

**Committee Name:**

Fitness Education

**Session 1****#:****Committee Chair:** Mary

Jurey

**Minutes recorded by:** Kathy Englar**Date/time of meeting:** January 27, 2021 5 PM PT**Committee members present (list all, including chair and vice chair):**

Mary Jurey (chair), Chris Campbell, Anita Cole, Emily Cook, Kathy Englar, Ann Marshfield, Andy Seibt, Lisa Watson, Karin Wegner

Jay Eckert and Onshalee Promchitmart (USMS)

## Minutes

The meeting was called to order at 5:00 PM PST by Mary Jurey.

- 1) Discussion about constitution of committee for 2021: the committee has been “streamlined” and is now comprised of nine members, all of whom were in attendance, along with the two USMS staff representatives, Jay Eckert and Onshalee Promchitmart, who joined mid-meeting.
- 2) Discussion of Sub-committees: In 2020, we had five sub-committees (Fitness Series, Fitness Award, Communications, Membership & Retention, COVID.) Membership & Retention was outside the committee mandate, so the group agreed to not continue that work in 2021. The COVID sub-committee has (hopefully) short-term value during the remainder of the pandemic.
- 3) Fitness Challenge Series - discussion led by Mary Jurey
  - a. While 2020 registration was slightly below the goal, the group agreed that registration was great given pandemic conditions.
  - b. 2021 dates have been slightly changed to better align to seasons:
    - i. Winter: Feb 1-15
    - ii. Summer: June 1-15
    - iii. Fall: October 1-15
  - c. Discussion of ideas to improve participation included focus on clubs and LMSCs (perhaps with incentives), surveying participants to understand drivers for participating, and recruiting and promoting the participation of influencers in the swimming world and among non-competitive recreational swimmers with visibility.
- 4) Fitness Award - discussion led by Emily Cook on potential recommendations for criteria
  - a. Should there be a requirement to participate in the Fitness Challenge?
  - b. Need a procedure to evaluate nominees: Should nomination materials redact nominee names to eliminate potential bias? Should a sub-committee review nominations?
  - c. Should there be minimum qualifications (important if there are too few nominees)

- 5) COVID - discussion led by Ann Marshfield who is concerned about lack of visibility of the workout library and the obstacle of involving another website (Swim.com). The online workout library is of more importance during the pandemic when so many people are swimming outside of club workouts.
- 6) How should we address "Education" in "Fitness Education" Committee? - Discussion led by Mary Jurey. The group was enthusiastic about ideas for an online speaker series including authors, open water safety experts, famous swimmers.

The meeting was adjourned at 6:15 PM PST