

## **Fitness Committee Minutes**

September 26, 1997

Committee members present: Joe Tesmer, Chair; Jane Katz; Sarah Hromada; David Grilli; Lori Gibson-Rick; Mo Chambers; Rob Whitters; Don Kroeger and Dore Schwaab.

Reports from completed fitness events were presented. The Great American SWALK had 56 participants. The 1995-96 Check-Off Challenge had 134 participants.

Upcoming fitness events were reviewed (the Postal Pentathlon and the 1998 Checkoff Challenge). Sponsors of these events reviewed their status and received recommendations from those present.

One bid for a 1998 fitness event had been received. The event, called the Geo Swim Challenge is a combination of various types of swims that could be done by teams or individuals with various awards including cash prizes. After an extended discussion of this event, it was MSC'd not to approve this as a USMS fitness event.

The committee was pleased to select Crawfish Masters as the recipient of the 1997 Fitness Program Award.

Legislation proposed by the fitness committee was discussed. A revised version of this legislation had already been approved by the Legislation Committee. It was MSC'd to accept the legislation as modified.

An outline of a proposed LMSC/Fitness Chair Guide was presented. This guide will provide information to LMSCs on various aspects of fitness swimming. A copy of the outline is included and comments should be forwarded to Mo Chambers at [moswimn@best.com](mailto:moswimn@best.com).

A report on the fitness article package was presented. Copies of the package, both hard copies and on disk were distributed. It was suggested that these articles be placed on the USMS web site.

Fitness articles had been submitted to both SWIM and Fitness Swimmer by committee members. All committee members were encouraged to think of ways to communicate to the fitness swimmers.

# A Guide for LMSC Fitness Chairpersons

*Provided by the USMS Fitness Committee*

## Draft Outline

### 1. ~~The~~ Role of the Fitness Chairperson

The Qualifications of a Fitness Chair

The Fitness Swimmers' Advocate

Who is the Fitness Swimmer?

### 2. Communication

To the Swimmers

LMSC Newsletter

Distribution of Fitness Information to swimmers

From the Swimmers

Feedback to the LMSC

Be a resource to the swimmers

To the Community

Publications - Newspaper, Magazine

### 3. Fitness Events

Clinics

Postals

New Ideas and Events

Send additional ideas/feedback to  
Coach Mo Chambers @ moswimn@best.com  
OR 12101 Stonebrook Dr  
LOS ALTOS HILLS CA 94022