

Committee Name: Fitness Education	Session #: 4
Committee Chair: Mary Jurey	Date/time of meeting: 5/20/20 5:30 PM Pacific
Minutes recorded by: Kathy Englar	

Actions Taken:

- 1. Approved:

Number of committee members present: 14	Absent: 3	Guests:
Committee members present (list all, including chair and vice chair): Andy Seibt		
Anita Cole		
Ann Marshfield		
Brian Cummings		
Chris Campbell		
David Morrill		
Emily Cook		
Karin Wegner		
Kathy Englar		
Kenneth Winterberger		
Lisa Watson		
Mary Jurey, chair		
Matt Miller		
Onshalee Promchitmart (USMS)		
Not present: Brigid Bunch, Jay Eckert, Lisa Ward		
Guests:		

Minutes

Logistics: Zoom meeting was declared a success! Great to see everyone!

Agenda Published in Advance:

- 1) How best to message and encourage the friendship and social aspect of the swimming community while social distancing and staying at home.
- 2) Steps or messaging regarding declined Fitness levels and what to do when re-entering the pool (or the ocean).
- 3) What can we do to entice people back to swimming who may have found alternatives, or new routines?

Mary Jurey opened the meeting after the group shared the good news that several members of this committee live in states where pools have opened and they are back in the water, albeit with restrictions.

- I. Summer Smartypants Fitness Challenge: How can it be converted to virtual and accommodate non-swimming activities for swimmers who aren't back in the water?
 - A. Onshalee reported that approximately 500 swimmers signed up for this event through the bundle. USMS staff is coordinating with partners and working on how to add a dry land option.
 - B. Ideas from the group:
 - 1. Reward any physical activity
 - 2. Use the "Smartypants" theme (i.e. runners would wear cool shorts)

3. Caution about encouraging activities that people can't do (for example, if they don't have pool access)
4. Use USMS communication and open a discussion on forum to solicit fitness ideas from members and encourage members to post how they are exercising

C. Mary's summary:

1. We need USMS help to reach out to the people who have already signed up for the summer SmartyPants event and get input on how they would like to see it take shape
2. Let's get a USMS thread going to solicit input and experience

II. Encouraging the social connection that most swimmers find to be a valuable part of their participation on a USMS team

A. The group shared many personal anecdotes about missing those connections and how their teams are keeping them with online social events.

B. The theme of passing an item has trended with students on Zoom classes and the "Don't Rush Challenge" (good example here: <https://swimswam.com/russia-nominates-americans-poland-nominates-australians-in-viral-challenge/>)

These videos have gone viral and passing goggles might work for USMS

III. Recommendations for re-entry to water after this period of declining swimming fitness.

A. USMS addressed in recent Streamlines article:

<https://www.usms.org/fitness-and-training/articles-and-videos/articles/what-swimmers-should-know-when-returning-after-a-long-layoff> but repetition of this message will be good.

B. Be sensitive to the reality that some states/pools have opened while others have no timeframe for reopening

C. Several ideas shared (no pace clock, rest not interval, etc.)

IV. How to bring members back to swimming if they have developed new exercise habits that they are enjoying?

A. Social aspect of team membership is key

B. Fitness events may be even more important to build connection of swimmers with USMS

C. Concern about whether clubs will have capacity for all members to return given limits on swimmers per lane (Action item given to Onshalee and Chris to get input from Dawson and Peter on how lower capacity can/will be managed.)

V. Two Action Items

. Social connections: use the many ideas this committee and other swimmers have mentioned

A. Fitness: work with USMS on ideas to add dryland components to USMS resources and tracking (Go The Distance.)