

**FITNESS COMMITTEE**  
**September 23, 1993**

Voting members present-Betsy Owens, Rhea Wilkins, Betty Barry, John Zell, Dore Schwab Jr., Greg Spire, Shannon Sullivan, Scott Rabalais, Terry Laughlin.

**Status of Current and Proposed Events:**

**Fitness Challenge:** The purpose was to encourage swimmers to participate in regular and consistent practices as well as to record their yardage. This year, 606 participants were sponsored by Speedo, the Fitness Committee and the Southern Masters LMSC. Terry Laughlin developed "Ten Great Tips for the February Fitness Swimmer" that was published in Swim Magazine. Each participant received an Achievement Certificate, a Fitness Challenge swim cap, and a copy of the results. Medals were given to the Top 3 in each age group, and commemorative T-shirts could be purchased.

Next year, the event will be expanded to the international level. Scott Rabalais has already sent letters to 37 different countries and has been contacted by a few. Co-sponsors have been contacted and include Swim Magazine and the American Lap Swim Association. Speedo plans to sponsor the printing of Terry Laughlin's "Ten Great Workouts for the February Fitness Challenge". The goal for '94 is to attract 1000 participants. It was suggested that an increased fee for postage be charged for international participants, and that their names be given to marketing so that they can be encouraged to join other USMS events.

**2000 Yard Swim:** This year was the first time the event was open to non-USMS swimmers. There were 436 swimmers, and one third of these were non-USMS. The non-USMS swimmers correspondence reported that they appreciated being offered a program, and Betty Barry plans to send a USMS informational packet. It was suggested that along with the results all non-USMS swimmers also be sent a list or entry forms for our Postal Events. The '94 event will be held between May and June.

**Summer Open Water Fitness Swim:** The goal is to encourage swimmers to participate in open water swimming. Points will be awarded for each open water swim, and each swim must be at least 20 minutes in duration. Points will be awarded based on the location of each swim. One point will be given for swimming at a "homebase" location, and two points for swimming at each different location. The time frame for this event will be May 15 - September 15, to accomodate regional variation in water temperature. Guy Lewis of Southern Pacific will be the organizer. A suggestion was made that a list of all USMS sanctioned, approved or sponsored events be included with the entry form to inform swimmers on available open water events. Safety guidelines should be included on the form.

Postal Fitness Event: Only 2% of the swimming population is able to swim a continuous 500 yards. This event will motivate the novice swimmer to achieve this goal, and will encourage strong non-USMS participation through the Swimming publications. Speedo has expressed interest in sponsoring this event. The plan is to offer this event as a year long activity and USMS literature will be forwarded to non-USMS members. Pacific Masters will take responsibility for its development and implementation.

The President's Fitness Council: Terry Laughlin has working in conjunction with them to change its current fitness swim program into one that would be more challenging and would encourage swimmers to higher levels of fitness. A sub-committee will determine which levels of achievement can be accomplished within a 4 month period. The Council is receptive to our preliminary recommendations, and run a test program for a year. A national program could be developed with the USMS name and logo associated with it. Some changes were suggested to the yardage standards and a subcommittee will meet to discuss further changes.

Bidding Process: The possibility of opening up these events as well as other Fitness Committee events to bidding was discussed. Projects should be affordable and profits should not be directed towards individuals but towards swimming groups. It is essential to maintain flexibility in standards so that creativity can be maintained. A sub-committee suggested that each project would be given a 3 year creative protection period during which time their ideas would not be used by anyone else. The profits will be used to benefit groups and not individuals. Those ideas would be open to bid subsequent to that time. There was concurrence that Scott Rabalais would be given a 5 year "grandfather period" for his pioneering efforts in developing the Fitness Challenge.

Local Fitness Promotion:

Fitness Swimmer Clinic Packet: The packet was developed by Mike Collins, and he suggested that we divide it into two parts...one for the novice swimmer and the other for the competitive swimmer. The packet would be sent out to each LMSC and they would be encouraged to run at least one novice level clinic before introducing the competitive clinic. A subcommittee was formed to develop a package of progressive clinics and camps that could be distributed to the LMSCs.

Fitness Newsletter Packet: A packet of fitness articles will be compiled by Krista Phillips and will be made available for a small fee to each LMSC Fitness Chair or Newsletter Editor to be published in local newsletters.