

Workouts Available to Members Online

How would you like to have workouts delivered directly to your e-mail box?

U.S. Masters Swimming has four coaches who post weekly workouts on our Discussion Forums. As a U.S. Masters Swimming member, you can subscribe to these workout threads and have them delivered to you by e-mail.

The 2009 online coaches are [Mo Chambers](#), [Nate McBride](#), [Jacki Hirsty](#) and [Patrick Cantrell](#)

To use this feature you will have to first create a Discussion Forums account. To create your account, just fill out the forms [here](#) and follow the link that will be sent to you via e-mail in order to fully activate your account.

Once your Forums account is created, go to the [My USMS](#) area and log in using your Forum account username and password. At this point you will be able to associate your Forum account with your U.S. Masters Swimming registration number. Confirming your membership will grant you access to members-only services, including the coaches' forums.

Now go back to the [Workouts Discussion Forum](#). There is one sub-forum listed for each coach. You can view the threads online whenever you want. Most coaches post a week's worth of workouts at a time. If you'd like the workouts delivered to you by e-mail, you can subscribe to one or more of the coaches' forums.

To subscribe to a forum, click on that forum title to open it. At the top/right of the page (just below the list of page numbers) select "Forum Tools", then "Subscribe to this Forum." Select your notification type (usually "Instant notification by e-mail"). You're subscribed!

If you ever want to unsubscribe, click on "User CP" from the top of any Forums screen (your user control panel). You will see lists of the threads and forums to which you are currently subscribed. Your subscribed thread list is shown first, with a link titled "Unsubscribe" below each thread title. Following the subscribed thread list is your subscribed forum list. Below each forum title is a link titled "Unsubscribe from this Forum". If you want to unsubscribe from all posts to a workout forum, be sure to unsubscribe from the forum as well as all of the threads.