

## SPMS Fitness Chair Report

Date: Feb 18<sup>th</sup>, 2021

The Fitness Challenge Series has several updates! First off, we have a new sponsor in Swim.com. The series is now called the Swim.com Fitness Series. We have also changed the dates of the series to more align with the seasons they represent. The new dates are:

Winter Fitness Challenge – first two weeks of February

Summer Fitness Challenge – first two weeks of June

Fall Fitness Challenge – first two weeks of October

The main challenge is how to increase participation in the Fitness Series within SPMS? Open to ideas. On a national level, there is discussion of having prizes or contesting among clubs. SPMS is one of the largest LMSCs and yet our Fitness Series participation is low. I also feel that there needs to be more buy-in from the Coaches. The Fitness Series can be done on your own, and styled the way you like it, we have also developed dry-land components, in order to make the series something that can still be done during Covid.

I would be interested in knowing if we could possibly conduct a survey of SPMS membership to see what subjects or activities they would be interested in seeing from the Fitness Chair / Committee? This may enable us to better tailor our efforts to serve the membership.

The national Fitness Committee is considering a possible speaker series and the development of a Fitness newsletter.