

# USMS COMMITTEE REPORTS

---

## TEAMING TOGETHER.... To strengthen and protect

### BLOCK #4 MEETINGS

**Fitness, Insurance, Long Distance, Safety Education  
& Sports Medicine**

**Friday, September 13<sup>th</sup>, 2:00-4:00 pm**

**Meeting Room – ENTERPRIZE 7-8**

#### **FITNESS**

**Meeting Room – CONSTELLATION 10-11**

Chair: Pam Himstreet

Vice Chair: Jude Bourque

Committee members:: Marianne Brogan, Bob Bruce, Lee Carlson, Harry DeLong, Art Figur, Ann Gilbert, David Grilli, Rick Harris, Cindy Hawkinson, Sara Hromada, Jane Moore, Randy Nutt, Jennifer Parks, Dore Schwab, Dick Sidner, Jody Welborn, Dotty Whitcomb, Laura Wright. Executive Committee Liaison – Scott Rabalais

Webmaster, Fitness Section of USMS Website: Bill Volckening.

### **ANNUAL REPORT**

The Fitness Committee has been busy trying to structure our efforts to better serve swimmers who chose to swim with fitness goals rather than competitive goals in mind. We felt that by focusing on this population we would be better serving all swimmers in USMS and the coaches who must find ways motivate everybody. We knew postal events appeal to fitness swimmers because these events are non-competitive in structure, even though the results may be competitive in nature. We also knew that more and more of our swimming population have Internet access. We want to make the Fitness portion of the USMS Website similar to the Long Distance section, with all forms of useful information, fitness events, and results of these events, at the fingertips of fitness swimmers. The new web pages are up and running and the section has been advertised on the USMS Forum area. There has been a stronger emphasis on fitness-orientated material in Swim Magazine this year, thanks to our committee member and Editor, Bill Volckening. The committee will be producing a Fitness Booklet in 2003. Compiled by Jody Welborn, this booklet will cover Fitness topics as they relate to swimming. Nutrition, Health, Motivation, Dryland and exercise programs in general are a few of the topics. The booklet will be sent to LMSCs and will be online at USMS.org. We considered this year a planning and restructuring year with next year to be the targeted time for many projects to begin.

### **PROJECTS AND DISCUSSIONS**

1. Complete revision of the Fitness portion of the USMS website. We felt that this was the easiest, most effective way to reach fitness swimmers.
2. Chair asked all committee members to produce a virtual swim for their geographic areas of the country for our new event, The Virtual Swim Series. So far, one is complete, one needs to be adapted from a team event to the format appropriate for the national series, and five more are promised by the convention meeting.
3. Plans to resurrect the Check Off Challenge event in 2003. This event will be available in fall of 2002.
4. Articles of the Month. Every month a new Fitness article will be headlined on the Fitness section of the USMS website.

# USMS COMMITTEE REPORTS

---

## ACTION ITEMS

1. Planning for the establishment of two new events for 2003. These are the Virtual Swim Series and the 30 Minute Swim. These events plus the Check Off Challenge will be run by individuals on the fitness Committee and hosted by their respective clubs or LMSC's. Other interested clubs are invited to bid for 2004, after the trial runs in 2003.
2. Agreement that there would be more participation by the committee and more visibility within USMS.
3. Tie into the coaches committee for mutual projects and support.
4. Produce and "Article of the Month" Committee members will write or solicit appropriate articles. Contributions by anyone in USMS would be welcome.
5. Continue support by Swim Magazine for Fitness orientated materials.
6. Produce Virtual Swims for the Series so swimmers can accomplish these swims using their practice yardage. Goal is to have one for every state, similar to the state quarters program. Anyone is invited to create a swim. Samples will be on the website after the Convention.

## AGENDA

1. Introduction and review of annual report.
2. Status of any carryover projects from 2001. i.e. "Fitness Kit"
3. Timeline for getting the three new events started.
4. Further solicitation of Virtual Swims created by members, coaches, or LMSC fitness chairs.
5. Need club/LMSC to host the 30-minute swim. There is a "start-up-grant" to do this.
6. Article of the month – Each member will be responsible for a month. They can either write an article, contribute something they have written, or find and get permission to use an article for the website.
7. Talk about strategies to encourage participation in our new events.
8. Ideas for the website. How to publicize the website.
9. Website only postal events? Example – a Birthday Triathlon. Do your age in the three events (you pick the distances for each) Can give two-three days or even a week for older participants? Send in your personalized triathlon achievement for listing on the website.
10. Fitness Award – an award will be purchased and given to Tualatin Hills Barracudas for the February Fitness Challenge for 2000. This was passed by the previous committee. No award given in 2001. Nominations for 2002?
11. Fitness Booklet suggestions for additional topics.

