

## FITNESS COMMITTEE – 2012

The USMS Fitness Committee met at Convention to discuss the 2 on-going events they run, and the 6 new challenges they will present during 2013. Go The Distance has been very successful in the past, and will continue to be sponsored next year. Efforts are being made to ensure that prizes earned will be sent to swimmers in a timely manner, and email questions will be answered by a member of the staff. The Check-off Challenge will be run by Alaska LMSC, and will be called "Ididaswim". Entry fee of \$24 includes a T-shirt and Alaska swim cap. The events for check-off follow the check points in the southern route of the Ididarod dog sled race, and include an 800 IM.

Six new "challenges" will be announced throughout the year to encourage fitness participation. Events such as "It's my party and I'll fly if I want to" for birthday workouts, and "Have suit, will travel" encouraging swimmers to test the waters in as many pools as possible in one month, will be presented by the national committee.

A brown bag lunch at convention brought fitness chairs together to share ideas for local projects. These will be passed on in the newsletter.

We expressed an interest in putting in a bid for the VA LMSC to host the 2014 Check-off Challenge. As a fund raising event, we can earn approximately \$1000 (more if the local teams fully participate). If we decide to do this, we would need to find a theme, design a T-shirt, find a shirt supplier that will be willing to print small amounts of shirts throughout the year at a reasonable price, and have someone to coordinate the work.