

## Fitness Education Committee

Marcia Anziano, Chair

January 2011: Mid-Year Report

Fitness Education Committee Members: Marcia Anziano (chair), Brigid Bunch, Rich Burns, Ruth Carter, Mary Jane Caswell, Randy Crutchfield, Nadine Day (EC), Suzi Green, Ali Hall, Kristy King, Raena Latina, Jane Moore (Sports Med liaison), Jonathan Olsen, Deb Peters, Linda Shoenberger (Vice Chair), Greta Van Meeteren.

The Fitness Education Committee supports several ongoing activities. The first of these is Monthly Fitness Articles which are posted on the website Fitness pages and are linked to by the STREAMLINES publications. This function continues to go well, and new articles are available each month. This is coordinated by Linda Shoenberger.

The second event that is overseen by the Fitness Education Committee is the Check Off Challenge. This year the event is being hosted by the Maryland Masters. Reports are that the event is going well. With the ability to have the event set up on the web site prior to January 1, and supported by Club Assistant, the event is headed for another successful season. Jon Olsen serves as the liaison between the host and the committee on this event.

Go the Distance continues to attract many participants. Nike will again be the sponsor of the event for 2011. The event is managed through the web site by use of the FLOGS, and supported by staff at the National Office. The committee continues to be the face of the event by managing the emails (MJ Caswell), providing stories about the participants (Greta Van Meeteren).

Monthly Newsletters are shared with the local LMSC Fitness chairs. This email newsletter is coordinated by Ali Hall. The purpose is to make local groups more aware of our events and to allow the local groups to share ideas on events that they host at the local level. Each month this continues to attract more interest.

The committee is hoping to provide yet another Fitness Challenge as the vast number of USMS members swim for fitness. Ali Hall is heading up this subcommittee and is being joined by Raena Latina, Suzi Green, and Brigid Bunch.