

# USMS COMMITTEE REPORTS

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## FITNESS

Chair - Pam Himstreet

Vice Chairs - Bill Volckening, Jani Sutherland

Committee Members: Marianne Brogan, Lee Carlson, Randy Crutchfield, Harry DeLong, Art Figur, David Grilli, Margie Hutingler, Sandy Lovejoy, Tom Mester, Jane Moore, Jennifer Parks, Dick Sidner, Laura Smith, Darlene Staley, Victoria Tracy, Jody Welborn, Bekah Wright. Executive Committee Liaison – Scott Rabalais

### ANNUAL REPORT

The Fitness Committee has had a very successful year. We continue to focus our efforts on enhancing Masters Swimming for the non-competitive member or fitness swimmer. We want to offer a variety of activities and information for all swimmers regardless of their reasons for choosing Masters swimming as an exercise activity. Our focus this year has been to grow our three USMS Fitness postal events, started in 2003. Results of the first year showed participation nationwide and a surprising number of YMCA swimmer involvement. We have also made the Fitness section of the USMS website a premier location. We provide articles of the month, fitness events, results of these events, and all forms of useful information. Look for new additions in 2005.

### DISCUSSIONS AND PROJECTS

1. Tabulation of the 3 Fitness events ending December 2003. The Check Off Challenge has been running for two years and did double participation in the second year. This year 300 shirts were sold and a \$1,500 profit was made for the host LMSC. The 30 Minute Swim had 52 participants in its inaugural year of 2003. Our goal is to encourage teams and coaches to do this as a team event, especially in the fall to lead into the Hour Swim. Hopefully, we will be over 100 participants this year. The Virtual Swim Series had 20 hearty souls brave Americas Waterways. The male and female mileage champions each swum nearly 600 miles, and recorded their practice and meet swimming for the entire year. All swims made a profit for their respective host teams. This year's events were advertised in Swim Magazine and fliers were put out at USMS and YMCA Nationals.
2. The Articles of the Month have been very successful. Thanks to the efforts of our new Vice Chair, Jani, more committee members are getting involved in this area. Jani has a new article in hand to post each month through September.
3. Discussion with Long Distance Committee regarding our 30 Minute swim due to a request that it should be competitive and scored like the Hour Swim. Further discussion at the Convention.
4. Five new Virtual Swims have been submitted for 2004 and are on the Website. More Virtual Swims are still needed. Anyone can compose a swim for his or her state.
5. OHIO Masters is managing and processing the 30 Minute Swim throughout the year. The Virtual Swim Series is hosted by Florida Mavericks. Please support and advertise these events.
6. We have collected nominations for the USMS Fitness Award. It will be presented at the Convention.
7. Hosts for the 2005 Fitness events will be selected at the Convention. All teams have been asked to bid with messages on our website, the USMS Forum and with an ad in Swim Magazine.

### ACTION ITEMS

1. Vote by e-mail for the recipient of the 2004 Fitness Award.
2. More hosts are needed for the 2005 Fitness Events. Select event hosts for 2005.

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## AGENDA

Thursday, September 16<sup>th</sup>, 10:30 – 12:00 pm  
Meeting Room – Cloister North

1. Introductions and review of Annual Report.
2. Progress of 2004 Events still in process.
3. Articles of the month.
4. Web Report. Report by Bill Volckening.
5. Selection of hosts for 2005 for the USMS Fitness Events.
6. Creation of more Virtual Swims.
7. Strategies to encourage participation in the fitness events. Team scoring?
8. Making Fitness Fun section of the Website
9. Carry-over projects. Fitness Kit. Jody Welborn
10. Local fitness events. Report by committee members. New ideas.

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## INSURANCE

**Chair - Colleen Ann Driscoll**  
**Vice Chair - Cheryl Gettlefinger**

Committee Members: Colleen Ann Driscoll, Cheryl Gettlefinger, Frank Tillotson, Mike Laux, Jack Buchanan, Lee Carlson, George Simon. Executive Committee Liaison – Patty Powis

### ANNUAL REPORT

Our loss experience continues to be very good and we hope that this will positively influence our insurance carriers on renewal. We anticipate increases in our premiums again this year, but we hope to hold them to a minimum. However, the market climate may change due to unforeseen events between now and our program renewals, which date at the end of the year.

### PROJECTS

1. The Chair worked with our insurance broker to investigate alternative insurance program for the upcoming renewal. It was deemed that coverages under this alternative program would limit our current coverage and would not be appropriate.
2. The Chair worked with our insurance broker and legal to develop a document to assist our members in signing contracts. This project is ongoing.

