

1998 Fitness Committee Minutes

October 2, 1998

Action Items

*** Add Budget Line Item "Event Expense" of \$500 for patches. See item V.2 below.

Attendance

Number of committee members present: 12 Number of committee members absent: 4

Number of delegates attending the meeting: 33

Minutes

I. Meeting called to order at 9:00 a.m.

II. Review of the committee's 1998 goals.

The Fitness committee will continue to focus on serving our current membership. A clear definition was made that we will not focus on marketing to the outside, as that is not our charter.

III. Introductions

IV. On Going Projects

1. Fitness Award

We received no nominations for this year, probably due to the fact that not many members know that the award exists. Rob will review the current description of this program and the nomination form. We will initiate communication to LMSC Fitness Chairs, Newsletter Editors and Coaches to promote the award and solicit nominations for next year.

2. Fitness Events

- The Postal Pentathlon is running again this year and we assume that it will run in 1999. This has been a successful and consistent event for fitness swimmers and can be done in the comfort of their own pool.
- The Check-off Challenge had 60 participants last year and will run again this year. David and Tracy received much encouragement from the group to take this event into 1999 and work through coaches to raise the participation numbers.

3. Fitness Package

The package of fitness articles grew a bit in 1998 and is available.

4. Fitness News Package

This mailing to LMSC newsletter chairs included fitness information that they could use as filler material in their newsletters. We plan to do three mailings in 1999. Committee members will send their contributions to David.

5. SWIM Magazine Focus on Fitness

This column for fitness swimmers appears in each issue of SWIM. Topics for the upcoming year were assigned. Jan/Feb: New Years Resolutions and Goal Setting; Mar/Apr: Creative kicking sets; May/Jun: Open Water (Cindy); Jul/Aug: Pace Clock 101; Sep/Oct: Lane Etiquette (Dan, Lorie); Nov/Dec: Check-off Challenge war

stories and new year kick-off (David, Tracy); Other ideas included: weight training and stretching for injury prevention (Bobbie Callison).

V. New Projects

1. Fitness Website

Dan Frost will be updating the Fitness section of the website to include articles, links to workout sites and other fitness related material.

2. USMS 500 Swim

The 500 swim will be an event that swimmers can complete in their own workout. They will be able to check measure their progress in both stroke count and time. Tina will work with Cindy to come up with the achievement levels and program development. Mo will design a simple "bar-style" patch. David will work his connections with Speedo to pursue sponsorship with several stroke count watches that will be awarded as "raffle" prizes to lucky participants. Dore will talk to patch vendors.

A budget line item was added in the amount of \$500 to cover the patches expense. Participants will pay a minimum fee to cover the cost of the patches and postage.

VI. Committee Communication

A Database of committee names, addresses, phone/fax numbers and emails was created. The committee agreed to do their communication via email and those without email will be updated by fax.

VII. Future Projects / New Business

- Two committee members who are considering submitting fitness event bids received input from the group. A 24-hour swim (Tina) and A 2000 Fitness Challenge (Lorie)
- There is some confusion on what the role of the LMSC Fitness Chair is. The committee agreed to look into providing a definition of this position.