

### **Recent & In-Progress Events**

- USMS Check-Off Challenge (Jan 1- Dec 31)
- USMS Go The Distance (Jan 1- Dec 31)
- USMS Postal 1650 (Jan 1 – Feb 28)
- USMS February Fitness Challenge (Feb 1- Feb 29)
- “Edina” Meet at University of St. Thomas, Sun Feb 21

### **Upcoming Events**

- “NSAC” Meet at Chippewa Middle School, Sat March 12
- “Adult Learn to Swim Month” swim lessons, Minnetonka, April
- “State Meet” at University of St. Thomas, Sat April 9 & Sun April 10
- Group Workout, location TBD, Saturday April 23
- USMS Spring Nationals, Greensboro, NC, Thur April 28 through Sun May 1

### **What’s Happening in MN Masters**

- During February, our volunteers have been working on Goal setting. We have a very ambitious list of goals, representing the types of events we want our organization to support, plus goals relating to membership and communication as well goals related to structure and governance to ensure our board remains representative of our members and that we make decisions with integrity. In this month’s newsletter, we will review the member service committee goals (relating to events), and next month we will review the board support committee goals (relating to volunteers, governance and communication).

### **MEMBER SERVICE COMMITTEE GOALS**

- Our 6 member service committees represent different facets of our membership, so that we can provide events and services that are relevant to all of our members
  - **Member Engagement**
    - This committee organizes Charitable and Social events and is focused on providing opportunities for camaraderie with other swimmers, both in and out of the pool.
      - Host 6 Social Events throughout the year
      - Host 3<sup>rd</sup> annual Habitat for Humanity build day
      - Host an April Adult-Learn-To-Swim event in 2016 in coordination with USMS national effort
      - Provide more opportunities to volunteer as support swimmers for triathlons
      - Host 4<sup>th</sup> annual Thanksgiving charity swim
      - Develop and host 24 hour or other swim charity event
  - **Coaches + Club & Workout Group Development**
    - This committee is focused on providing communication and support to our coaches as well as providing information and support to help existing clubs or workout groups grow and new clubs or workout groups to form.
      - Improve Coach Communication (regularly publicize news and events to coaches, solicit input from coaches) via a monthly or every other month e-newsletter.
      - Use the Colorado Masters 101 as a basis for a “MN Masters 101” 1-page document to educate lap swimmers about how to participate in a masters workout
      - Develop a coach corner on the MN Masters website
      - Publish a one-time flyer about MN Masters for facilities to use as a resource.
      - Update Places to Swim on the USMS and MN Masters websites
      - Host Coach Development Workshop (most likely in October)

- **Fitness Events & Clinics**
  - This committee organizes pool events that are for swimmers of all abilities. Most of our members do not attend meets, so this committee is focused on providing various types of events to appeal to all of our members.
    - Host 8 “smaller” fitness events (group workouts and/or group postals and/or racing workouts)
    - Host 4 “larger” fitness events, i.e. clinics (eg. starts & turns, open water, stroke technique, etc)
    - Host at least one Triathlete-Specific Clinic
    - Create “Lap Swimmer Progression” program to help fitness swimmers set goals not related to racing
  
- **Open Water Competition & Clinics**
  - This committee organizes open water (ie ‘not in a pool’) events for our members that love lake swimming.
    - Continue to support "Open Water Half Marathon" Series
    - Create "Marathon Swim" Resource
    - Create and support at least one new OW event
    - Create system and methodology for formal open water workouts
  
- **Pool Competition Events**
  - This committee organizes and hosts meets, with the intent of being welcoming for racers that want to set records as well as those who simply want to measure their progress.
    - Document processes and train multiple volunteers who are knowledgeable about each task and share task load across multiple volunteers.
    - Continue to host at least one meet of each course type: SCY, SCM, LCM, while identifying our limits & effectiveness (rather have fewer great events than many mediocre events)
    - Collect feedback from participants to determine where we are effective and where we have opportunities.
  
- **Results Reporting & Top Times**
  - This committee tracks and publishes our results so that our members are eligible for national records, and also publishes our ‘local’ records to track the fastest swims of our members.
    - Fast reporting of results and record-setting times while maintaining the integrity of the Records
    - Continue “Record Breakers” Lists
    - Support uploading Records to Meet Manager prior to any upcoming event
    - Support annual submittals for Top Ten to USMS
  
- We recently received the following thank you letter from Jeremy Busch. His personal story is inspiring, and it is interesting to note that, like many people, he had the expectation that ‘masters’ would be intimidating, but instead found our group to be welcoming and low-key. Jeremy agreed to let us share his story.
 

I wanted to write to you today and say Thank You. Swimming again in a swim meet has been a goal of mine for the past 3 years. In 2012 I was diagnosed with Type 2 Diabetes, and was told that I needed to lose weight and start exercising more. Naturally I turned to swimming again (I was a former high school swimmer). I realized how out of shape I had gotten so I also started lifting weights and eating right as well.

I had kept talking myself out of joining Masters for a few years with various excuses, and finally on November 1, 2015 I joined. Now I am not the best swimmer in the world, never was in high school, but I work hard in the pool and wanted to see if that hard work was paying off. I swam in my first meet, and was pleasantly surprised that I beat my high school 100 free time.

My impressions on the meet (Minnetonka Fall Meet) were as far off as could be. When I showed up I was intimidated, nervous, and a bit excited. I was intimidated and nervous because I thought everyone was going to look like Michael Phelps - 6 pack abs, lean and trim. My expectations were completely

wrong. I saw people of all body types, fitness, and experience levels at the meet. It was low-key and generally a great meet to break the ice.

So back to my Thank you. Swimming in Master's meets has been my reward for losing 40 lbs and getting back into shape. I am also very pleased to say that as of this morning my doctor has taken me off my diabetes medication, because I am able to control the disease with diet and exercise alone now.

The Minnesota Masters organization is a great organization to be a part of. The swim meets are very well organized and the people are very friendly. I cannot wait to swim at the Edina Gator SCY Meet in a couple of weeks and ultimately the state meet in April.

Thank you again, and I'll be a member for a long time to come!

Sincerely,

Jeremy Busch