---

## INSURANCE Meeting Room - UNIVERSE

Chair – Colleen Dirscoll

Committee members: Hill Carrow, Jack Kangas, George Simon, Cindy Baxter, Cheryl Gettlefinger, Michael Laux, Frank Tillotson, Jack Buchanan, Dan Gruender, Betsy Owens, Stephanie Walsh Bielman, Ex-officio: Peter Crumbine, Patty Powis. Executive Committee Liason – Jack Geoghegan

## ANNUAL REPORT

Our loss experience continues to be very good and we hope to leverage this fact during the upcoming program renewals with our insurance carriers. We are actively marketing all our expiring insurance business, while continuing with our multiyear program, which we had previously locked in. We anticipate this renewal year to be very challenging given the current insurance market conditions. The Insurance Committee continues to respond to insurance questions from our members during the year regarding our insurance coverage.

# USMS COMMITTEE REPORTS

---

1. The Insurance Committee has participated in discussions of the Action Items proposed by the Safety Education Committee.
2. Working with our insurance broker, we will be putting our insurance coverages out to bid in July, for those lines of coverage which are due to expire. (Due to the current market conditions we anticipate that this will be a challenging renewal time for us.)
3. The Insurance Committee continues to monitor the financial ratings of our insurance carriers.
4. The Insurance Committee continues to review recent actions taken by insurance carriers regarding premiums, limits and coverages.

## ACTION ITEMS

1. The Committee has not yet voted on any Action items. Upon receipt and review of renewal bids, the committee will vote on carriers, limits, coverages and premiums.

## AGENDA

1. Introduction
2. Appoint recorder
3. Roll Call
4. Vote on 2003 Insurance programs
5. Projected 2003 and beyond
6. Review of loss history and current reserves
7. Discuss rule proposals that directly affect this committee.
8. Discussion of Action Items that affect this committee.
9. Old Business
10. New Business
11. Adjournment

---

## LONG DISTANCE Meeting Room – ENTERPRISE 7-8

Committee Chair: Peter Crumbine

Vice Chairs: Marcia Cleveland and Randy Nutt

Committee Members: Doug Brogan, Rob Copeland, Dan Gray, Pam Himstreet, Bruce Hopson, Barney Hungerford, Eric Nordlund, Janet Renner, Steve Schofield, Dick Sidner, Shannon Sullivan, David Vandam, Jim Wheeler, and Jill Wright. Ex-officio: Marcia Benjamin, Graham Johnston and Robert Zeitner. Executive Committee Liaison - Lynn Hazlewood.

## ANNUAL REPORT

A principle goal is to substitute email and web site postings for all normal mail. For example, the time lines for all the 2002 championship events have been put on a single spreadsheet. This allows updates and reminders to be emailed regularly to the event directors, who will then be able monitor their performance against the other events. Similarly, evaluation forms, bid packages, calendars, entry forms and championship packets have been or will be emailed as needed with hard copies sent only if specifically requested. In addition, most of these forms will be posted on the USMS Long Distance web site.

Other items: a) We plan to have an article on LD swimming in each issue of SWIM. So far, two have been published and a third is in production. b) The One-Hour Postal Swim was a great success with a record of 2005 swimmers completing a total of 4200 miles. c) We repeated the survey of open water races including organizer, location, distance, whether sanctioned, years held and number of participants. Ten of the LMSC's responded.

## DISCUSSIONS SINCE LAST CONVENTION

---

# USMS COMMITTEE REPORTS

---

1. Time limits (carry-over from last year): Some felt that older swimmers who are unable to finish within the time limit should still be placed based on their position in the water. It was decided to make no change to the existing rule but to consider time limits in awarding championships.
2. All-star selection criteria: After a lengthy discussion, it was decided to continue counting all LD Championships but to give greater point spreads between places.
3. All-star awards: Another long discussion involved the adequacy of this year's award, namely a pair of goggles from Arena. The conclusion was that: a) sponsor gifts need not be costly but should commemorate the achievement; b) pool and LD lists should be combined and treated equally; and c) past and present recipients should have the ability to order at their expense additional commemorative items from a selected supplier.
4. Rule book: Approximately 20 rule changes have been drawn up for proposal at Convention. We plan on voting on these electronically prior to September.

