

# USMS Convention—Anaheim, California 2007

<b>Committee Name:</b> Fitness Committee	<b>Session #:</b> 1	<b>Report #:</b> 6
<b>Committee Chair:</b> Marcia Anziano	<b>Vice Chair:</b> Vacant	
<b>Minutes recorded by:</b> Mary Field	<b>Date/time of meeting:</b> 9/27/07, 4:15 PM	

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## Action Items: Proposed Expenditures

### Action Items:

1. Conference Call will be scheduled for early November.

<b>Number of committee members present:</b> 11	<b>Absent:</b> 6	<b>Number of other delegates present:</b> 44
<b>Committee members present (list all, including chair and vice chair):</b> Marcia Anziano, Jody Welborn, Ken Koppenhaver, Linda Shoenberger, Janet Latham, Mary Field, Sue Moucha, Rhea Wilkins, Terry Sue Gault, Laura Colette, Raena Latina		

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## Minutes

The meeting was called to order at 4:15 PM.

1. Committee compared MOGS with EC Strategic Plan and made necessary revisions. Jody Welborn advised the committee that Sports Medicine would review and comment on articles with reference to health issues.
2. The four Fitness events were reviewed and evaluated.
  - a. Check Off Challenge: Hugh Moore, Federal Way Masters, was absent from the meeting (due to a conflict) so exact results were not submitted. Two bids were offered for 2008, Federal Way Masters and Noblesville Adult Swim Team, Inc. The bid was awarded to Noblesville (NASTI).
  - b. 30 Minute Swim: Due to the lack of participation over the past several years, the continuation of the 30 Minute Swim will be reevaluated in a future conference call. Promotion of the swim in the final quarter of 2007 will be made via further coach and LMSC contact by Lee Carlson. No bids were made for 2008; however, PNA has offered to host the event and promote it as a “warmup” to the 2009 One Hour Championship should the committee decide to move forward with the event.
  - c. Virtual Swim Series: The link for the Virtual Swim Series will be removed from the web’s Fitness page. A new link to the log sheets used will be created.
  - d. Go The Distance: To date approximately 350 swimmers have participated. This free event that tracks mileage and recognizes milestones has been deemed successful in its first year and will be continued in 2008. The key reason for its success was the personalization of the event by Mary Sweat.
3. New subcommittee was formed for discussion of a new Group Fitness Event (Nick Gearhart, Mary Field and Janet Latham). This will be ongoing through the coming year.
4. Linda Shoenberger and Laura Colette will be responsible for editing the web pages and bid forms, assigning criteria for the Fitness Award and coordinating all new articles. Ideas regarding content of new articles were discussed. Web Page review will be discussed on the next conference call.
5. The lack of communication of Fitness events to the membership was expressed by a number of committee members and attendees. The committee chairperson will contact the National Office and will establish a method to communicate with all LMSC Fitness Reps similar to the way that the Coach’s chairperson communicates with all the coaches.
6. Legislative change L14 to rename committee Fitness and Education Committee was reviewed.

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## Tasks for the Upcoming Year

1. Evaluate continuation of 30 Minute Swim.
2. Explore the possibility for sponsorship of awards and automated online tracking for Go The Distance event.
3. Present new Group Fitness Event.
4. Continue monthly web articles.
5. Get club survey analysis and other USMS data to improve communication network with coaches and LMSCs.
6. The first conference call will be scheduled for early November to discuss the future of the 30 minute swim and review the proposed changes to the web pages.

The meeting was adjourned at 5:41 PM.

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