

USMS Convention — Garden Grove, California 2013

Committee Name:	Sports Medicine & Science	Session #:	1	Report #:	7
Committee Chair:	Jane Moore	Vice Chair:	Sally Guthrie		
Minutes recorded by:	Sally Guthrie	Date/time of meeting:	9/12/2013 2:15 pm		

Actions Requiring Approval by the HOD:

1. None

Motions Passed:

1. Motion by Jim Miller to produce a public service announcement type video no longer than 60 seconds for spring and summer nationals with budget to be determined. MSA.

Number of committee members present: 8 **Absent: 5** **Number of other delegates present: 26**

Committee members present (list all, including chair and vice chair): Jane Moore, Chair; Sally Guthrie, Vice Chair
Jon Blank, Heide Crino, Katherine Longwell, Jim Miller, Jessica Seaton, Robin Tracy
Ex-Officio: Laura Hamel - staff, Jody Smith – Executive Committee

Minutes

The meeting was called to order at 2:17 pm.

1. Screenings and/or displays at Nationals: Skin screening was well received; blood pressure screening is always worthwhile. Could also discuss hydration and sunscreen use. Laura Val swims with dermatologists at Santa Clara; will talk with them to see if they might help. Heide Crino will coordinate and arrange screenings, displays, and informational handouts for nationals. If ready in advance, information might be put into meet packets or could be included in pre-meet newsletters.
2. Presentations at Nationals: time and location are usual problems; generally lots of effort to benefit a few people. Past coaches' presentations before the meet were usually successful. We could work with staff and championship committee to create a video for the daily videos. Laura Hamill will help with production details and costs. Motion by Jim Miller to produce a public service announcement type video no longer than 60 seconds for spring and summer nationals with budget to be determined. MSA. We should choose a spokesperson and brand the feature as being from the Sports Medicine committee.
3. Articles: Laura Hamill likes the articles she received recently and will eventually publish them. In the future she wants us to use Google Docs to share and review articles. An article should be written, then reviewed and vetted by committee members, then reviewed and edited by Laura. She would also like the committee to rank the ideas for articles that she distributed earlier.
4. Online survey: Katherine Longwell's online survey received many responses. She reviewed results. She presented these at recent ASCA meeting and at the Coaches Level 3 Certification program here. How to best use this information to inform coaches and swimmers? Consider dryland on-line training program; would need video with correct technique and cautions; create an on-line database of exercises done correctly. An article summarizing results could be published. Katherine will work with Laura to write it. We could also provide feedback to Coaches Committee for inclusion in certification program. Katherine Longwell also serves as the Sports Medicine liaison to that committee. It could also be added to Coach and Club Services Program.
5. Suggestions for new research: We can further mine the dataset Katherine collected to come up with new ideas; could look for concordance between injuries and type of swimmer. Ideas from audience for future articles and/or research: illness prevention/exercise as medicine; long term study of swimming and health; information on what focus should be as you age for best health; how should you train people differently as they age; how much training is too much.
6. Jim Miller reported that FINA has planned and funded presentations on prevention of low back injuries, knee injuries, and concussions similar to the shoulder project that he presented last year. International symposium on nutrition for aquatics will be in London, then IOC Convention on Sports Illness and Injury.
7. There are no legislation, rules, or open water proposals with medical/health implications to be discussed.
8. Health Network working well. To expand or move on-line, we should develop a proposal and submit it to IT team to discuss.
9. Sports Medicine presentation on medical issues and open water swimming is later today.

The meeting was adjourned at 3:35 pm.