

USMS CONVENTION – Orlando, FL 2004

Committee Name: **Fitness** Session # (if more than one meeting): _____ Cmte. report #: _13_

Minutes recorded by: _____ Date/time of this meeting: 9/16/04

ACTION ITEMS

1. **MSA** to use the term Group Participation for all events in 2005. The Group Participation award can include workout group, team or LMSC.
2. **MSA** to award the Check-Off Challenge to PNA/Federal Way Masters, the 30 Minute Swim to OHIO Masters, and the Virtual Swim Series to Central Oregon Masters Aquatics.
3. **MSA** for the Fitness Committee to participate with the International Committee in developing virtual swims from outside the United States
4. **MSA** that the Fitness Committee propose to the Awards Committee that the Fitness Award be recognized as an official USMS award.

Committee Chair: Pam Himstreet Vice Chair(s): Bill Volckening, Jani Sutherland

Number of committee members present: 11 Absent: 7 Number of other delegates at this meeting: 21

Committee members present: , Pam Himstreet, Bill Volckening, Margie Hutingler, Jani Sutherland, Marianne Brogan, Tom Mester, Randy Crutchfield, Dick Sidner, Jane Moore.

MINUTES

The meeting was called to order at 10:25. There are 9 new delegates in attendance.

1. Introductions and Review of the Annual Report. We are trying to enhance swimming information for non-swimmers by providing events and information. This information is particularly useful for the non-competitive swimmer.
2. Progress of 2004 Events still in process.
 - a. Check-Off Challenge. Successful this year with over 300 t-shirts sold and over \$1500 net for OMS. We should make the deadline very clear on the form and the website. There are still entries trickling in for shirts.
 - b. The 30-Minute Swim had 52 participants. 2/3 of the participants were fitness swimmers.
 - i. The Ohio Masters are hosting the 30-Minute Swim this year. The t-shirt and certificates are shown. They have 37 swimmers so far. The committee is encouraged to discuss the event with their coaches perhaps running the event during practice.
 - ii. The results were posted on the web last year and were posted alphabetically. The Fitness Committee was encouraged to participate.
 - iii. There is a suggestion to recognize team participation. Bill Volckening described using Group Participation in the February Fitness Challenge. This allows the group to define itself and is not limited to a team or club format. **MSA** to use the term Group Participation Award (instead of team or LMSC) for all events in 2005. The Group can include workout group, team or LMSC.
 - c. The Virtual Swim Series had 20+ participants in its inaugural year. Florida Mavericks are doing the event this year. Margie Hutingler discussed some of the ways that they are encouraging participation. Discussed a computerized log for tracking mileage.
3. Web articles of the month. Jani Sutherland reports that generation and posting of the articles is going well. There is a new article monthly and these have been updated regularly. We have a reserve of articles. Members are encouraged to participate in writing these articles. A sign-up sheet is passed around.
4. Current presence in SWIM magazine. Bill Volckening reports the progress and status of the national publication bid process. We are doing something about web resources and push-pull. The article will be about the pace chart which is available on the Fitness Website and ties in with an article by David Grilli and the One-Hour Swim.

- a. They are going to be looking at different types of content and different ways to present the information. There will be presentation the information in blurbs and “sound bites”. This will be a good way to get information from Fitness into the magazine and can include links to longer articles on the website.
5. Web report. Bill Volckening states that the articles are up-to-date. There are articles waiting to be posted. This committee is a leader as far as web presence.
6. Selection of hosts for 2005 for the USMS Fitness Events. The bids are Check-Off Challenge: PNA and Federal Way Masters; OHIO: 30-Minute Swim; COMA: Virtual Swim Series. **MSA** to award the events to the above bidders.
7. Volunteers needed for more Virtual swims created by swimmers. We need more events created and volunteers. There is a proposal for the Fitness Committee to work on recognition on the website for participation. Perhaps it could be called “Fitness Fanatic”.
8. Tie in with International Committee for Virtual Swims. The committee has proposed that swims be included from outside the United States. An example has been sent in that is relatively short (3K). We would like to keep the swim over 10 miles in order to make the swim a goal that members can shoot for. **MSA** for the Fitness Committee to participate with the International Committee in developing virtual swims from outside the United States.
9. Strategies to encourage participation in the fitness events.
10. Making Fitness Fun on the website. Need volunteer to organize the Making Fitness Fun section. janet.latham@okc.gov. It is recommended that she contact the fitness chairs from all the LMSC’s.
11. Carry-over projects from last convention. Fitness Handbook is still partially completed. Need articles about cross-training, shoulders, etc. Sara Quan, Jane Moore, Tom Mester and Jani Sutherland have volunteered to be part of a sub-committee to get this up on the web with additional content.
12. Local team events. OHIO Masters does an Iron Person that does all the events at swim meets. Super-Iron person does all the events and a Postal Event. It is suggested that this be included in Making Fitness Fun. PNA does Pizza Point Relay: Multiple relays are done which include points for cheering, placing, and speed. Florida Mavericks has a Leather Lungs Award which is similar to the Iron Person award.
13. **MSA** that the Fitness Committee propose to the Awards Committee that the Fitness Award be recognized as an official USMS award. This years winner will be announced during the Fitness Committee report at the House of Delegates.

TASKS FOR THE UPCOMING YEAR

1. Finish the Fitness Handbook and post it on the Website.
2. Develop more swims for the Virtual swim series, working with the International Committee to develop swims outside the USA.
3. Develop the Making Fitness Fun section of the Fitness page on the USMS website. We will be attempting to solicit local team activities as part of this section.
4. Increase participation in Fitness events using various strategies.
5. Increase Fitness Committee member involvement in projects via email discussion.