### ACTION ITEMS

1. It was MSC to accept our insurance renewals which were presented after Convention.

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## AGENDA

Thursday, September 16<sup>th</sup>, 4:15 – 6:15 pm  
Meeting Room – to be announced

1. Introduction
2. Appoint Recorder
3. Roll Call
4. Discuss and Vote on 2005 Insurance Programs if quotations have been received
5. Projected 2005 and Future Insurance Issues
6. Review of Loss History and Current Reserves
7. Discuss Rule Proposals That Affect Insurance
8. Discussion of 2004 Project
9. Old Business
10. New Business
11. Adjournment

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## LONG DISTANCE

Chair - Peter Crumbine  
Vice Chair - Marcia Cleveland

Committee Members: Doug Brogan, Bob Bruce, Rob Copeland, Pam Himstreet, Bruce Hopson, Laura Kessler, Janet Renner, Randy Nutt, Danielle Ogier, Steve Schofield, Dick Sidner, Julie Stewart, Shannon Sullivan, Jim Wheeler, Jill Wright. Ex-officio: Robert Zeitner, Marcia Benjamin, Graham Johnston, Bill Volckening, Paul Wrangell. Executive Committee Liaison – Lynn Hazlewood

## ANNUAL REPORT

Our goal of totally converting the championship process to electronic communications has been achieved. The problems previously encountered have been corrected, and changes going forward should be in the “tweaking” category. This streamlined approach consists of two mass email distributions: 1) In January, we sent out the bid package for the 2006 LD championships. It is noteworthy that this system resulted in a record number of bids for the 2005 championships. 2) In June, we sent out four files to all event directors for the following year, namely the USMS contract, timeline for all events, championship guidelines, and championship forms. The latter two files are also posted on the USMS web site. Vice Chair Marcia Cleveland, Liaison/Webmaster Lynn Hazlewood, and ex-Chair Rob Copland were particularly helpful in streamlining this process.

All events for 2003 have been finalized including All-Americans (David Vandam), All-Stars (Marcia Benjamin and Julie Stewart), Records (Jill Wright) and Awards (Robert Zeitner). The 2004 One Hour Swim has been successfully completed under the leadership of Nancy Ridout, the entry forms for all the other 2004 championships have been finalized and posted on the web, and bid forms have been sent to potential bidders for the 2006 LD Championships (see above).

We finalized and posted the first edition of the USMS National Postal Championship Guidelines, with thanks to Kristine Lewis for a job well done. Paul Wrangell was named the Long Distance Historian and became an ex-officio member of the committee. All hard copy files from previous years are now in his possession.

**Ongoing project:** Safety manual

**Interim decisions:** The LD Committee approved a new design for our championship patch, a new design for championship medals, and the design of a new participation patch for completing all postal championships in a calendar year. Thanks to ex-officio member Bill Volckening for all three designs.

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## AGENDA

**Thursday, September 16th, 2:30-4:00 pm**  
**Meeting Room - Captain**

1. Attendance
2. Introduction of members including ex-officio
3. Remarks by the Chair and Vice Chair
4. Review of 2006 championship bids and selection
5. Discussion of rule changes

**Saturday, September 18th, 8:00-10:00 am**  
**Meeting Room - Sapphire**

1. Attendance
  2. Vote on rule changes
  3. Reports:
    - Robert Zeitner: Awards and bids
    - Paul Wrangell: Historian
    - Laura Kessler: All Americans
    - Jill Wright: Records
    - Julie Stewart: All Stars
    - Bruce Hopson: Liaison 2006 World Games
    - Rob Copeland: LD Policy Manual
    - Jim Wheeler: Safety Manual
      - Discussion including rulebook standards and safety/medical form
    - Danielle Ogier: ISHOF Nominations
      - Appointment of ISHOF nominating committee
  4. Old business:
    - New cloisonne medal
  5. New business:
    - Assignment of evaluators for 2005 events
    - Vote on new postal schedule:
      - a) 5/10K from May 15-Sep 15 and the 3000/6000 to Sep 15-Nov 15
      - b) 5/10K from May 15-Aug 31 and the 3000/6000 from Sep 1-Oct 31
    - Conversion of One Hour Postal to 30/60 Minute Postal
  6. Other business
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# **USMS COMMITTEE REPORTS**

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## **SAFETY EDUCATION**

**Chair - Julie Heather**

**Vice Chair - Leslie Smith**

Committee Members: Nadine Day, Mary Pohlmann, Eric Shanks, Shannon Sullivan, Anthony Thompson, Joanne Wainwright, Jody Welborn, Colleen Driscoll (ex-officio). Executive Committee Liaison - Patty Powis

### **ANNUAL REPORT**

The major goal of the Safety Education Committee for this year is to produce a web page of useful information for our members. The Committee has decided to include information on disabilities on the Safety Education page, with the intent of transferring it to a different area if appropriate. Jim Matysek has provided a template for the compilation of safety information following the format used for other pages on the USMS website. An incomplete draft of the web page is on my desktop as of this report.

