

USMS CONVENTION – DALLAS, TEXAS - 2002

Committee Name: Fitness

Agenda item #: 20

ACTION ITEMS

- 1. Establishment of 3 new Fitness events for 2003: 30 Minute Swim, Check-Off Challenge, and The Virtual Swim Series.**
- 2. Produce an “ Article of the Month” for the Fitness website.**
- 3. Establish Liaisons from the Fitness Committee to USMS Committees.**
- 4. Develop and publish a Fitness Handbook.**
- 5. Continue to develop the Fitness Section of the USMS website.**
- 6. Award the 2002 Fitness Award to Bill Volckening for his work on the Fitness portion of the USMS website.**
- 7. 2000 Fitness Award will be purchased and presented to the Tualatin Hills Barracudas (see Fitness minutes from 2000).**

Committee Chair: Pam Himstreet

Vice Chair(s): Jude Bourque

Number of committee members present: 13 Absent: 8 Total delegates attending this meeting: 40

Committee Members present: Pam Himstreet, Jude Bourque, Bill Volckening, Marianne Brogan, Lee Carlson, Ann Gilbert, David Grilli, Cindy Hawkinson, Sara Hromada, Jennifer Parks, Dore Schwab, Jody Welborn, Laura Wright.

MINUTES

Time Meeting Called to Order: 2:15 pm

1. Introductions and review of the annual report.
2. Display and discussion of the Virtual Swims.
Virtual fitness swims: These swims will be hosted by Central Oregon Masters Aquatics. The format will be to add up yardage, and total the yardage at the end of the year. The ones that we have completed will be on the website at the end of the year. USMS members will be able to pick and choose among the various swims. Many committee members are attempting to develop or have completed virtual swims such as Crater Lake in Oregon, Lighthouses on the Great Lakes, a “Tarzan” swim down the Amazon, Lake Champlain. All USMS members are invited to create a virtual swim and submit it to the Fitness Committee. Completed swims will be published on the website by the end of 2002.

Virtual Swims developed or being developed:

Jude Bourque: Lake Ponchartrain

Art Figur: Swim Around Manhattan

Ann Gilbert: Lewis and Clark route in Montana

Cindy Hawkinson: The Colorado Trail

Jane Moore: Lake Washington (done)

Jennifer Parks: Lighthouses of the Great Lakes

Bill Volckening: Lake Champlain (done)

Oregon Fitness Chairs: Crater Lake (done)

3. Other fitness events: Check-Off Challenge: New England Masters and Bill Volckening will run this event. It is being highly promoted to encourage swimmers to swim all events, all strokes, during the year. Entry form is available now.

30 Minute Swim: PNA and Lake Erie have offered to sponsor this event. PNA explained how they would do this, which might include dividing this event into 6-month increments. Lake Erie also explained how they would organize this event.

ACTION ITEM: MSA: Both bids were accepted for this event, one for each year: PNA will do 2003, and Lake Erie will do 2004.

4. WEBSITE ARTICLES:

The committee is asked to volunteers to write or solicit articles for the fitness website. The articles should be 800-1500 words in length and should focus on fitness. Articles for the past three months are on the website at this time. These articles will be archived on the website.

FITNESS ARTICLES:

October: Randy Nutt
November: David Grilli
December : Jude Bourque
January: Bill Volckening
February: Ann Gilbert
March: Lee Carlson

April: Cindy Hawkinson
May: Jennifer Parks
June: Pam Himstreet
July: Marianne Brogan
August: Laura Wright
September; Jennifer Parks

5. Fitness Award:

FITNESS AWARD: ACTION ITEM: MSA: Bill Volckening was awarded the 2002 Fitness Award by unanimous vote of the Committee.

6. STRATEGIES: To encourage participation in the fitness events: A member of the committee should communicate with the Fitness Chairs of the LMSCs, and also with newsletter editors. David Grilli volunteered to communicate these people, particularly when the virtual swims and the 30 minute swim are announced on the website.

7. Fitness handbook:

Jody Wellborn is developing a Fitness Handbook, which will be made available to members on the Internet. It will be made available to the LMSC's as well. Feedback regarding topics is encouraged. When the final product is available it will be sent to committee members for review. The topics covered will include health, nutrition, training and motivation. A fitness questionnaire is also being developed. Jody would like suggestions for the handbook. Pam Himstreet would like as much feedback from all committee members and any others who have comments.

8. Liaisons from the Fitness Committee to USMS committees were identified. The liaisons will be in contact with the chairman of their committees and will receive email regarding that committee's business.

Insurance: Dore Schwab
Safety: Laura Kessler
Long Distance: Pam Himstreet
Sports Medicine: Jody Welborn
Coaches: Lee Carlson

Communication: Bill Volckening
Planning: Sarah Hromada
Marketing: David Grilli
Legislation: Jennifer Parks

TASKS FOR THE UPCOMING YEAR

1. Continue to develop Virtual Swims.
2. Publicize and run the 3 new Fitness Events.
3. Publish an "Article of the Month" on the website and archive previous articles.
4. Continue development of Fitness Handbook and disseminate to swimmers via website and mailing to LMSCs.
5. Communicate with LMSC Fitness Chairs and newsletter editors regarding Fitness activities.
6. Communicate with other committees via Fitness Committee liaisons.

Time Meeting Was Adjourned: 3:25 PM