

VP of Community Services Committee Updates (7/19/13)

Sports Medicine & Science Committee:

- The committee continues to work with the Coaches Committee to develop educational materials on dry land training and nutrition. Committee member Katherine Longwell led creation of a survey distributed via Streamlines to collect information on dry land training habits.
- Jane Moore, Jon Blank, Jim Miller, and Mary Pohlmann worked with Sandi Rousseau from Championship Committee to update the job description for the Coordinator of Medical Care for National Championship Meets. This updated description has been provided to Jeff Roddin, Championships Committee Chair.
- Sally Guthrie and Jim Miller are working on a presentation for 2013 Convention. They plan to coordinate with Coaches and Open Water Committees to provide a panel to discuss variables in open water swimming.
- The committee continues to maintain the US Masters Swimming Health Network. Committee members serve as members of the network along with other interested medical and science professionals.

Coaches Committee:

- USMS Coaches Certification:
 - Do to the combined efforts of Coach & Club Services and the Coaches Committee, levels 1-3 continue to be enhanced. Level 1-3 courses are offered frequently and are well attended.
 - A complete plan for Level 4 to be presented at convention. Level 4 reviews the coach's contribution to USMS and includes an application process that will be reviewed by a committee.
- Publications:
 - Led by Cokie Lepinski, a working calendar has been established, ensuring plenty of content for publication and lots of material to choose from for editors several months in advance of deadlines.
- Online Coaching
 - This program continues to offer a great range of workouts for different types of swimmers. Stu Kahn is working on developing a policy for retention and replacement of coaches so we always have fresh ideas from our professional coach members. The committee will be aggressively soliciting applications for 2014 online coaching team.
- The International Coaching Sub-Committee is recommending increasing support for the coaches selected for 2014 FINA World Masters Championships.

Fitness Committee:

- 2013 Check-Off Challenge numbers are good and shirts are being received by registrants.
- Continue to post new Fitness participation activities on the forums. Most recent one is "Don't Fence Me", and it's encouraging members to share open water experiences and stories.
- Go the Distance is going strong, and the committee would like to explore opportunities to continue to enhance the program.