

## FITNESS

Agenda item #

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Committee Chair: David Grilli

Recorder: Cindy Hawkinson

Attendance: 16

Number of committee members present: 5

Meeting called to order at 8:02 a.m. by Chairman, David Grilli. Introduction of the committee and audience.

Committee members were informed to be sure information in the convention package is updated so that information can be distributed timely.

### Fitness Award

Gave award to the February Fitness Challenge last year. No event was nominated this year. Would like to establish a sub-committee to seek nominations and set up procedures. Art Figur of Connecticut has volunteered to head up this sub-committee. Get to all newsletter editors.

### Fitness Events

- a. Swim around Revilla - did not happen this year. Event organizers from Katchikan, Alaska were unable to follow through.
- b. Y2K Event: Rick Harris reported that many problems happened with this event but had 30 entries. Awards were distributed and because of the problems entry fees were refunded.
- c. David reported that the insurance committee has told us that only recognized masters swimmers can swim in these fitness events.
- d. Check Off Challenge: David reported on this event. 20 events on the back of a t-shirt and as you did an event you check off the event. Idea behind this was to get people to try events they had never tried before. Do it in a workout or a meet. Try something different. 100 people this year. Its advertised in SWIM magazine and circulated throughout teams all over the world. The Grillis will continue to head up this event again this year.

### New Events or Ideas

- a. Mileage Goals: Many pools or clubs have recognition awards. 50 miles, 100 miles, etc. An organizer would be needed. T-shirts would be a nice award.
- b. Margie Hutinger spoke of a non-competitive event 'Swim the Florida Coast'. No time limit; t-shirt given to those who completed the event. ACTION ITEM: ADD TO THE BUDGET \$500-\$1000 FOR 'SWIM A DISTANCE (i.e., Swim the Florida Coast, Around the World, etc.)
- c. Fitness Kit: ideas-outline for swim clinic, ideas for events, achievement award ideas (patches or pins - I swam 50 miles, I did the 500 free, I lost 10% of my body fat, I doubled my distance, etc.) Rick Harris, Rob Hale, Lee Carlson and Dotty Whitcomb will work putting together this kit and report back at next convention. Kits will be mailed to the clubs. All Fitness events will be included in this kit: Check Off Challenge, Postal Swims, etc.

### Fitness Tips Editorial

- a. All Newsletter Editors are in a database that David would send out ideas 4 times a year. He would like to see someone take this over for next year. It requires some time and diligence and staying on a calendar. David will continue this for the next year.

#### Long Distance Emergency Rule Change

A Rule Change submitted by Lake Erie LMSC. In the long distance open water swims (5K, 10K) typically is a time limit. If not completed in the time limit, the person not be disqualified but would be placed where they were when the time expired. Discussion: event director has the perogative to set a time limit, this is not a fitness rule but a long-distance rule .

#### **Adjournment**

##### **Tasks for Upcoming Year:**

\*Rick Harris is forming a sub committee to start construction on a fitness events kit for use by local clubs.

\* Art Figur will head a sub committee to call for nominations for a Fitness Award.

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