

**Fitness Committee Report
Meeting Report September 25, 1992**

Voting members present: Betsy Owens, Betty Barry, John Zell, Rocky Motter, Rhea Wilkins, Greg Spire, Gerry Rodrigues, Mark Clark, Dore Schwab Jr., Scott Rabalais, Shannon Sullivan.

The committee report included a redefinition of the "fitness swimmer" focus based on the results of surveys which indicate that "fitness swimmers" include a variety of swimmers, including those who never compete, infrequently compete, or compete on a regular basis. The focus should be on developing activities which any level of swimmer can participate regardless of swimming ability or primary swimming focus. The activities should be non-threatening to the non-competitive swimmer.

A second survey revealed that successful fitness programming requires adequate staffing for successful implementation. Consequently, any program planning should be implemented on two levels, one for those LMSC's which do not have sufficient personnel to carry out the planning, and the other for those clubs and LMSC's which have adequate staffing but needs ideas.

The committee discussed and approved the following projects for the coming year:

1) Because of the fitness committee overlap with other committees, liasons have been appointed whose job it is to consider tasks and ideas with other areas of USMS. They will report back to us next year and be in communication with the other committees as to their ideas. If acceptable ideas are developed, any overlapping action would be done in co-ordination with the other committees.

Liasons: Coaching-Gerry Rodrigues
Marketing-Dore Schwab
Newsletter-Dore Schwab
Medical-Rhea Wilkins
Open Water-Shannon Sullivan
Long Range Planning-Greg Spire

2) Coaching the Fitness Swimmer: Coaching seems to be a major way to reach and retain the fitness swimmer. The mechanisms to assist the coaches will be to increase the communication with coaches via a) the USMS newsletter and b) a packet which can be distributed to the coaches and to significant persons within the LMSC for distribution.

A sub-committee is available for the packet preparation: Dore Schwab, Mike Collins, Don Mehl, Gerry Rodrigues, Krista Phillips, Greg Spire, Mark Clark, Rhea Wilkins.

The coaches packet will include an outline for a 1 day clinic which all swimmers will feel appropriate to their levels. Local coaches can be used or "high power" names.

3) February Fitness Challenge: This was a major success in Southern LMSC, implemented by Scott Rabalais. Scott has agreed to offer this on a National level. It will be offered as a "sponsored event" and additionally used to bring in non-USMS fitness members.

4) The decision was made to retain "Fitness Month" in February. Although the decision was to implement programming on a year round basis, it was felt that one month as a focus would benefit a continued definition of fitness activities. We will be able to use Swim magazine to help promote this concept.

5) Directions to the LMSC Fitness Chair. The survey revealed that many fitness chairs did not have adequate direction for managing their portfolios. Beginning direction was provided, i.e., calendars will be sent to the fitness chairs as to upcoming activities. (We will also have access to Mel Goldstein's USMS meet schedule announcement.) Rhea Wilkins will communicate with the chairs as to ideas and programs. Marcia Marcantonio will work with Rhea in this function.

6) USMS 2000 yd postal. This has been done for the past two years and will now be a function of this committee. Niagara District and Betty Barry will be responsible for implementation. Time frames need to be finalized.

7) New Survey: Swim magazine will be conducting a survey of its readers and the fitness committee will be able to utilize a portion to measure fitness interests. Mark Clark has volunteered to coordinate the data via University volunteers. A system of 7 regional Masters members have volunteered to assist in data collection.

The meeting was adjourned at 11 a.m.

Betsy Owens, Fitness Chair

UNITED STATES MASTERS SWIMMING CONVENTION

SEPTEMBER 23 - 27, 1992

MINNAPOLIS, MINNESOTA

COMMITTEE Fitness - AD HOC

CHAIRMAN Betsy Owens RECORDER Betsy Barry

VOTING MEMBERS PRESENT:

Betsy Barry - Neag, JOHN ZEL, Rocky Motter, Rhea Watkins
Greg SPIRE, GERRY RODRIGUES SPMA; Mark Clark/N.Texas Assoc Schwab, Jr

NON-VOTING MEMBERS, VOICE AT OPTION OF THE CHAIRMAN

<u>Joan Glaraton Fla</u>	<u>DAVID DEAL, POTOMAC VALLEY</u>
<u>ALAN LEVINSON PACIFIC</u>	<u>ROBERT E. ZGUTNER - CMSA</u>
<u>CRIS ALLEN PACIFIC</u>	<u>Bill Stuthers - New Jersey</u>
<u>BILL HALL NORTH TX</u>	<u>David Grilli NEMS</u>
<u>Carl Chittim Arizona</u>	<u>Diane Reed - NEM</u>
<u>Krista Phillips N.C.</u>	<u>RICHARD DEAL - SWIM MAGAZINE</u>
<u>Linda McCowan VA</u>	<u>TOM LYNDON - NEW ENGLAND</u>
<u>MICHAEL COLLINS - PACIFIC</u>	<u>Marilyn Early Michigan</u>
<u>LYNN HAZENWOOD, POTOMAC VALLEY</u>	<u>Pam Armstrong Oregon</u>
<u>PATRICIA DIEHL, POTOMAC VALLEY</u>	<u>Sandi Rousseau - Oregon</u>
<u>Babs Larson - Indiana</u>	<u>Bill REID - MICHIGAN</u>
<u>GEORGE CUNNINGHAM, PACIFIC</u>	<u>Edie Jacobson - Wisconsin</u>
<u>Pat Malley - Ohio</u>	<u>JIM WHEELER - PACIFIC</u>
<u>Carolyn West - Inland Empire</u>	<u>RUTH WINN - PACIFIC</u>

Please attach a copy of the Minutes of your meeting to this form and return it as soon as possible to Mel Goldstein, USMS Secretary. It must be handed in **BEFORE** you leave the Convention.

GINNY HALE - LA Southern Peter Crumbine - Conn
PAT WILSON - SOUTHEASTERN Todd Samland - Midwestern

All Committee actions require approval of the House of Delegates. Any such actions **MUST** be handed to Mel Goldstein **PRIOR** to the House of Delegates meeting.

Peggy Buchanan - Colo. MICHAEL HITCHCOCK - SOUTH TEXAS
Marcia Marcantonio/South Texas

Sharon Sullivan
Local Fitness Co-ordinator
South Pacific Masters Assoc.
SBMA