

USMS Convention — Greensboro, North Carolina. 2012

Committee Name: Fitness Education	Session #: 1	Report #: 4
Committee Chair: Marcia Anziano	Vice Chair: Linda Shoenberger	
Minutes recorded by: Linda Shoenberger	Date/time of meeting: 09/13/2012 2:30 P.M.	

Actions Requiring Approval by the HOD:

- 1.

Motions Passed:

1. MSA to accept the Alaska Masters bit do to the Check Off Challenge.

Number of committee members present: 13	Absent: 6	Number of other delegates present: 25
Committee members present (list all, including chair and vice chair): Marcia Anziano, Linda Shoenberger, Dennis Tesch, Jody Smith, Suzi Green, Kay Miller, Randy Cruthfield, Michael McDonnell, Leslie Scott, Lisa Ward, Tricia Wallace, Pam Dameron, Ken Winterberger.		

Minutes

The meeting was called to order at 2:30 P.M.

1. Jim Matysek gave a GTD update – over 3,000 members. There is a new system on Flogs for people to order suits 500 miles by color and size – will be available soon.
2. Questions for emails about GTD - should someone at the National Office be answering these questions. Decision was to eliminate the Yahoo email from the website. Publish the email that goes to the National office and copies the Yahoo account as emails directly to the yahoo account do NOT go to the National office now. In that way they will get all emails coming in on GTD.
3. Jim agreed to give us 10 random names and their email addresses for doing features on GTD swimmers.
4. Jim suggested we use the forums to promote the fitness challenges. This will be studied beginning in the next conference call.
5. Laura Hamel is visiting all the committees noting that they plan to make the website a lot more friendly to a new person. They will make it easier to navigate. For people who are looking for a healthy lifestyle, they should be able to find a quality product. She is working with freelance writers. She asked us what we would like to have people know about fitness education. Professional writers can do the article, we can provide the ideas for the content. They want to push more content onto the website. We will compile an initial list and provide changes to Laura for that list. During our first conference call we will select an individual to lead this process.
6. Fitness Blasts to the fitness chairs in the LMSC's will continue to come from the committee.
7. Laura is reviewing the material on the current fitness pages, we will also review this material and provide input to Laura on what we want to retain or have changed.
8. Reiterate the mission statement health, wellness, fitness. We are here to promote fitness.
9. No one was nominated for the Fitness Award. The committee was unable to promote this award to the LMSC's to submit nominations. It was suggested that we contact the coaches for ideas for the Fitness Award as fitness is a huge part of Masters swimming. The committee needs to outline what the Fitness award really is for, basically redefine it.. Capture the mission statement. We will take this on as a project early this year..
10. Check Off Challenge. Presentation by Alaska for 2013 Check-Off Challenge Map of Alaska so you can see where you are in the challenge. 20 events. Added the 800 IM and open water event. They will offer promotional deals to coaches. It was suggested they be prepared for orders throughout the year.

11. Motion to accept the bid from Alaska Masters.
12. GTD - Marcia talked about her experience with a lady who joined because of GTD. It's about a goal but not the competition.
13. Awards have gone better this year- elimination of email awards has helped with this issue.
14. The Fitness workout will be Friday morning – all are encouraged to attend and receive a free reward!
15. Saturday Brown Bag lunch will be by the outdoor pool at the hotel. Grab some lunch and join in on the discussions about ideas for fitness swimmers. The lunch will begin about 12:30 but if you swim, just come join us when you return. We encourage swimming. And we don't mind you coming in late.
16. We will be contributing to Streamlines for Coaches. Ideas on how to promote our programs will be sought and published
17. WE will go back to the Pick Six challenges and start implementing them via the Forums. Suggested that some were seasonal, so will possibly break these into groups.
18. Work on all of this will begin with conference calls in about 3 to 4 weeks.
19. Jody thanked the committee for all of its work during the year.

The meeting was adjourned at 3:40
