

## January 24, 2023, Fitness Education Committee Meeting Minutes

---

Meeting called to order at 8:10 pm (EST)

### **Committee members present:**

Ann Marshfield, Chair; Christopher Rieder, Vice Chair; Anita Cole, Jim Miller, Andy Seibt, Lisa Watson

Ex-Officio: Onshalee Promchitmart, VP of Community Services: Chris Campbell

**Members absent:** Emily Cook, Mary Jurey, Ken Winterberger

### **Introduction**

Retool the work of the committee to focus on education as it pertains to the benefits of swimming.  
Recapped 2021 & 2022 Fitness Challenge participation

2021/2022 Fitness Series stats

#### WFC

- 2022: 243 members, 587 bundle
- 2021: 537 including bundle
- 2023 (current): 61 WFC, 131 bundle, 43 USMS+ bundles

#### SFC

- 2022: 115 members, 13 USMS+ SFC
- 2021: 105 members

#### FFC

- 2022: 248 members, 22 USMS+ FFC
- 2021: 217 members

### **Action Items**

1. Committee to propose incentives for 2023 Summer Fitness Challenge to national office for approval and implementation. **(Ann & Anita)**
2. Committee to complete bios for Fitness Award Winners. **(Chris C., Mary, Lisa)**
3. Improve communication for nominations of annual Fitness Award. **(All members)**
4. Committee to submit short relevant fitness articles for messaging via various USMS media channels. **(Jim & Christopher)**
5. Propose USMS offer GTD 365.25-miles swim cap award. **(Ann)**
6. Committee to collaborate with Coaches Committee by assigning a FC member to attend CC meetings to educate coaches on the value of promoting participation in USMS fitness programs.

Next meeting: Tuesday, February 28, 8 pm EST

Meeting adjourned at 9:00 pm.