

USMS CONVENTION – San Diego, CA – 2003

Committee Name: **SPORTS MEDICINE** Session # (if more than one meeting): ____ Cmte. report #: 24

Minutes recorded by: ____ Jody Welborn Date/time of this meeting: 9/12/03

ACTION ITEMS PROPOSED EXPENDITURES

1. None

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1. Sports Medicine Committee will undertake a study of Masters Athletes and Aging as proposed by Dr. Joel Stager. This will include studying Masters athletes at Nationals and elsewhere, pending approval of the testing by the Sports Medicine Committee. MSA.

Committee Chair: Jessica Seaton Vice Chair(s): Jody Welborn
Number of committee members present: 14 Absent: 4 Number of other delegates at this meeting: 35

Committee members present (list all): Jessica Seaton, Jody Welborn, Wayne McCauley, Mary Pohlmann, Nadine Day, Dick Pitman, Doug Huestis, Laura Kessler, Jani Sutherland, Ann Gilbert, Art Figur, Jane Moore, Lisa Watson, Phil Whitten, Jim Miller, M.D.-Liaison,

MINUTES

The meeting was called to order at: 2:48 pm

1. Introductions were made.
2. There are no rule changes or legislative changes that affect sports medicine.
3. Review of the website. The Sports Medicine website is still not up on the USMS website, although the content, including a link to USA Swimming's Nutrition Tracker, and structure has been identified. Jessica Seaton and Jane Moore met with Jim Matysek (USMS Webmaster) and Hugh Moore (Communications Committee Chair), and discussed getting the site up and running.
4. Jessica Seaton presented a brief outline of a research proposal that was brought to the committee by Joel Stager. The proposal is for a USMS study on Masters Athletes and Aging. This will involve participation not only by members of the USMS Sports Medicine committee and but other individuals in USMS.

A motion was made that the **Sports Medicine Committee will undertake a study of Masters Athletes and Aging as proposed by Dr. Joel Stager. This will include studying Masters athletes at Nationals and elsewhere, pending approval of the testing by the Sports Medicine Committee. MSA.**

5. Jim Miller presented a proposal for a Sports Medicine sponsored conference, in association with the World Championships, on the Aging Athlete. If the Sports Medicine committee goes ahead with this idea, a budget will need to be developed for set-up, honoraria, etc., but the most immediate decision will be the dates and length of the conference (pending the decision on whether the World Championships will be in the USA). Committee members will be needed to assist with procurement of lecture sites, speakers, CME credit, etc. The information on dates and length of conference will need to be provided by April-May 2004.

6. Discussion was held regarding the possibility of developing a questionnaire for *SWIM* along the lines of the one that appeared in *RUNNER'S WORLD* magazine which asked about activity levels and general health of the athletes. This will be discussed further by email.

7. *SWIM* magazine. The relationship with *SWIM* magazine has been a good one this year. All health-related articles have been reviewed by the Sports Medicine Committee. *SWIM* magazine has asked that the committee develop a "backlog" of articles to be available for publication should an article not be available on time or if there is additional space in the publication.

Jessica Seaton, Phil Whitten, and Bill Volckening are currently working on the editorial calendar for next year.

Suggestions for articles with possible authors are:

Eating Disorders--Jane Moore

Rotator Cuff Surgery and Recovery and the Competitive Swimmer (requested by Joanne Wainwright; author to be determined)

Sun and Skin Disorders (requested by Shannon Sullivan who will work with a dermatologist on this article)

Peri-menopause and the Masters Swimmer--Mary Pohlmann

8. New Business: A committee is needed to review research proposals that have been submitted to the Endowment Fund. The deadline for submissions has been moved to October 1, 2003. The Sports Medicine Committee review of the next round of proposals has been moved to November 1st. The research review committee will consist of Doug Huestis, Laura Kessler, Mary Pohlmann, and Jane Katz.

The meeting was adjourned at 3:37 P.M.

TASKS FOR THE UPCOMING YEAR

1. Sports Medicine website on the USMS website: outside assistance will work with the Sports Medicine committee and Jim Matysek on getting the site up and running, including the Nutrition Tracker link.
2. Continue to research, and develop the proposal for the study on Masters Athletes and Aging.
3. Develop a backlog of reviewed Sports Medicine article for use in SWIM magazine as described above.
4. Research and develop a Sport Medicine conference on the Aging Athlete to be held in conjunction with the World Masters Swimming Championships (if they are held in the United States).
5. Work with Phil Whitten on developing a questionnaire to be included in SWIM magazine as discussed above.
6. Review grant proposals submitted to the Endowment Fund.