The Safety Handbook has been revised and submitted to Colleen Driscoll, Patty Powis and Sandi Blumit, and is ready for inclusion on the web page.

The suggestion has been made that we should consider a rule change prohibiting swim paddles and other aids from the warm-up area of swim meets. This issue will be presented to the committee for discussion via email prior to convention.

### **TASKS AND ACTION ITEMS**

1. Leslie Smith is compiling links for the webpage relating to disabilities
2. Julie Heather is putting the webpage together using the template provided by Jim Matysek, and information provided by committee members. A draft will be submitted to the committee by late spring.

### **AGENDA**

**Friday, September 17th, 8:30-9:30 am**  
**Meeting Room - Yeoman**

1. Introductions and attendance
  2. Current projects
    - Safety Education on the USMS Website
  3. New Projects
    - Safety Section for the LMSC Handbook
    - SWIM Magazine articles
  4. Proposed changes to the rule book relating to safety
  5. New Business
    - Committee involvement
  6. Review/assign tasks for the coming year
  7. Adjourn
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# USMS COMMITTEE REPORTS

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## SPORTS MEDICINE

Chair - Jessica Seaton

Vice Chair - Jody Welborn

Committee Members: Nadine Day, Arthur Figur, Jean Fox, Ann Gilbert, Doug Huestis, Jane Katz, Laura Kessler, Michael Laux, Wayne McCauley, Don Mehl, Jane Moore, Ed Nessel, Amy Patz, Dick Pitman, Mary Pohlman, Joel Stager, Jani Sutherland, Joanne Wainwright, Lisa Watson, Phil Whitten, Mark Wussler. Executive Committee Liaison - Jim Miller

### DISCUSSIONS AND PROJECTS

#### 1. FINA Masters Worlds 2006

Laura Kessler has agreed to chair this subcommittee and will receive help from Joel Stager. The SM committee suggested a multi-day format with 2-3 speakers per day over 4 days. This is subject to room and speaker availability. Furthermore, we felt that some lectures should be directed toward laypeople and others toward professionals. Discussions with Michael Moore have begun, but were put on hold until mid-August, when he will have the time to deal with this.

#### 2. Web Page

Wayne McCauley has agreed to get our web page up and running after initial efforts with an outside web coordinator did not pan out.

#### 3. Research

The first phase of the large USMS study by Joel Stager with Indiana University was launched at Short Course Yards Nationals in Indianapolis in April, where testing was done on over 200 swimmers, with blood draws on over 80. As word got out about the testing, the lines got longer...a good sign for continued work in this direction. An on-line survey is on-line and people have begun responding to it. With more responses data can be analyzed, and could help generate interest for more funding.

#### 4. SWIM Magazine

The following is an update:

March/April 2004 - Good Pain/Bad Pain by an outside person, Ask the Doc

May/June 2004 - Swimming and Medications by Jody Welborn

July/August 2004 - Ask the Doc: Persistent Ear Infections

September/October 2004 - Eating Disorders by Jane Moore

November/December 2004 - Hormones by Mary Pohlman

January/February 2005 - Rotator Cuff surgery Rehabilitation by Nadine Day

March/April 2005 - The Athlete's Heart by Jody Welborn

#### 5. Speaker for Sports Medicine Lecture at the Convention

Jody Welborn, M.D. will speak at the convention on Exercise and the Heart.

### ACTION ITEMS

1. The committee decided to have a position statement opposing performance enhancing drugs and opposing testing for these drugs. Wording still needs to be refined.

2. Work will continue in all of the subcommittees

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## AGENDA

**Friday, September 17, 9:45 – 10:45 am**  
**Meeting Room - Sapphire**

1. Discuss any Rule changes or Legislative changes that affect the Sports Medicine Committee.
2. Discuss Worlds 2006: Conference on the Aging Athlete—Brief update by Laura Kessler. Discuss how the SM committee can assist.
3. Discuss research efforts with Joel Stager and the Doc Councilman center—Brief update by Joel Stager.  
Discuss how the SM committee can assist the research in concrete terms.
4. Discuss the web site—Brief update by Jane Moore and Wayne McCauley
  - a. What will it take to get it up and running?
  - b. Maintaining the web site
  - c. Review committee
  - d. FAQ
5. Upcoming articles for SWIM
  - May/June 2005
  - July/August 2005
  - September/October 2005
  - November/December 2005
  - January/February 2005
  - March/April 2005

### **SPORTS MEDICINE PRESENTATION** **PUMP IT UP**

**Exercise and the Heart**

**Presented by Jody Welborn**

**Friday, September 17<sup>th</sup>, 12:15-1:15 pm**  
**Meeting Room - Diamond**