## ACTION ITEMS

1. MSC to alter the scoring for All-star selection by changing 305.12.1 as follows: A swimmer shall earn points for a top ten finish in each long distance national championship event in the following manner: 1st-22, 2nd-18, 3rd-16, 4th-14, 5th-12, 6th-10, 7th-8, 8th-6, 9th-4, 10th-2.
2. MSC to add the following sentence to Article 305.12.3: If a swimmer swims the same event in two different age groups, only the higher finish will be counted.

## AGENDA

Awarding of 2004 championships and formalizing our votes on rule changes. Prior to convention, we plan to have decided all other items including rule changes and to have reviewed the championship bid proposals.

---

## SAFETY EDUCATION

### Meeting Room – CONSTELLATION 1

Committee Chair: Patty Powis

Vice Chair: Jim Wheeler

Committee members: Carol Berendson, Katherine Branch, Eric Shanks, Leslie Smith, Shannon Sullivan, Jeanette Vallandingham, Dotty Whitcomb, Jill Wright. Ex-Officio – Colleen Driscoll, Dick Pitman. Executive Committee Liaison – Sally Ann Dillon.

## ANNUAL REPORT

Since the 2001 convention, the committee continued work on a USMS safety handbook and attempted to focus on how to communicate safety topics at the local level. While working on these projects that had been begun in previous years, the committee began to examine safety training that is or could be available to coaches and USMS participants. This examination led to an e-mail discussion among several USMS committees about these topics.

A large portion of the discussion focused on whether there should be a safety training "requirement" for coaches. Valid arguments on both sides of the issue were put forth. Arguments for such a requirement included that some states already require coaches on deck to have safety training, that USA Swimming has such a requirement, and that it could be beneficial for coaches to have formal safety training. Arguments against a requirement included the difficulty of ensuring that a safety-trained coach is on deck in smaller workout groups, the possibility that having a requirement might dissuade some persons from volunteering as coaches, and possible negative insurance ramifications.

# USMS COMMITTEE REPORTS

---

In the end, the committee decided to use an action item to refer the safety training discussion to other committees, whose expertise will inform discussion of the topic. The Safety Education Committee used broad wording in its action item to make it clear that the topic is still merely under consideration. The action item also refers to those who supervise workouts, rather than coaches, because the current USMS insurance policies require a USMS member, but not a coach, to be on deck for coverage to apply.

The committee acknowledges that there are logistical issues if a requirement, or even an encouragement, of safety training were to be adopted. For example, workout groups below a certain size could be excluded from a requirement because they do not present the same safety issues as larger groups and it might be too difficult to find safety-trained coaches for such groups. In addition, since several forms of safety and first aid training are available (e.g. Red Cross Safety Training for Coaches, American Heart Association CPR), USMS would need to decide which forms would be acceptable if there was a requirement or if coaches or others were encouraged to voluntarily obtain safety training.

Including the safety training topic, the committee's projects and discussions since the 2001 convention are summarized as follows:

1. Subcommittees were created to (a) work on the USMS Safety Handbook and (b) generate ideas and projects to encourage safety at the local level.
2. The Safety Handbook subcommittee obtained and began reviewing the USA Swimming Safety Manual to determine whether certain portions should be adopted in the USMS handbook.
3. While the subcommittee charged with focusing on encouraging safety at the local level has not yet come out with any definite projects, subcommittee members have discussed providing safety blurbs to LMSC and club newsletters and a possible column in SWIM Magazine, in which someone would answer safety questions.
4. The committee generated a multi-committee discussion, including the Coaches, Insurance and Sports Medicine Committees, about the possibility of creating a safety training requirement for USMS coaches who coach workout groups of a minimum size. One result of that discussion was the idea to have a campaign to try to get as many USMS members as possible to become CPR-trained. Both the safety training and CPR topics have now been expressed as action items (see below).
5. Committee member, Jim Wheeler, has written an article on lightning safety that is scheduled to run in the September issue of SWIM magazine.

