

# MVM 2026 BINGO CHALLENGE

During the 2026 calendar year (January thru early December) complete and check off as many of these team challenges as you can. Then you may claim these “bingo balls” you’ve earned in an MVM Bingo game at our December holiday party.

Track your progress on a paper copy or digitally with an online version we’ll make available.

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|  | Swim three 100s on a faster cruise than your normal speed, and make all three in time.                                                              |
|  | Explain MVM to a friend, family member, or colleague.                                                                                               |
|  | Swim without stopping 500 / 1650 / or 2000 yards. (pick a level that’s challenging!)                                                                |
|  | Tell a coach the definition of "cruise time", and where you should rest while in the lane.                                                          |
|  | Participate in a postal swim.                                                                                                                       |
|  | Attend a Tuesday or Thursday workout.                                                                                                               |
|  | Attend the summer picnic.                                                                                                                           |
|  | Join or organize an informal coffee after a workout with teammates.                                                                                 |
|  | Attend a Monday evening workout.                                                                                                                    |
|  | Wear some MVM swag out and about in public.                                                                                                         |
|  | Attend the team holiday party.                                                                                                                      |
|  | Sit on a kickboard and paddle 50 yards.                                                                                                             |
|  | Complete 25 yards without taking a breath until you reach the opposite end of the pool.                                                             |
|  | Swim a double workout.                                                                                                                              |
|  | Do one whole workout with no equipment.                                                                                                             |
|  | Participate in a relay workout on a coordinated Friday.                                                                                             |
|  | Introduce yourself to someone new on the team.                                                                                                      |
|  | Tread water for 2/5/10 minutes. (pick the level that’s challenging for you)                                                                         |
|  | Participate in the 100 50s (Sunday 6/21 solstice or Thanksgiving Repeats).                                                                          |
|  | Kick 300 yards.                                                                                                                                     |
|  | Without looking at the clock, swim 100 yards and tell a coach your estimated time. If you are within 2 seconds, you've earned this item/bingo ball! |
|  | Attend a team happy hour.                                                                                                                           |
|  | Attend a Sunday workout.                                                                                                                            |
|  | Attend a swim & schmear (poolside bagels on some Saturdays thru the year)                                                                           |

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|  | Join a virtual board meeting on the second Tuesday of the month, to see what they are like. Links and agendas are always emailed to the whole team the week prior. |
|  | Complete the MVM member survey (coming in July/August).                                                                                                            |
|  | Pull covers or put on covers.                                                                                                                                      |
|  | Get out of the pool or into the pool in a different way than you usually do.                                                                                       |
|  | Participate in a swim meet.                                                                                                                                        |
|  | Jump or dive off starting block at a workout.                                                                                                                      |
|  | Swim or kick a 200 fly, 200 back, or 200 breast.                                                                                                                   |
|  | Submit a set or an idea to a coach.                                                                                                                                |
|  | Attend a MVM summer clinic.                                                                                                                                        |
|  | Participate in an open water event.                                                                                                                                |
|  | Attend a 5am workout.                                                                                                                                              |
|  | Swim 50 yards without a cap and goggles.                                                                                                                           |
|  | Switch swim caps with a fellow MVMer for a workout.                                                                                                                |