

SPORTS MEDICINE AND RESEARCH COMMITTEE

September 21, 1989

The meeting was called to order at 1:10 PM.

MEDICAL REPORT FROM NATIONAL CHAMPIONSHIP MEETS - Dr. Jim Miller, Director of Medical Care at National Championship Meets. Both meets this year did excellent jobs in medical coverage, although there were some difficulties in arranging coverage. At Boca Raton, approximately 60 people were seen with 2 requiring transport. At Grand Forks, 60 people were seen; no transports were required. Because of the variety in emergency services available and names/titles of such services and those providing them in different geographical areas, there is some difficulty in ensuring that adequate medical arrangements have been made. The majority of the time, this can be handled by telephone conversations, but occasionally, on-site visits are required. Because of the local variations and the need for a knowledge of the peculiarities of problems to be considered at championship meets, it is not possible to develop a set of written guidelines or a network of physicians across the country to help with the arrangements.

NOTE: Anytime an injury or medical problem occurs at a meet or practice, an insurance report form should be completed and turned in promptly. Because of the claims-made type of insurance which we now have, claims must be reported within 60 days of change to a new policy or may not be covered.

ROLE OF THE MEDICAL EXAM IN MASTERS SWIMMING HANDOUT

This will be updated on a regular basis so as to keep current with medical advances, and will continue to be distributed by LMSC Registrars.

WAIVER STATEMENT

The Insurance Committee is developing a new waiver/release which will contain language stating the the signer certifies the he/she is physically fit and has not been informed otherwise by a physician; also, that signer realizes that swimming can be a dangerous activity. This should place more responsibility on the swimmer. If the individual is unable to sign this statement, he/she should not be allowed to participate in a Masters program. If the individual has a known health problem, but has a release from his/her physician certifying that he/she may participate in Masters swimming, then he/she may do so.

RESEARCH UPDATE

1. Nutrition study at North Dakota was not done. Instead were two studies, one on memory and exertion, the other on body fat. No reports are available on either.
2. Rebecca Mowery, Univ. of Pittsburgh, study on motivation for swimming: report not available.
3. A. Loosli, M.D. injury survey was done. Eighty-six responses revealed that the most common swimming injury was to the shoulder. Next most frequent were back injuries. Most likely illness to cause missed workouts was the flu.
4. Aging and Performance: variable results; approximately 0.6% decrease in performance per year, after five years of swimming as everyone tends to improve for the first three to four years.

NEW RESEARCH PROPOSALS

1. I. Thompson, M.D.: questionnaire - what is it about swimming that keeps people doing it? To include: previous background, why swimming now, and why started again.
2. Insurance broker wants to explore the possibility of offering group medical insurance to Masters swimmers but will need to determine if the lifestyle of Masters swimmers is such as to decrease their health risks.

ENCOURAGING NEW RESEARCH

1. Suggest pilot studies to be done at national meets.
2. Send list of topics of interest to appropriate graduate schools (exercise physiology, sports psychology, nutrition, physical education) to generate research.
3. Contact meet hosts for list of schools in area with appropriate departments.

Committee chair or delegated person will solicit research projects to be done at national meets from qualified graduate schools throughout the country. Committee should review proposals, progress and results.

RULES CHANGES

Backstroke start: previously had recommended continuation of rule allowing toes to curl over gutter for stability. As this contradicts FINA rules, times can not be considered for FINA Top Ten or records. After discussion, committee recommends support for the International Committee's proposal to conform to FINA rule, but work with the FINA representative to encourage a rules change allowing toes out of the water on start to grip gutter.

WARMDOWN/WARMUP

Ohio LMSC is now requiring availability of lane for continuous warm-down at all local meets. Plans to report back on this at next year's meeting. If policy is successful, may propose rules change requiring such a policy at all local meets.

EDUCATION

Previous brochures are available (Role of Medical Exam, Exercise and Pregnancy, Fitness and Masters Swimming). Will continue to develop such material for education of Masters swimmers. Work currently in process on shoulder injuries/prevention/rehabilitation, nutrition (various topics), and benefits of regular aerobic exercise.

Request for development of list of keywords for use in accessing databases to do literature search on topics of interest to Masters swimmers. Will attempt to develop such a list.

Also suggest that a list be circulated of all publications available through the USMS National Office.

Meeting adjourned at 2:55 PM.

Jane A. Moore

Jane A. Moore, M.D.
Chair

UNITED STATES MASTERS SWIMMING CONVENTION
SEPTEMBER 20-24, 1989
PORTLAND, OREGON

COMMITTEE Sports Medicine
CHAIRMAN Jane A. Moore MD RECORDER Elin Zander

VOTING MEMBERS PRESENT:

Sandi Rousseau - Oregon
David Dietl - Potomac Valley
Bill Whitch FLORIDA
Elin Zander IEM
Bob Merrick - So. Pacific
Jim Miller MD

Robert Smith OR

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

DAVID LEVINSON - PACIFIC
Laura Val "
Julie Pague "
Bill Stuthers New Jersey
Judy Melles AZ
Marcia Marcantonio Texas
Melinda Louros - SoCal

Manasse Rogers - Lake Erie
Ted Hawtz - NE
JACK BUCHANAN - COLORADO
Mike Lox - Conn.
Margaret Tomson So Pac

MICHAEL COLLINS - PACIFIC
Patricia Diehl - Potomac Valley
BILL HALL SOUTHWESTERN
Susie Leiper San Diego / Imperial
CLAY EVANS S.P.M.A.
Marilyn Early Mich.
THOMAS TRIPP OHIO
BARBARA BOWER SOUTHERN (LOUISIANA)
Rocky Motter So Eastern
Mary Lou Schulz Adirondack

Pat Sengstock Central
Marie Kreipe Missouri Valley
Rhea Wilkins - Va.
Joannet Ungley - KY
"TAD" BERKOWITZ - FGC
GEORGE CUNNINGHAM - PACIFIC
Josh Goffey Legal Advisor
Jan Kavada, PNW
Dew L Monow KY
LYNN CASEY SOUTHWESTERN
dick Smith Pot. Valley

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.



Jessie Dunley - Ann Arbor

Stu Martin - Gold Coast

Ginger Pierson - Oregon

Doc MESSINEO FC

Jeanne Bostwick - Maryland

DOSEY MESSINEO FC