following the swim begins after the last participant touches the wall.
- In the core exercises, time two (2) minutes for the push-ups and two (2) minutes for the curl-ups with a rest period of two (2) minutes between each exercise.
- For the pull-ups – most participants will not be able to complete the two minute session. Once the participant drops from the bar, the exercise is complete. It may be best to have individual stop watches at each pull-up bar to keep the two minute time. Teams keep moving through the pull-ups until all are complete.
- Once everyone has completed the pull-ups, there is a ten (10) minute rest before the run begins. During this time, the group should move to the 1.5 mile run course.
- The run is started as a group.

EVENT CONFIRMATION INFORMATION

Please complete the following form and return via email to Amanda Bryant at USA Swimming (abryant@usaswimming.org). Upon receipt of this Event Confirmation, USA Swimming will advise the SEALs of your event.

NAME OF HOST CLUB: _____

LOCATION OF EVENT: _____

MAIN CONTACT FOR EVENT: _____

MAIN CONTACT PHONE NUMBER: _____

MAIN CONTACT EMAIL ADDRESS: _____

DATE OF EVENT: _____

EVENT START TIME: _____

LOCATION OF EVENT (Please be exact with name of school/facility, address, etc)

ANTICIPATED NUMBER OF PARTICIPANTS: _____

Please note:

USA Swimming will provide the information on this form to the Navy SEAL Recruiting Directorate. They will send out this information to their SEAL network inviting them to all events. If a SEAL plans to attend, they will contact the person on this form. Unfortunately, SEAL attendance is not guaranteed to any event.

REGISTRATION AND RELEASE FORM

Event Registration and Team Unify

USA Swimming is required to provide the Navy SEALs with specific data regarding each participant in the SEAL Fitness Challenge. Because of this requirement, we have created a Registration and Release Form that each participant must fill-out to participate in the SEAL Fitness Challenge event.

The Registrations and Release Form, which also includes a waiver to protect the U.S. Navy SEALs, is included in this document and an electronic copy can be emailed to you if it is needed. A waiver must be completed by all participants (or their parents) to compete in the event. This document may be copied as a double sided sheet of paper but cannot be altered in any way by the Host.

To make the registration process easier, USA Swimming has partnered with Team Unify to create an online registration portal. Using the Team Unify website can assist each Host with many aspects of conducting a SEAL Fitness Challenge including registration, check-in and event seeding. All the information required by the SEALs has been built into this website as well as the Registration and Release Form.

The registration portal is available at www.teamunify.com/usasseals and you do not have to be a customer of Team Unify to utilize this registration portal. Registration is straight-forward and easy and allows the opportunity for USA Swimming and the Host to communicate with the participants of the event. USA Swimming strongly encourages each Host to utilize the Team Unify registration portal however we understand if this is not possible.

Please note that the Registration and Release Form is included in the Team Unify registration system and is completed electronically with online registration.

Please note the following requirements for participation:

- Athletes must be current USA Swimming members. Non-athlete members and seasonal athletes may participate.
- Athletes must be at least 13 years-old.
- All participants must complete a waiver (or have their parents complete a waiver) to participate. If a waiver is not complete, the athlete may not take part in the event.
 - Please note that completed waivers must be returned to USA Swimming at the end of the event

Registration Notes:

- USA Swimming recommends creating a cap for the number of participants in your event. This will provide a sense of urgency for those that would like to participate as well as allow the Host to prepare accordingly (volunteers, wave count, etc).
- It would be helpful to understand the level of the swimmer to be able to group waves of similar abilities together. This will prevent lapping or lane congestion during the 500 yard swim.



CONSENT, LIABILITY RELEASE AND INDEMNIFICATION FORM

I, the undersigned participant or (if the participant is a minor) parent, request voluntary participation for myself/my minor to participate in all events, which are hereinafter referred to as the "activities." sponsored by _____ Club, USA Swimming, Inc. its local swimming committees and the U.S. Navy (hereafter, the "Program Sponsors.") This agreement is valid while the participant is a member of USA Swimming, Inc.

I consent to my/my minor's participation in the activities and acknowledge that the minor and/or myself fully understand my/my minor's participation may involve risk of serious injury or death, including losses which may result not only from my/my minor's own actions, inactions or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the event or activity is being conducted, and/or the rules of play of this type of event or activity. I understand that if I have any risk concerns, I should discuss the risks associated with my participation with the activity coordinators and event staff, before I sign this document and before any activities begins.

I consent to the collection of personal information regarding my/my minor's for Program Sponsors' internal use, as well as for displaying the Navy SEAL Fitness Challenge results online.

I hereby give consent for the Program Sponsors to film or photograph myself or my minor participant participating in the Navy SEAL Fitness Challenge and to use my/my minor's image, likeness, and/or voice in USA Swimming or U.S. Navy publications, online content, video, or any other medium for its official purposes.

Release:

In consideration of allowing myself/ my minor participant to participate in this USA Swimming event, I hereby release and hold harmless _____ Club, USA Swimming, Inc. and its Local Swimming Committee and their members of its Board of Directors, officers, employees, volunteers, other participants, and agents, and the U.S. Navy (collectively, the "Released Parties"). I certify that I/my minor is in good

health and have no physical condition that would prevent participation in this activity. Furthermore, I agree to use my/my minor's personal medical insurance as a primary medical coverage payment if accident or injury occurs. I consent to emergency medical treatment in the event such care is required.