## ACTION ITEMS

1. It was MSA to recommend consideration of a safety training requirement for persons who supervise Masters swim practices. The Safety Education Committee refers this recommendation to the Coaches Committee and the Insurance Committee for consideration of feasibility and discussion of the components of any such requirement.
2. It was MSA to develop a campaign to encourage CPR training among USMS members and that funds be budgeted to cover the cost of such a campaign. The Safety Education Committee refers this matter to the Sports Medicine Committee for advice on the forms of training that should be encouraged and other aspects of the campaign.

## AGENDA

1. CPR Campaign
  - Goals
  - Involvement of other committees
  - Structure
  - Communication
2. Status of USMS Safety Handbook – go with current version, continue to compare to USA-S Safety Manual, adjust for possible safety training focus, other suggestions?
3. Safety training issue (depends on whether we have feedback from other committees yet at time of meeting)
4. Committee membership – expectations, involvement, commitment
5. Communication — how can committee's business be best accomplished with geographically dispersed members?
6. Encouraging safety

---

# USMS COMMITTEE REPORTS

---

- Ideas at local and national level (e.g. articles, newsletter blurbs)
  - Assignment of responsibilities
  - Deadlines
- 

## SPORTS MEDICINE Meeting Room – CONSTELLATION 3

Committee Chair: Jessica Seaton, DC

Vice Chair: Jody Welborn, MD

Committee Members: Eddie Ames, Art Figur, MD, Ann Gilbert, RN, Doug Huestis, MS, Cynthia Jones, Wayne McCauley, Don Mehl, Jane Moore, MD, Ed Nessel, PhD., Dick Pitman, Joel Stager, PhD., Lisa Watson, MS, Phil Whitten. Executive Committee Liaison - Jim Miller, MD.

### ANNUAL REPORT

2002 was a very busy year for the Sports Medicine Committee. We built on what had been done in the previous years, and moved forward with some new projects. Members of the Sports Medicine Committee were assigned to subcommittees and/or liaison positions.

### DISCUSSIONS AND PROJECTS SINCE THE LAST CONVENTION

1. Communications Committee Liaison and Subcommittee Head: Jane Moore. Committee members: Wayne McCauley, Ed Nessel, Jody Welborn. The goal was to have a sports medicine presence on the USMS web site. A waiver was written and approved for the web pages and discussion forum. Discussions have been held as to type and length of content on the web. Guidelines are still being worked on. A Sports Medicine page has been developed and posted. It contains a main page with descriptions of material available. There are links to other pages titled Medical Aspects of Swimming, General Medical Concerns, Article of the Month, and Frequently Asked Questions. Each of these pages contains the waiver and will have an index of posted articles with links to each article. For ease of administration, the articles will be stored in a database. The index will show a brief summary of the article and information on the author. This is very similar to the design of the Fitness Committee section of the USMS web site.
2. Olympic Training Center Subcommittee. Head: Jane Moore. Committee members: Cindy Jones, Joel Stager. Jane Moore attended the one OTC held in February 2002. She submitted a report. She found that a Sports Medicine presence was appreciated by the participants. She also provided a document with results from the questionnaires filled out by the participants. This information still needs to be evaluated in terms of future applications. In particular, the committee needs to explore the possibilities of what can be done with data already collected and how to make future data more useful. USMS Sports Medicine will also pursue working with the OTC on the sharing of data. The committee will investigate and evaluate the most meaningful role for USMS Sports Medicine at the camps.
3. Research Subcommittee. Head: Joel Stager. Committee members: Eddie Ames, Art Figur, Ann Gilbert, Lisa Watson.
  - a) A discussion was begun on the use of human subjects. It is complex subject, with many implications. Some of these problems have already arisen with the Essential Tremor study (see below). More needs to be discussed. Joel compiled an eight page document on grant requirements for USMS Endowment grants. Work still needs to be done on a mission statement.
  - b) Research project: Essential tremor and Parkinson's Disease and Competitive Swimming. Project is being conducted by Eddie Ames and Kelly Lyons, PhD. Their original budget called for \$25,000. They were awarded \$2,500 by USMS. They have had to replace their original neurologist with one who will work for a much lower rate, as well as find a local neurologist. The second and larger problem is obtaining approval to conduct the study. They are unable to do a research project without having approval from an authorized research board. This research board needs to be certified to review research and follow the governmental

# USMS COMMITTEE REPORTS

---

guidelines in place for the protection of human subjects. It is possible to use the University of Miami (Kelly is affiliated with them) to review the study but they would then need agreements with the neurologist and his institution, the YMCA and the National Swimming Association, which would take months of legal representatives working through acceptable agreements between each party. Ed has approached the YMCA to see if they may have such a board in place but he has not gotten very far and it does not appear to date that they have this. Kelly and Ed are currently trying another avenue, using a local neurologist affiliated with a local hospital, which does have a research approval board. They are hoping to have this in place by September of this year. These steps are necessary in order to have the research results published in a respectable journal. While these problems have been very frustrating, they do provide us with experience in the challenges of using non-University affiliated individuals to conduct research.

