

USMS CONVENTION – Greensboro, NC - 2005

Committee Name: **Fitness**

Cmte. report #: 7

Minutes recorded by: Date/time of this meeting: 9/15/05 3:00 pm

ACTION ITEMS - PROPOSED EXPENDITURES

1. **NONE**

ACTION ITEMS - OTHER

1. **MSA** to develop a liability disclaimer for health related fitness content on the fitness website.
2. **MSA** to award Fitness Events as follows: Check-Off Challenge –Federal Way Masters, 30-Minute Challenge-Indy Swim Fit, Virtual Swim Series-OMS.

Committee Chair: Pam Himstreet Vice Chair(s): Jani Sutherland, Bill Volckening

Number of committee members present: 13 Absent: 10 Number of other delegates at this meeting: 20
Committee members present: Pam Himstreet, Jani Sutherland, Bill Volckening, Mary Sweat, , Margie Hutinger, Jennifer Parks, Randy Crutchfield, Raena Latina, Janet Latham, Tom Mester, Ann Svenson, Karol Welling.

MINUTES.

The meeting was called to order at: 3:05 pm

1. Web and magazine report: Bill Volckening reported on USMS Swimmer magazine and philosophy addressing what USMS represents as well as content and balance in the magazine. With respect to the website, the Fitness articles posted on the website are up-to-date. Marian Briones introduced herself and discussed the website briefly. All updates to the website should be sent to Jim Matysek. Remember the Webmaster will need lead time to update the web and a time frame of 2-4 weeks was mentioned.
2. Articles of the month. Jani Sutherland discussed the difficulties generating the articles of the month and getting committee participation. Issues with respect to content were also raised and the possibility of a review process for the articles was discussed. Hugh Moore reviewed the upcoming editorial review process (to be implemented), which will include style, and content, as well as direction to appropriate experts to review the timeliness of material and its accuracy. A goal of the review process will be to keep the articles timely and safe. Proper attribution of the source is important whether it be the author of the article or reference to the website from which the article came. For flow purposes, articles originate from the designated author and will go to Jani who will forward the article to the Content Review Board for final review.
 - a. We will use the newsletter editor list and the fitness chair lists to solicit articles.
3. **MSA** to include a disclaimer regarding liability, identical or similar to the disclaimer on the Sports Medicine area of the website, for all fitness articles. Jody Welborn will be in touch with the appropriate Sports Medicine committee member to obtain and review the current wording.
4. Progress of the 2005 fitness events.
 - a. Check-Off Challenge: There are approximately 80 entrants. Still have about 70 t-shirts in inventory. Suggestions made regarding further events.
 - b. 30 Minute Challenge: OHIO is running it for 2005 and they are over 100 participants at this point.
 - c. Virtual Swim s: There are automated log forms on the Fitness website thanks to Mary Sweat. It was agreed among the committee members that the Virtual Swim Series should live on. Oregon has volunteered to run the Virtual Swim Series with a feature swim to be designed to promote the World Games. This will likely incorporate an individual and a relay swim. Mary Sweat and Jody Welborn will design this Virtual Swim and promote it actively to other LMSCs. Virtual Relays swims were also discussed, perhaps timed to a significant distance swim, i.e. SWIM with JIM (who will be swimming the English Channel).
5. Fitness events awarded for 2006: 30 Minute Challenge: Indy Swim Fit. Check-Off Challenge: Federal Way Masters. Virtual Swim Series: OMS. Of note, a \$200 stipend from Pill-Free Vitamins will be donated for all 3 fitness events. MSA to award as above.
6. Making Fitness Fun. This will be an article to appear as a Fitness article of the month.

The meeting was adjourned at: 4:11 pm.