

Committee Name:

Fitness

Committee Chair:

Mary Jurey

Vice Chair:

Brian

Cummings

Minutes recorded by: Lisa Watson

Date/time meeting: June 27 2017 7 PM EDT

Motions

1. **MSA TO CREATE A WINTER, SUMMER, AND FALL FITNESS CHALLENGE TO ENCOURAGE PARTICIPATION FROM FITNESS SWIMMERS. THESE FITNESS CHALLENGES INCLUDE THE 30 MINUTE SWIM, 2K SWIM, AND 1 MILE SWIM.**
2. **MSA TO MAKE THE PARTICIPATION WINDOWS FR THE WINTER, SUMMER, AND FALL FITNESS CHALLENGES 14 DAYS APIECE.**

Number of committee members present: 13

Absent: 4

Number of other delegates present: 5

Committee members present: Mary Jurey (Chair), Brian Cummings (Vice Chair), Lisa Watson, Karen Wegner, Anita Cole, Fares Ksebaty, Skip Thompson (Ex officio), AJ Block, Stacy Boncucia, Ruth Carter, Kelly Davis, Lisa Ward, Ken Winterberger, Dawson Hughes (USMS CEO), Chris McGiffin (Ex officio), Kyle Deery (National Office), Casey Keiber (National Office)

Minutes

The meeting was called to order at 7 PM EDT, 6 PM CDT, 5 PM MDT, 4 PM PDT

1. POSTAL MODERNIZATION TASK FORCE

Mary introduced CEO Dawson Hughes to give background on the creation of the Postal Modernization Task Force, which included Fitness Committee members Karen Wegner and Brian Cummings. The purpose of this task force was to seek ways to increase participation from fitness swimmers in USMS events and increase membership. This task force asked for input from both the Long Distance Committee and our Fitness Committee. Dawson related that the Long Distance committee was not initially receptive to this proposal as it concerned existing distance events. The Task Force met with the LD Committee Sunday night on a conference call, in which there was much discussion but no conclusions. Therefore, the Task Force is now focusing strictly on the recommendations for new fitness events. Since fitness swimmers are the majority of our membership, we need to offer more events that would target them specifically, rather than the events focusing on competition. The task force proposes 3 seasons, each with a targeted fitness event: Winter- 30 minute swim; Summer- 2k swim; Fall- 1 mile swim. These events will be run by the National Office, and registration will be prior to the events, rather than after (as is currently the case for our postal distance events). The Task Force felt that by mandating preregistration, it will force the swimmers to make a commitment to participate. These events will also have a fundraising component, with the majority of the registration fees going to Swimming Saves Lives or a local charity. Anita suggested emphasizing the social aspect, promoting the events to clubs as a 'Fitness Challenge'. She also liked using slogans, such as "30 minutes can save a life." **MSA TO CREATE A WINTER, SUMMER, AND FALL FITNESS CHALLENGE TO ENCOURAGE PARTICIPATION FROM FITNESS SWIMMERS. THESE FITNESS CHALLENGES INCLUDE THE 30 MINUTE SWIM, 2K SWIM, AND 1 MILE SWIM.**

2. PARTICIPATION WINDOWS

There was much discussion on the participation windows for these events. The initial Task Force worksheet listed 1 month for each events, with the events falling in February (30 minute swim), July (2k swim), and November (1 mile swim). Anita questioned why February was given for the 30 minute swim. Dawson replied that the intent was to promote this event as a good New Year's resolution, giving the new fitness swimmers several weeks to train for the event. He felt that the 1 month window was too long and proposed a 2 week window of time instead. There was much discussion among the committee. Some felt that it was good to keep it at 4 weeks to give clubs more flexibility in offering these events, particularly if there were other conflicts, such as big meets. Most committee members liked the 2 week window. It was felt that that participation

window should be consistent for all events. MSA TO MAKE THE PARTICIPATION WINDOWS FOR THE WINTER, FALL AND SUMMER FITNESS CHALLENGES 14 DAYS APIECE.

- A. WINTER FITNESS CHALLENGE-the 30 minute swim can be completed anytime during the last 14 days of February
- B. SUMMER FITNESS CHALLENGE -the 2k can be completed anytime during the last 14 days of July. This event can be swum in any yards or meters course. Mary asked about the purpose of having relays, since this event is not competitive in nature. It was felt that it would be good to include relays to increase participation.
- C. FALL FITNESS CHALLENGE – the 1 mile swim can easily be done during a workout session. Since this event is listed to occur in November, there was discussion about whether to have it during the last 2 weeks of November, since that includes the Thanksgiving holiday. Some felt that it would be a good incentive for a club to have on Thanksgiving to ‘work off that Thanksgiving dinner.’ Others were concerned that some clubs may not have access to pools over the Thanksgiving holiday. There will be more discussion on what November dates to offer this event, but it will be a 14 day participation window as well.

3. OTHER CONCERNS

Dawson stressed that all participants in these events must be a USMS member. Registration for each event will go until midnight before the start of the participation window for the event. The National Office will run each event through Club Assistant. Swimmers may register once the event starts, with a late fee surcharge. A public participation list for each event can be easily created by the National Office. It was also suggested that newsletters could be sent to participants prior to the event, similar to what is currently done with our National Championships. It was also suggested that the National Office survey participants to help provide feedback. The Fitness Committee will continue to discuss ways to best promote this event, such as the possibility of awards, and also looking through the Rule Book to see if any new proposals or changes to existing rules are needed. Skip said the deadline for submission for rule proposals is July 10.

Dawson thanked the committee for its input. He will be presenting this to the Executive Board at their July meeting.

The meeting was adjourned at 8:30 EDT, 7:30 CDT, 6:30 MDT, 5:30 PDT
