



TNA STREAK

Swim. Track. Reach. Earn. Achieve. Keep going!

Our Mission



"To provide a positive and encouraging environment for swimmers of all ages and abilities, fostering personal growth and development through the sport of swimming."



Introducing... TNA STREAK

An annual loyalty and recognition
program for Coastside Tigersharks and
Pacifica Platypus swimmers.

Why a Rewards Program?

- Builds motivation across all age groups
- Encourages consistent participation
- Recognizes individual achievement & team spirit
- Fosters community and long-term engagement
- Aligns with our mission of growth and development
- BRAGGING RIGHTS!



How It Works – Annual Mileage Milestones Adults (12+)

- Swimmers log and submit their total yardage. Rewards are given at specific mileage levels:
- 🏅 3 25 Miles – TNA Streak Patch
- 🏅 2 50 Miles – TNA Streak Swim Cap
- 🏅 1 100 Miles – TNA Streak T-shirt
- 🏆 250 Miles – TNA Streak Hoodie



How It Works – Annual Mileage Milestones Kids (Under 12)

- Swimmers log and submit their total yardage. Rewards are given at specific participation levels:
- 🏅 25 Practices – Kick Board
- 🏆 40 Practices – Sticker
- 🏆 50 Practices – Sticker
- 🏆 Every 10 practices – Sticker



Merit Badge Achievements

- 🏁 **Race Day Warrior** – Enter a meet with the team
- 🧢 **Coach for a Day** – Help plan or lead a practice
- 🌊 **Ocean Adventurer** – Participate in an open water swim
- 🎉 **Team Spirit** – Volunteer at events or support teammates
- 🐬 **Dual Finisher** – Swim both morning & evening workout sessions



How to Track Your Mileage

Provide a simple process for swimmers to submit their workouts.

USMS Swimmers (18yrs+):

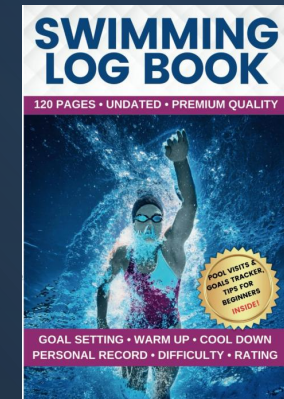
- USMS Swimmers can log into their account and access their Fitness Log which allows them to track yardage on a daily calendar.

Non USMS Swimmers (12-17 yrs):

- Will use a Swimming Log book to track workouts and yardage.

Youth PPSC (up to 12 yrs):

- Coaches will track who is at practice and keep count of practice attendance.



USMS.com Fitness Log

The screenshot displays the USMS.com website interface. At the top, the US MASTERS SWIMMING logo is on the left, and navigation links for Training, Events, Club Finder, Workout Library, and About Us are on the right. A dark blue header bar contains a breadcrumb trail: Home > My Account, which is highlighted with a green box. Below this, the 'My Account' section is titled. Under the 'Account' sub-header, user details 'Mike Webster' and '385E-0AJ8K' are shown. A grid of account management options follows, including 'My Information', 'Email Preferences', 'Community Settings', 'Plans and Payment', 'Add-Ons and Upgrades', 'Public Swimmer Info Page', 'Membership Card (PDF Download)', 'Membership Card (Digital App)', and 'Transfer My Membership'. The 'Swimming' section contains links for 'Workout Library', 'Swim.com/My SwimFeed', 'My Results', 'Places to Swim', 'Fitness Log' (highlighted with a green box), and 'Training Plans'. The 'Resources' section at the bottom includes 'Community/Forums', 'SWIMMER Magazine', 'Discounts', 'Webinars and E-books', and 'Instructional Videos'.

US MASTERS SWIMMING

> Training > Events Club Finder Workout Library > About Us

SEARCH

HOME

Home > My Account

My Account

Account | Mike Webster | 385E-0AJ8K

My Information (Edit My Information)

Email Preferences

Community Settings

Plans and Payment

+ Add-Ons and Upgrades

Public Swimmer Info Page

Membership Card (PDF Download)

Membership Card (Digital App)

Transfer My Membership

Swimming

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USMS.com Fitness Log

IN THIS SECTION

My Fitness Log

Preferences

Log an Entry

Totals

Events

Flag Export

JOIN | RENEW | UPDATE
MEMBERSHIP

Home » My USMS » My Fitness Log

My Fitness Log (FLOG)

Progress Tracked

Current Events Have Entered

Go The Distance 2025 [hide details]

My Go The Distance 2025 Progress

41.25 miles swum (=72,600 yards, =66,385 meters).
View [my monthly progress](#) | [my milestones/awards](#) | [Go The Distance 2025 results](#).
8.75 miles (= 15,400 yards, = 14,082 meters) to next milestone (50 miles milestone).
My Go The Distance 2025 Goal: not yet set. [Set goal now?](#)

Select a date on the calendar below to log a new entry (click on the day number), or select an existing entry to edit or delete.