4. Sports Medicine Liaison to the Coaches Committee: Ed Nessel.
  - a) Issues regarding certification of coaches for CPR and safety were discussed. Some members of the Sports Medicine Committee (Ed Nessel and Wayne McCauley) were pro certification. However, the majority of members, including the chairperson and vice chairperson, were not in favor of mandatory certification for coaches. The problems with requiring certification are numerous, including the fact that many teams do not have formal coaches, liability issues, and insurance issues. Most committee members were in favor of encouraging all masters swimmers to be CPR certified (on a voluntary basis). Picking a month, i.e., February as CPR month could be a way to promote broader CPR training.
  - b) Ed offered his idea (representing the sports medicine committee) that a great "bible" should be authored and published by the Coaches Committee. This bible would have several sections (authored by various experts in the specific areas) that should act as guidelines to running a successful masters program. He wanted to include sections on the physiology of aging with the science of swimming, the psychology of training and coaching older athletes, and the public health issues involved with same.
5. Sports Medicine Liaison to MACA: Ed Nessel  
Issues regarding certification of coaches for CPR and safety were discussed.
6. Sports Medicine Liaison to ASCA: Cindy Jones  
ASCA Convention takes place after this report. Nothing to report.
7. Sports Medicine Liaison to Fitness Committee: Jody Welborn.  
Discussions have been held regarding events for the fitness swimmer and a section of the web site is devoted to fitness including articles of the month, some of which will cover health topics. A fitness booklet is being developed which will include short articles about health and, starting an exercise program, nutrition, as well as motivational ideas to assist in maintaining a fitness program.
8. Sports Medicine Liaison to Safety Committee: Dick Pitman  
A large discussion was waged between several committees regarding requiring or recommending CPR and/or safety courses for masters coaches.
9. *SWIM Magazine*: Jessica dealt primarily with Bill Volckening, the USMS editor for *SWIM*.
  - a) Articles which were published or about to be published:
    - 1) Atrial Fibrillation by Jody Welborn (March/April 2002)
    - 2) A Tale of Two Tremors by Eddie Ames (July/August 2002)
    - 3) GERD/Feeling the Burn by Ed Nessel (September/October 2002)
  - b) Upcoming articles:
    - 1) Anemia and Swimming by Art Figur and Jody Welborn
    - 2) Medications and Swimming by Jody Welborn
  - c) Suggested articles:
    - 1) Heart rate monitors by Wayne McCauley
  - d) "Ask Dr. Swim" – a question and answer sports medicine related column has been coordinated and edited by Jody. An Ask Dr. Swim appeared in the March/April issue, and again in the July/August issue. We are aiming to have such a column in alternating issues.

## ACTION ITEMS

1. Communications Subcommittee:
  - a) A waiver was written and approved for the Sports Medicine web pages and discussion forum.
  - b) A Sports Medicine web page has been developed and posted.
  - c) \*Guidelines for the Sports Medicine web page have been developed and approved.
2. Research Subcommittee:  
\*An eight page document was created outlining the requirements for a USMS Endowment Grant application.

# USMS COMMITTEE REPORTS

---

## AGENDA

1. Discuss future articles for *SWIM Magazine* and assign authors. Suggested topics:
    - a) Optimal and healthy pool temperature
    - b) Swimming and hip replacements
    - c) Exercise induced asthma
    - d) Osteoporosis and swimming
  2. Discuss possibilities for use of data collected:
    - a) from the Olympic Training Center participants
    - b) collected and submitted by individual masters swimmers
  3. Research:
    - a) \*Discuss how and who should review grant applications
    - b) How we solicit potential researchers, or not solicit them. If we chose to solicit research applications, who pays for this advertising? Do we want to encourage particular areas of research?
    - c) Discuss the issue of review boards and use of human subjects.
-