

## FITNESS COMMITTEE

**Date:** 13 September 1996  
**Time:** 2:11 pm to 3:33 pm  
**Place:** Omni Rosen, Orlando, FL - Salon 2

### I. ROLL CALL

**Committee Members Present:** Joe Tesmer (Chair), Sarah Hromada, Dore Schwab, Jr., Phyllis Gill, David Grilli, Joan Fox, Lore Gibson-Rick, Rob Whitters, Edie Gruender, Meegan Wilson, Kathy Keffer-Sharpe, Sharon Wise.

23 non-voting participants attended.

### II. BUSINESS

**Insurance:** Three members of the Insurance Committee (Forrest Sullivan, Colleen Driscoll and Sandi Blumit) attended at the request of Joe Tesmer. A brief discussion of Insurance requirements as they relate to Fitness Events was held. A recommendation to add a member of the Insurance Committee to the Fitness Committee was discussed. A motion was made by Dore Schwab, and seconded, to implement this suggestion. The motion passed.

One-day registration of fitness events was discussed as it pertains to fitness events. It was indicated that the current one-day registration provisions apply only to clinics and swim meets. It was decided to research a legislation change for the 1997 National Convention.

**Fitness Bids:** It was reported that no fitness event bids were received on time this year and that there had been a poor showing at the fitness events held in 1995-96.

A motion was made by Susan Hromada, and seconded by David Grilli, to delete the statement on the Fitness Bid Form providing protection of an original idea for 3 years then opening the event up for management by the national committee. It was felt that the wording of this statement indicated that events would be taken over after 3 years, depriving a club or LMSC of a viable resource. The motion to delete the statement was voted on and passed.

Three fitness bids were reviewed by the committee. David Grilli bid on holding the Fitness Check-Off Challenge, Sarah Hromada bid on holding the Postal Pentathlon and Bill Black bid on holding a Club Fitness Event (i.e. a club could swim x miles in a set time period to qualify for an award). Dore Schwab made a motion to promote all three events. The motion was seconded by Lorie Gibson-Rick, voted on and passed.

Joe Tesmer posed a question on how to reach more people concerning Fitness Events. Suggestions made included:

- a. Utilizing Web Pages
- b. Providing entrance forms to all LMSC Fitness Chairs and Chairmen.
- c. Placing forms in LMSC Newsletters
- d. Consolidating mailings to combine mailing lists and cut postage costs
- e. Publicize results
- f. Target other venues (i.e. Swimming World, Fitness Swimmer, etc.)

**Fitness Package:** David Grilli presented his work on establishing a Fitness Package. Copies of his current package were distributed. This effort will continue with requests made to the LMSCs to provide additional articles. The listing of these articles on the USMS Web Page was also

discussed.

**Fitness Award:** Last year's recommendation for an individual Fitness Award was reviewed and determined to be unworkable. Rob Whitters recommended that the Fitness Award be made a Club or LMSC award where the Clubs and LMSCs could recommend each other or themselves for a national award based on their support of USMS Fitness Principles. David Grilli made a motion, seconded by Dore Schwab, to accept this recommendation. The motion was voted on and passed. It was noted that a nomination form would be developed and provided to all LMSCs for use in nominations for an award in 1997.

**Corporate Fitness:** In the past year, an effort has been made to get corporations to recognize the Masters' contribution to fitness. In this vein a member to the committee, Susan Hromada, attended the Wellness Convention in June. Susan indicated that her feeling of the convention was that this was not the audience that USMS is looking to target. She also indicated that Jane Katz, a Master Swimmer, was a presenter at the conference. Stephanie Walsh suggested that Jane might be an ideal candidate to act as liaison between USMS and the Wellness Convention for future contact.

The Fitness Committed was recessed at 3:33 pm and will review plans for the next year at noon on Saturday, 14 September 1996.