

Sports Medicine and Research Committee Report

October 20, 1988

Meeting called to order at 9:05 AM.

Financial Report: Past year's expenditures \$1844.70. This covered the cost of printing The Role of the Medical Exam brochure for distribution in November, 1987 newsletter and the cost of printing three sets of brochures.

Medical Care at National Championship Meets: Dr. Jim Miller reported on care provided at the last two meets. At long course nationals at Buffalo, 86 people were seen and 5 were transported to hospitals. Brief reports of happenings at meets in Australia and New Zealand were also presented. The numbers of swimmers requiring medical attention points out the need to continue to provide adequate emergency medical care at National Championship meets. The possibility of medical emergencies must also be considered by those in charge of other meets as well as practices.

MSC to consider development of a release form with specific problems that might be expected to occur during swimming; will also consider development of general guidelines for safety precautions.

Research Studies: Becky Mowery, Chair HPER Dept., University of Pittsburgh at Bradford, wishes to select a random, representative sample of Masters swimmers and mail questionnaires to evaluate incentive and motivation for continuing exercise. MSC recommendation for National Office to cooperate with Ms. Mowery so she may obtain swimmers for the study.

Dr. Al Loosli, Walnut Creek, CA, would like to do an injury surveillance program in a selected group of Masters swimmers. A similar study done in elite USS swimmers, was conducted by weekly telephone interviews. MSC to encourage and support such an injury surveillance study.

Mike Stromberg, meet director for 1989 Long Course Nationals at Grand Forks, North Dakota, reports that the Human Nutrition Lab there would like to allow swimmers to participate in a nutrition study.

Description of program would be sent to all entrants. Those choosing to participate would complete a seven day food diary prior to the meet and complete a questionnaire. At the meet, flexibility and strength testing and EEGs would be performed. Following the meet, blood samples would be taken for analysis. There would be a charge of up to \$25 to each swimmer. Participants would receive computer dietary analyses. MSC to allow nutrition study. Dr. Bill Weir will act as liaison for the project.

All those conducting studies involving Masters swimmers will be requested to share results with USMS through the Sports Medicine and Research Committee.

Educational Programs: The Masters Aquatic Coaches Association has programs planned on tapering at Boca Raton and weight training at Grand Forks. The United States Swimming Sports Medicine Society is interested in the possibility of presenting a one-half day or evening educational program at a national championship meet. Their speakers would require payment of at least expenses. Consideration of such a program will continue.

Request was made that all such programs be videotaped and made available to local organizations.

MSC that articles based on reports of research conducted by the US Swimming Sports Medicine Society and other research be written by a specified author for publication in Swim-Master or Swim Magazine if possible.

Proposed Rules Changes: MSC to recommend that short course start be used for all forward starts for safety reasons. Further recommend that backstroke start allow toes over edge or gutter (for safety reasons) but not to allow stand up start (due to increased risk of musculoskeletal problems).

Brochures: All current brochures will be distributed to committee members prior to convention each year for review and updates as needed.

MSC recommend that local registrars continue to send the Role of the Medical Exam brochure to each swimmer that is not a renewal registration.

MSC to further recommend that the Role of the Medical Exam brochures be distributed through the National Office to each local registrar in quantities equal to the number of nonrenewals in the previous year.

MSC to insert a copy of the brochure The Role of the Medical Exam in the November issue of the USMS Newsletter. Rationale for this decision is to allow the brochure to reach swimmers that did not previously receive it due to moving without forwarding addresses or not having received it from local registrars last year.

Committee will continue to work on further brochures for publication as possible.

MSC to recommend that Championship committee adopt a policy requiring exit from pool at national championship meets to be by the sides of the pool rather than the end.

Meeting adjourned at 12:05 PM.

Jane A. Moore
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Chair

UNITED STATES MASTERS SWIMMING CONVENTION
OCTOBER 19-23, 1988
ST. LOUIS, MISSOURI

COMMITTEE Sports Medicine

CHAIRMAN Jane Moore RECORDER _____

VOTING MEMBERS PRESENT: (Committee Members)

Jim Miller
David Diehl
Leslie Molony
Bill Whurst
Bob Merrick
Bill Weir

NON-VOTING MEMBERS. VOICE AT OPTION OF THE CHAIR.

Pat Diehl
Barry Hays
Brooke Dick
Luth Weir
Cathy Cunningham
Bruce Bagnell
Andy Schrag
George Cunningham
Rocky Motter
Russ Lyman
Jerry Scheibner
Mike Laux
Colin Light
M. Kitty Grant (Ky) non-voting
Judy Melles - Az
Reg W. Richardson
Marilyn Early
Clay Evans
Betsy Owens
Bill Walter
Laura O'Shaughnessy
James Smith
Mike Caldwell
HILL CARROW
Jill GEORGAN

Please attach a copy of the Minutes of your meeting to this form and return it as soon as possible to Nancy Ridout, USMS Secretary. It must be handed in before you leave the Convention.

All Committee actions require approval of the House of Delegates. Any such actions must be handed to Nancy Ridout prior to the House of Delegates meetings.