

**Committee members present:**

Ann Marshfield, Chair; Christopher Rieder, Vice Chair; Anita Cole, Mary Jurey, Jim Miller, Andy Seibt, Lisa Watson, Ken Winterberger - Ex-Officio; Onshalee Promchitmart, VP of Community Services; Chris Campbell

**Members absent:** Emily Cook

- Two proposals moved out of committee and forwarded to VP – Ann
  - 1) Recommendation that a new swim cap mileage be offered to purchase for “Go The Distance” swimmers – 365 miles
    - Passed along to Dawson and NO staff. Logistics are being reviewed for implementation.
    - Discussion of types of caps ensued regarding different choices and mileage numbers.
  - 2) Incentivizing the Fitness Series Challenge
    - This has been passed along to Chris Campbell
    - Peter G. and Chris C. have reviewed and noted there are some logistical challenges to this proposal. There may need to be changes to the overall language. We need to look at how impactful will this proposal be for new swimmers.
- Article for publication – Dr. Miller & Chris Rieder
  - Needs more direction and what would we like the direction to go in from the committee.
    - Some examples are: What are benefits of aerobic fitness overall for health – i.e., quality and longevity of life, diabetes and cardiovascular disease
    - While promoting USMS from a positive physical standpoint
- Follow up on bios of prior Fitness Award winners
  - Communication from Ray Novitske (Rec & Awards Committee) and what he is looking for is: Why did they get the award.
  - Still need information award information for Jim Wu and Susie Powell
- Discussed need to seek nominations for Fitness Education Award  
There is the need to have nominations this year as there was no nominations received in 2022.  
Suggest new language on the USMS Awards page as follows:

**Fitness Award nominee** is someone who by their example both passively and actively encourages others to seek fitness through swimming as a lifestyle (competition is not required). The individual provides encouragement through social interaction in and out of the pool to keep people involved in a fitness lifestyle within their swimming community.

**Action Items**

- Acknowledge work of the committee
  - Ann acknowledged the work of the 2 months for 2023 and the amazing outcomes. Inclusive of the prior work and chairpersons. We are being asked to sunset this committee from the BOD and the NO.
- Wrap up of committee’s work for 2023
  - What do we need to do to wrap up the committee this year? This ending of the committee will go to legislation in September for approval at the national meeting.
    - Two proposals need to be completed
    - Adjustments for the fitness award language and
    - Roll out of articles by Dr. Miller et al. – inclusive of benefits of swimming in particular
- Vision for the committee’s future in alignment with USMS goals and vision.
  - Chris spoke further about the most efficient ways to address the projects that are not full committee in nature.

Meeting was adjourned at 9:05 pm