

# USMS Convention — Atlanta, Georgia 2016

<b>Committee Name:</b> Fitness Education	<b>Session #:</b> 1 of 1
<b>Committee Chair:</b> Mary Jurey	<b>Vice Chair:</b> Brian Cummings
<b>Minutes recorded by:</b> Robin Smith	<b>Date/time of meeting:</b> September 22, 2016 11:30 AM

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## Actions Requiring Approval by the HOD:

1. None.

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## Motions Passed:

1. None.

<b>Number of committee members present:</b> 11	<b>Absent:</b> 6	<b>Number of other delegates present:</b> 48
<b>Committee members present (list all, including chair and vice chair):</b> Mary Jurey (Chair), Brian Cummings (Vice Chair), Brigid Bunch, Anita Cole, Karen Gernert, Fares Ksebati, Robin Smith, Lisa Watson, Karin Wegner, Ken Winterberger, Skip Thompson (EC)		
<b>Committee Members Absent:</b> AJ Block, Stacy Broncucia, Aubrey Gustafson, Robin Walker, Lisa Ward, Kyle Deery (Ex Officio)		

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## Minutes

The meeting was called to order at 11:30 AM.

1. Attendees participated in an interactive fitness education activity – “Swimmer Jeopardy”
2. Committee discussed the plan and implementation of the proposed “Half Hour Swim Postal Event”. Issues and questions included: Who will sponsor and manage the event (i.e., USMS National Office, Fitness Committee, LMSC, Club Team)? How will donations to Swimming Saves Lives (SSL) be administered? How will the event be organized – especially around the registration of participants and tracking of “results”?
3. General discussion regarding a specific path for disseminating fitness plans and ideas. How can USMS make swimming an option for exercise? Ideas included: identifying barriers to entry, creating a welcome packet targeting fitness swimming and fitness-specific events, collaborating with the Sports Medicine and Coaches Committee regarding the communication of health tips targeting swimming as “exercise”.
4. Current challenges with the “Check-off Challenge” were discussed. Decreased registration numbers

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## Tasks for the Upcoming Year

1. Develop and implement plan for the Half Hour Swim as a Fitness Postal Event – “30 Minutes Can Save A Life”.

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The meeting was adjourned at 12:16 PM