Indemnification:

The undersigned participant/parent/guardian further agrees to indemnify, save and hold harmless the Released Parties from any and all claims, demands, losses, damages and liabilities for indemnities, contribution or otherwise with respect to any damage and/or injury, of any type, arising from participation in the activities. The undersigned also agrees that this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement extends to all acts of negligence by the Released Parties and is intended to be as broad and inclusive as is permitted by the laws of the State in which the Event(s) is/are conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

(Print name of Participant)

(Signature if over 18) (Date)

(Print name of Parent/Guardian)

(Signature of parent) (Date)

Participant or Guardian Email Address

Participant Gender Female Male

USA Swimming Club Name: Home State:

Would you like additional information regarding the Navy SEALs? Yes No

SCORING THE SEAL FITNESS CHALLENGE

A score sheet has been provided for you in form of a hard copy (next page) as well as an electronic file (enclosed on CD). You may use the hard copy format to keep score during the challenge and then enter the data into the electronic version following the event or you can mail the hard copy form to USA Swimming and we will input the data for you. Please print clearly.

Scoring for the SEAL Fitness Challenge is as follows:

- The swim and run are both converted into seconds. (Example: a 5:15 swim converts to 315 seconds).
- The push-ups and curl-ups are counted as the number completed and the pull-ups are multiplied by six (6) and added to the push-ups and curl-ups
- Subtract the sum of the swim and run added together from the total of the push-ups, curl-ups, and pull-ups x 6.
- This is the final score.

EXAMPLE:

Time for Swim	5:15	315 seconds
Time for Run	11:10	670 seconds
TOTAL CARDIO		985 seconds

# Push-Ups	30	30
# Curl-Ups	48	48
#Pull-Ups x 6	3	18
TOTAL CORE EXERCISES		96

FINAL SCORE **985 -96 = 889**

This example is used on the following page and in the electronic file that will be sent along with this manual.



NAVY SEAL FITNESS CHALLENGE

How do YOU Stack Up?

<u>Physically Fit</u>		<u>Competitive SEAL</u>
12:00	500 Yard Freestyle Swim	9:30
42	Push-Ups	100
50	Curl-Ups	100
6	Pull-Ups	25
11:00	1.5 Mile Run	9:30

FREQUENTLY ASKED QUESTIONS

Who can compete in the Navy SEAL Fitness Challenge?

- Any member of USA Swimming may compete in the Challenge.

As a Host, can I charge a fee to participate in the event? May I use this event as a fundraiser for my Club?

- Clubs and Hosts may NOT charge a fee or use the Challenge as a fundraiser for the team/club. Because the Navy SEAL Fitness Challenge is a government funded program, USA Swimming and our clubs may not charge entry fees for the event.

Do you have to be a certain age to participate in the SEAL Fitness Challenge?

- Participants must be at least 13 years-old to participate in the event.

Does my Club/the Host need additional insurance to Host the event?

- No, as long as Hosts/Clubs are members of USA Swimming, additional insurance is not needed for the SEAL Fitness Challenge events.

How do I get a Navy SEAL to attend my event?

- Attendance by a Navy SEAL at ANY SEAL Fitness Challenge event is not guaranteed. The best USA Swimming can advise is to set an event date as early as possible (at least 30 days in advance) and send your Event Information Form to USA Swimming.

What if the Host/Club does not have pull-up bars?

- USA Swimming has a small inventory of pull-up bars that can be shipped to event locations, if need be. Please let Amanda Bryant (abryant@usaswimming.org) know if you need pull-up bars sent to your location.

Why do Clubs/Hosts have to use TEAM Unify to register?

- USA Swimming has an obligation to provide the Navy SEALs specific information about each participant. Using Team Unify, USA Swimming can compile all of this information electronically.
- The Team Unify website also allows Hosts to easily manage communications to all participants in the event.

When will my results be posted online?

- Results from the Navy SEAL Fitness Challenge are typically posted online within one week of the competition date.

ADDITIONAL EVENT OPPORTUNITIES

USA Swimming and the Navy Seals encourage you to utilize the SEAL Fitness Challenge as a Team Building exercise for teams and LSCs. As a part of this, Hosts may enter into marketing relationships with local businesses to provide additional benefits to the participants of the Challenge. It is encouraged that each location provide, at a minimum, a water station, but fruit, bagels or other food/beverages may be provided and/or donated.

To this end, USA Swimming respectfully requests that you do not enter into a relationship with a competing sponsor of USA Swimming.

The categories of USA Swimming sponsors are:

- Cellular and mobile phones (AT&T)
- Hand and body cream and lotion (CeraVe)
- Energy and fuel (ConocoPhillips)
- Hotel properties (Marriott)
- Insurance and financial services (Mutual of Omaha)
- Pool providers (Myrtha)
- Apparel and swimwear (Speedo)
- Vehicles (BMW)
- Timing systems (Omega)
- Payment systems (Visa)

AFTER ACTION REPORT

Following your event, we ask that each Host provide the following to USA Swimming. Please send the below information to Amanda Bryant, abryant@usaswimming.org or via mail to USA Swimming in Colorado Springs.

- Return Release Waivers
- Return completed score sheets
- Provide a final count of participants at your event

We also welcome any feedback you'd like to provide in how to conduct a successful Navy SEAL Fitness Challenge.