

USMS Convention — Jacksonville, Florida 2014

Committee Name: Sports Medicine & Science	Session #: 1	Report #: N/A
Committee Chair: Jane Moore	Vice Chair: Cathy Fedako	
Minutes recorded by: Cathy Fedako	Date/time of meeting: 9/18/14 2:00pm	

Actions Requiring Approval by the HOD:

- 1.

Motions Passed:

- 1.

Number of committee members present: 11	Absent: 6	Number of other delegates present: 38
Committee members present (list all, including chair and vice chair): Cathy Fedako, Vice Chair, Katherine Longwell, Sally Berry, Mary Pohlmann, Sally Guthrie, Heide Crino, Jon Blank, Jessica Seaton, Ellen Parchen, Robin Tracy, Jody Smith Ex Officio.		

Minutes

The meeting was called to order at 2:00pm

1. Sports Medicine and Science Committee sponsored Skin Cancer Screenings and provided sunscreen samples at both Spring and Summer National Championships – organized by Heide Crino and Sallie Guthrie. The screenings were popular and well-attended. A local dermatologist screened for all types of skin cancers. The consensus was the topics should change yearly and it was noted that the interactive portion of the program is important. Potential topics discussed were Air quality, Water quality, Chlorine effects, Asthma (exercised induce), Posture, Hypothermia & Hyperthermia, Posture, Nutrition for Athletes, Hydration, Sport Supplements. Consideration for a Sports Medicine booth at the 2016 Open Water Championships with a possible topic of hypothermia.
2. Convention Presentation Update – Will be today at 5:30pm. Jim Miller, MD and Alicia Kendig, CSSD (USOC) to speak on Nutrition for Athletes.
3. Video Production Update – Looking into opportunities for the ability to implement short (30 sec) informational video for 2015. Need to work with Laura Hamel on potential budget and production timeline.
4. Sports Medicine & Science Blog – Laura Hamel is available to assist with the establishment of this type of online interaction through the USMS website. The goal is to connect the knowledge of the Sports Medicine & Science Committee and other USMS members with questions from other members of USMS. Survey? Similar to what coaches do for workouts?
5. Coaches Clinic Presentation– Information for Coaches related to Sports Medicine & Science Topics. Katherine Longwell has been working on a PowerPoint presentation that is provided to coaches committee for use in coaches clinics and education. Her recent topic was the Senior swimmer, considering next topic of Adaptive Swimmers.
6. Research Projects – Past project of “What Masters Swimmers do out of the Water?” is in the September/October issue of Swimmer. Katherine Longwell suggested to explore how fit our USMS Swimmers as a research project and looking at it longitudinally. Sally Guthrie was able to generate a third article from data collected from USMS Membership Survey in 2010. Request for current projects needing review - (Terpak, Kyle, Sally Guthrie and Steven Erickson. “Statin use and self-reported swimming performance in US masters swimmers.” Journal of sports sciences – ahead-of-print (2014): 1-7. Future projects – assisting a college thesis project, study of hearing loss, longevity.
7. Rules/Legislation: Discussion on Open Water Rule change LD6 - at this time the Sports Medicine & Science does not have enough scientific information to provide an informed recommendation on the open water rule change proposal.
8. Future Committee conference calls will be every other month on Sunday, time of call TBD after convention.
9. New Ideas – Capturing existing content and posting for wider audiences, ex/ Webcasts of content (see open water committee for ideas). Consideration of creating subcommittees.

The meeting was adjourned at 3:11pm