

Minutes for the 2000 USMS Convention

Committee Name: FITNESS                      Committee Session: \_\_\_\_\_  
Day and Date of Meeting    Friday, October 13, 2000 @ 9:00 AM

Action Items

\*\*\* The Tualatin Hills Barracudas were recognized for their outstanding job administering the February Fitness Challenge. To this end the Fitness Committee awarded them unanimously with the Fitness Event Of The Year Award.

Attendance

Number of committee members present: 10    Number of committee members absent 9  
Total number of delegates attending the meeting: 24

Minutes

I. Fitness Events: Swim Around Revilla, Is a proposed event by The Ketchikan Masters of Ketchikan Alaska. A participant must swim a total of 135 miles or the distance around the island of Revilla. The swim can be done by totaling your swimming yardage in workouts, meets and lap swims. Ketchikan Masters has asked the fitness committee for help in promoting the event. The committee offered sound advice which shall be forwarded to the event director. The committee will monitor the event and use it as a test vehicle for similar future events.

II. Fitness Events: The Y2K Training Triathlon is being run YMCA Masters Swim Team has been launched and will be supported by the Fitness Committee. Rick Harris will keep the committee informed as to the viability of the event as it runs through it's inaugural session.

III. Fitness Events: The Check Off Challenge for 2000 had 107 participants and David and Tracy Grilli will run it again for 2001 with the help New England Masters

IV. Fitness Tips Editorial: A call for material for the Fitness Tips publication was put out and Jody Welborn of Tuallatin Hills Masters offered materials.

V. Strokes For Stroke: Discussion was held to determine If and how USMS, through the Fitness Committee can help the cause. The committee was split on If USMS should help the cause but positive feedback to the National Stroke Association is, the need for more advanced notice, Better time frame such as the first of the year as opposed to the beginning of summer, and reducing or eliminating the funds given back to USMS. More publicity, such as articles and advertisement in SWIM magazine was recommended.

VI. The Toys for Tots campaign was discussed and the committee recommended that Rob Whitters give a presentation at the house of delegates.

Adjournment

Tasks for Upcoming Year:

- \*Report to and receive feed back from Ketchikan Masters regarding the Swim Around Revilla.
- \*Promote and monitor the Y2K Event and The Check Off Challenge
- \*Clean up and add to the distribution database for the Fitness Tips periodical.
- \* Advise and consult with the National Stoke Association on how to improve the Stroke For Stroke fund raiser.
- \* Convert the fitness article package to a PDF file for easier distribution.
- \* Get the award to Tualatin Hills for the Fitness event of The Year.