

# 1999 Fitness Committee Minutes

September 17, 1999

## Action Items

\*\*\*THERE WERE NO ACTION ITEMS!!

\*\*\*

\*\*\*

## Attendance

Number of committee members present: 10 , Number of committee members absent 10  
Total number of delegates attending the meeting: 32

## Minutes

*Minutes should follow the order of the committee's agenda.*

**I.** The goal this year is to get everyone on this committee working actively within the Fitness Committee. The purpose of the fitness committee is to support, promote events, and inform the 36,000 USMS registered swimmers. We want to promote events and add a lot of value to USMS.

Currently we have two fitness events we are involved in and in compliance with USMS:

1) POSTAL PENTATHLON. Minnesota Masters Swim Club and Minnesota LMSC will continue to sponsor this event. We would like to give it more press to increase participation in this event.

2) CHECK OFF CHALLENGE, had 205 swimmers from around the world in 1999. You can complete the events in workouts. The idea is to try different events. There is no time limit to complete this event.

New proposed fitness events to promote are:

1) Y2K TRIATHLON. Essentially it is three different sets to be done in a workout: VO2 to the Max 6x100 @ 4:00; Pump Up Your Arms and Legs 300 kick/300 pull/300 swim; Descent into Fitness 5 x 200 on a forced descending interval. You add up your times and awards are distributed based on your time. The proposed time frame to complete the event is April 1st to May 31st 2000, however this may change. The committee will promote this event.

2) USMS 500 SWIM. Time ran out for discussion on this event.

3) Additional discussion ensued regarding the February Fitness Challenge.

February Fitness Challenge desires feedback in improving this event. Two new things for the event this year: recognition for groups; and recognition for the number of days you go to the pool and swim. They want to de-emphasize the number of yards. The spirit is for fitness, and it is not a competition, therefore they are making these changes to this event. LMSC's and/or clubs can award within their organization separate awards for February Fitness Challenge, especially if it promotes participation in the National event. One club gets sponsors for how many yards are swum and the monies raised are donated to a local non-profit organization. The fitness committee will promote this event.

## **II Information Services:**

a. Focus on Fitness in Swim Magazine by Mo Chambers. Mo will continue writing this article.

b. Fitness Committee Quarterly was renamed Fitness Tips. This publication was distributed twice this year. Goal is four times per year. About 3 pages of ideas, suggestions and general information on fitness. This is sent to the LMSC Newsletter editors. Please send your information, ideas, articles to David Grilli.

c. Fitness Articles Package. David has been keeping for about 4 years various fitness articles. He has about 20 on disk and over a 100 others. Doug Garcia volunteered to take over this project.

d. Web Site Fitness Information. Dick Brewer volunteered to be the liaison to work with Computer On Line to get information on the website, especially for information on events happening.

## **III Fitness Award:**

A subcommittee headed by Rob Whitters, was appointed to review this award, and establish criteria.

## **IV Budget:**

We spent none of the \$1100 we were budgeted for 1999. David will be circulating a budget report for 2000 within the next few months.

## **V New business:**

A subcommittee was appointed to write up a job description for LMSC's Fitness Chairs.

**Adjournment 10:20 AM**

## **Tasks for Upcoming Year:**

\*Define the Fitness Award.

\*Write a job description for the LMSC Fitness Chair

\*Distribute news and keep the membership informed regarding fitness events.