Committee Name: Fitness   Session # (if more than one meeting): _____   Cmte. report #: __18__

Minutes recorded by: Jody Welborn   Date/time of this meeting: 9/11/03 @4:30-6:00 pm

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ACTION ITEMS
PROPOSED EXPENDITURES

1. None

ACTION ITEMS

1. Fitness events awarded to: a) -Check-Off Challenge :Oregon Masters Swimming/Jody Welborn; b) 30-Minute Swim: Ohio Masters/Tom Spence; c) Virtual Swim Series: Florida Mavericks/Margie Hutinger.
2. Fitness Award awarded to both the Florida Mavericks and Pam Himstreet.

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

Number of committee members present: 12   Absent: 7   Number of other delegates at this meeting: 13

Committee members present (list all): Jani Sutherland, Bill Grohe, Ann Gilbert, Art Figur, Jennifer Parks, Jane Moore, Lee Carlson, Margie Hutinger, Jody Welborn, Bill Volckening, Dick Sidner, Dore Schwab, Pam Himstreet

MINUTES

1.Introductions were made.

a. Review of annual report: Committee efforts geared to swimmers whose main goal is NOT competition. Over the past year the committee has worked on developing the website and posting information for the website. Bill Volckening has worked on getting the information on the website. The 3 fitness events were reviewed: Check-Off Challenge, Virtual Swim Series, and 30-Minute Swim.

b. Final figures on the 2003 Check-Off Challenge: The event was reviewed. 177 T-shirts were sold and the event earned $ 750 NEM, the sponsoring LMSC. Goal is to open events to bids in 2005 for any team or LMSC in USMS. Discussion was held about publishing the names of participants on the USMS website. Directors of the Virtual Swims and 30 Minute Swim this year plan to do so.

A question is made about whether you need to be a USMS swimmer to participate. At the present time, being a USMS member is required but the person can buy a one-event membership.

2. Fitness Handbook was discussed. The Handbook is complete except for the dry-land program and volunteers were asked for to assist in completion. Laura Smith, Jane Moore, Ann Gilbert and Jani Sutherland offered suggestions and assistance.

3. Virtual Swims: One person has completed the entire series. It is pointed out that we need more swims developed and it is recommended that the committee members develop some swims or participate in a swim. Some streamlining of the on-line forms will be performed. A suggestion was made about encouraging coaches to make this a team event.

4. Select teams to host the Virtual Swim Series and the Check-Off Challenge for 2004.
Check-Off Challenge: Oregon Masters/Jody Welborn. Virtual Swim Series: Florida Maverick/Margie Hutinger.
30-Minute Swim: Ohio Masters/Tom Spence. **MSA** to award the swims to the above bidders.

5, Article of the Month: Jani Sutherland, appointed second Vice-Chair, will coordinate the Article of the Month, which are posted on the Website. All members are responsible for a month. A sign-up sheet was passed around.

6. Strategies to encourage participation in the Fitness Events. A use of the Fitness events for marketing USMS was discussed. This would include recognition for group swims, and possible ideas for how to use the swims for motivation posted on the Internet. It is important for all the committee members to participate in these events.

Lee Carlson reported on the first 6 months of the 30-Minute Swim. There are 20 entrants to date. He would like all committee members to participate in the 30-Minute Swim. He will also discuss this with the Coaches Committee. He suggested talking up the event and posting information about the swim on the discussion forum. It has also been suggested that it be promoted with the One-Hour Swim and run in conjunction with the event. It could also be promoted as a Holiday Fitness event or a warm-up for the Hour Swim.

One-half page blurb about the fitness events was sent out to the newsletter editors.

At the present time, not only do we need to promote the events but we need to make people aware of these events.

7. Ideas for the website. It was suggested that we work on promoting the Getting Started portion of the Fitness website. And we need to have a greater presence (a promotion of Fitness events or articles with description) on the Home Page. This will be discussed with Jim Matysek.

8. Website Based Fitness Events: An example is an indoor triathlon using the exercise bicycle, treadmill, and swimming. Another possibility is a timed event such as 30-Minute swim, 30-minute run, 30-minute bike. Fun-athlon. Additional ideas would be celebration (birthday) or holiday swims or fitness activities. Perhaps these could be promoted under the title "Making Fitness Fun". Pam will start organizing this. Send ideas to her at fitness@USMS.org.

9. Voting for Recipient of the Fitness Award for 2003. Pam Himstreet was nominated for developing the Virtual Swim Series and promoting the Fitness committee. Margie Hutninger and the Florida Mavericks were nominated for team participation in the Virtual Swim series and promoting fitness activities (the whole team is doing the Virtual Swim and they are writing a Virtual Swim). A motion was made to award the Fitness Award to both the Florida Mavericks and Pam Himstreet. **MSA.**

10. Discussion of local team fitness activities with committee members. Dick Sidner from GRIN talked about fitness events around the One-Hour swim. He will submit this to Making Fitness Fun .

The meeting was adjourned at 5:55 pm.

TASKS FOR THE UPCOMING YEAR

1.   Continue to promote the fitness events: Check-Off Challenge, 30-Minute Swim, and Virtual Swim Series.
    a.   The committee members will do the events and promote them within their teams.
    b.   Promote the events with USMS fitness chairs, with the newsletters and with coaches.
    c.   Promote the events on the Website.
    d.   Add more Virtual Swims. Volunteers have come forward for 8 new Virtual Swims.

2.   Develop a Making Fitness Fun site as part of the Fitness website that will provide members with fun ideas for fitness and swim activities.

3.   Support event directors for 2004 Fitness Events.