<<

July 2025

>>

July 2025 Go Switch to week view

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 6,800 Y	2 3,000 Y	3 3,600 Y	4 3,600 Y	5	
6	7	8 3,200 Y	9 3,200 Y 3,200 Y	10 3,600 Y	11 3,200 Y	12
13	14 3,200 Y	15 3,400 Y	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Totals For This Month

Activity	# of Sessions	Total Time (H:MM)	Total Distance
Swimming	11	10:37	22.73 miles (=40,000 yards, =36,576 meters)

Click on Calendar Day

U.S. MASTERS
SWIMMING

» Training » Events Club Finder Workout Library » About Us

Join

MISC

IN THIS SECTION

My Fitness Log

Preferences

Log an Entry

Totals

Events

Flag Export

JOIN | RENEW | UPDATE
MEMBERSHIP

Home » My USMS » My Fitness Log » Log an Entry

Add a Fitness Log Entry

Add a Swimming Workout

(* = Required field)

*Date:
07/15/2025

*Course:
☒ Short Course Yards (SCY)
☐ Short Course Meters (SCM)
☐ Long Course Meters (LCM)
☐ Open Water
☐ Other

*Total Distance:
3200 Yards

*Total Time:
55 minutes

Add Workout

Details/Comments:

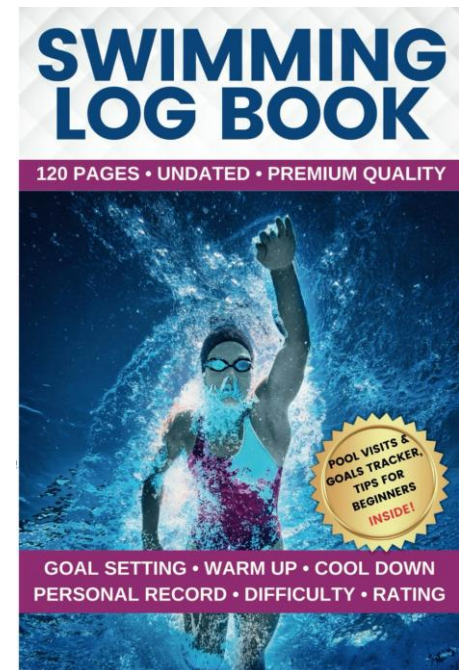
B **I** **U**

Add Workout

Swimming Log Book

Non USMS Swimmers (12-18 yrs)

- Swimmers who want to participate will request a Swimming Log book from their coach.
- Swimmers will be responsible for keeping track of their yardage by simply filling out a preformatted log entry for that day.
- Once swimmer achieve a milestone, they will submit the book to their coach for approval and their milestone reward will be distributed.



"Swim with purpose, glide with determination."

Date: 4/5 Time: 7 AM
Location: TW Pool Goal: 3 hours

WARM UP				
SWIM ACTIVITY	DISTANCE	REPS	TIME	REST
2000 Pull	200			
pull	200			
pull	200			
pull	500			
1100				

SETS				
SWIM ACTIVITY	DISTANCE	REPS	TIME	REST
Swim	100	9	9:00	
Swim	50	12	6:00	
Swim	25	12	3:00	
Swim	25	16	4:00	
2200				

COOL DOWN				
SWIM ACTIVITY	DISTANCE	REPS	TIME	REST

Personal Record: Held 1:10 on 100's (1:02 - 1:10) 200 1:15 on 200

Difficulty: 8 Rating: 8

Notes: This was a good workout. I pushed two sets yet, fast good workout 1:10 on 100's still looking on time. Not as smooth as I would

Recognition Wall / Monthly Shout-Outs

- Highlight milestone achievers on our website & newsletter
- Monthly email or social post recognizing top swimmers
- Celebrate during coached workouts (coach calls out swimmers) or pool parties!



Frequently Asked Questions

- **When does the program start?**
 - The program will kick off on Sept 1st, 2025. You can start accruing yardage or practice participation from that date. Yardage prior to Sept 1, 2025 does not count.
- **How long to I have to achieve a milestone?**
 - TNA Streak is an annual program, so you have until August 31st, 2026, to accrue yardage for this years program.
- **If I am under 12, can I participate in the adult rewards?**
 - Unfortunately, no.
- **If I participate in more than one swim meet, do I get more than one sticker?**
 - We have budgeted for one sticker per member of the team so we will be able to accommodate all members with one sticker per merit badge achievement.
- **What happens after August 31st, 2026?**
 - We will be doing a review of the program earlier in the summer and hopefully creating a new set of rewards for 2026-2027. But on Sept 1st, 2026, everyone's mileage/practices goes back to 0.
- **Can I purchase the rewards if I don't want to participate in the TNA Streak program?**
 - Unfortunately, no.
- **Will sticker distribution for under 12 swimmers be managed by the coaches?**
 - Yes, and will likely have enough stickers to allow our coaches to be generous and encourage our youth swimmers on a regular basis.
- **Will I be able to get a t-shirt or hoodie in the appropriate size?**
 - Yes, we will be ordering t-shirts and hoodies individually so when the milestone is achieved you will be asked which size you would like.
- **Does it cost extra to participate in the TNA Streak program?**
 - No. The program and rewards associated with it are all included in your membership.
- **I have a question that isn't included here. How do I get it answered?**
 - We would like to try to limit a flurry of emails so please speak to Mike Webster or Brad Pence at the pool.

Let's Dive In!

- This program is for every swimmer, from lap 1 to mile 250.
- Start tracking, start earning, and swim your STREAK!





Thank you!
Go Swim!