

## USMS CONVENTION – DALLAS, TEXAS – 2002

Committee Name: Sports Medicine

Session #: 1

Agenda Item #: 24

### I. ACTION ITEMS

1. MSA – Guidelines for Sports Medicine Articles on the USMS Web Site be adopted.
2. MSA – “Requirements for a USMS Foundation Grant” with suggested changes be sent to legal counsel for review.
3. MSA – Discontinue sending a Sports Medicine committee representative to the Olympic Training Center camps.

Committee Chair: Jessica Seaton

Vice Chair(s): Jody Welborn

Number of committee members present: 14  
meeting: 31

Absent: 1

Total delegates attending this

Committee Members present: Jessica Seaton, Jane Moore, Eddie Ames, Jody Welborn, Joel Stager, Dick Pitman, Doug Huestis, Don Mehl, Wayne Mc Cauley, Art Figur, Edward Nessel, Lisa Watson, Ann Gilbert, Phil Whitten.

### II. MINUTES

Time Meeting Called to Order: 2:14 PM

- 1 Committee members introduced themselves.
- 2 Discussion of questions from the executive committee.
  - a How can committees in this block interact to increase the health of the organization and its members?
    - i Recommend CPR/AED and safety training for all members.
    - ii Educate the public as to the health benefits of regular exercise.
  - b How do we educate?
    - i Articles in SWIM magazine and on USMS web site
    - ii Put full versions of past articles on the USMS web site
  - c What constraints stand in the way of progress of this committee group?
    - i Legal constraints regarding medical advice
    - ii Difficulties with e-mail communications
    - iii Difficulties getting data published
- 3 Communications Subcommittee: Sports medicine area on USMS web site is under development. A waiver has been developed and approved for use there. Guidelines for Sports Medicine Articles on the USMS Web Site were reviewed, discussed, and adopted. Initial review subcommittee will consist of Jessica Seaton, Jody Welborn, Art Figur, and Jane Moore.
- 4 *SWIM Magazine*: Suggested topics for future issues have been approved. The calendar is pending. For each article, an outline should be submitted and approved before the article is written. Pending article topics include the female athlete triad, anemia, exercise induced asthma, medications, and pool temperature effects. Other suggestions for articles include osteoporosis and swimming, hip replacements and swimming, and degenerative disc disease.
- 5 Research Subcommittee
  - a “Requirements for a USMS Foundation Grant” written by Joel Stager was reviewed. This contains the standard process for grant applications. Several changes were discussed.
    - i Page 3, item 4.6 – data can not be the property of USMS
    - ii Page 3, item 5 – it is difficult to complete work on a grant in 12 months; should change to 24 months and require annual progress report.
    - iii Page 4, item 7 – blank area – will need varied expertise for review of reports; will likely need to depend on the specific project.
  - b Currently there is no direction as to the type of research USMS would like to see done.

- c MSA that “Requirements for a USMS Foundation Grant” with suggested changes be sent to legal counsel for review.
- 6 Olympic Training Center Camps: Because of the small number of participants, these camps do not really present an opportunity for significant research. USA Swimming is no longer doing research. The original idea of sports medicine involvement in these camps was to collect survey data and analyze it to see trends to guide future research. The survey could also then be used to collect data from a larger sample of swimmers. MSA – Discontinue sending a sports medicine committee representative to the Olympic Training Center camps.

#### **TASKS FOR THE UPCOMING YEAR**

1. Continue work on web page development and posting articles. Develop a FAQ area on the web site.
2. Continue writing articles for SWIM magazine.
3. Finalize “Requirements for a USMS Foundation Grant” after review and approval by legal counsel.
4. Continue communications through e-mail this year regarding future activities of the committee.