

Sports Medicine and Research Committee  
September 24, 1992  
Chair Jane Moore Recorder Hugh Moore

Nationals Report (Jim Miller): Both national meets went well this year. An on site visit was made to North Carolina but was not required at Federal Way. He has been in contact with Santa Clara and did an on site visit with Minnesota two days ago. He usually doesn't do an on site visit to try to avoid the additional cost.

Research Report: A questionnaire survey regarding chlorine exposure and cancer was distributed. No results have been received at present. Two requests regarding research studies were received from Boston University and NE Missouri State University. Neither has proposed an actual project.

Drug Testing: FINA proposed instituting drug testing at FINA sponsored meets such as World Championships. At this point, they have decided not to proceed. England, France, & Germany are currently testing. We will continue to accumulate data. There are very few laboratories (Los Angeles and Indianapolis in the United States) accredited to do the testing. The current cost is about \$150 per test or \$800 if the initial test is positive. MSC (unanimous) to convey to June Krauser of the FINA Masters Technical Committee that USMS Sports Medicine committee opposes drug testing in Masters swimmers. Letters from Drs. Jim Miller, Jane Moore, and Joseph Kurtzman will be forwarded to June to support rationale for avoiding drug testing.

ICAR Proposal: The International Center for Aquatics Research in Colorado Springs would like to hold four day camps for Masters at their own expense starting early '93. These camps generally include testing of strength, stroke mechanics, nutritional status, and psychological factors as well as evaluation of swimming technique in the flume. More details will be available at a later date.

Role of the Medical Exam in Masters Swimming: MSC (Unanimous) to budget \$600 for the National Office to duplicate and send copies to each LMSC Registrar. Initial volume will be 50% of previous year's registered swimmers. The document will be reviewed and updated by Drs. Miller and Moore prior to reproduction.

Nutritional Information: USS has produced pamphlets on nutrition which are available through their office.

Endorsement of Products: MSC (unanimous) Use of the USMS logo in any advertising for medical, nutritional, or performance products must be approved by the USMS Sports Medicine and Research Committee. MSC (unanimous) - Championship Committee should advise Meet Hosts to consider appropriateness of products handed out in welcome bags.

Future Direction of Committee: To provide information to swimmers on health topics and issues. Possible topics included discussion of hypothermia research, cross-training, swimming at altitude, average age of death of Masters Swimmers and cause of death as compared to non-athletes, and effects of weight training. Also suggested was a review of literature regarding exercise with presentation of a summary annually at this meeting. Volunteers are being solicited to help with these projects. Anyone interested should contact Jane Moore with their name, address, and subject of interest.

Meeting adjourned 5:22 PM.