

March 28, 2023, Fitness Education Committee Meeting Minutes

Meeting called to order at 8:05 pm (EST)

Committee members present:

Ann Marshfield, Chair; Christopher Rieder, Vice Chair, Anita Cole, Emily Cook, Mary Jurey, Jim Miller, Andy Seibt, Lisa Watson

Ex-Officio: Onshalee Promchitmart, VP of Community Services: Chris Campbell

Members absent: Ken Winterberger

February meeting minutes have been posted on USMS website. The minutes were approved without edits from original dissemination to each member of the committee via email.

- Fitness Award language update – Ann Marshfield
 - Promote Fitness Award nominations by use of infographic.

- Fitness Series Challenge proposal – Chris Campbell
 - Discussions centered around incentivizing on the local level and the club level.
 - Logistical challenges – budget issue and staff issues are challenges.
 - Target of the original proposal was to potentially recruit more membership.
 - There was discussion around an overhaul of the Fitness Series proposal
 - Some listed benefits – local coaches that can learn and adopt around the well-known national coaches. This allows regionality to the presentation.
 - Chris Cambell – will more specifically address this with National office and the coaches committee as a joint proposal.

- Article for publication – Dr. Miller & Chris Rieder
 - There was a positive discussion around the article published by Dr. Miller. Dr Miller spoke in more detail of the individual approach each swimmer will experience through the physiology of science demonstrated within the article.
 - This will be published nationally and then eventually for use locally.

Action Items:

- Emily Cook created an infographic which was approved by NO to promote nominations for Fitness Award. Committee Members received copy of infographic to submit to Zone Chairs requesting they disseminate to all LMSC Chairs.
- Approve via email Legislative Proposal to sunset Fitness Education Committee – Conducted on April 11, 2023 – committee approved the proposal – will ratify this vote at May 16, 2023 meeting.

Next meeting: May 16, 2023

Meeting adjourned at 9:00 pm.