

## USMS CONVENTION – Greensboro, NC - 2005

Committee Name: **Sports Medicine**

Comte. report #: 16

Minutes recorded by: Jody Welborn

Date/time of this meeting: 9/16/05 11:30

### ACTION ITEMS - PROPOSED EXPENDITURES

### ACTION ITEMS - OTHER

1. Sports Medicine to be a part of the Editorial review process from the start and involved to the end. As soon as the publication editorial calendar is set and Sports medicine related information is part of the article the committee needs to be notified.
2. Sports Medicine should review all new articles with sports medicine or health content on the web.
3. A designated member of the Sports Medicine committee will review all articles on the website to maintain accuracy.
4. It was recommended that the committee name be changed from Sports Medicine and Safety to Sports Medicine, Health and Safety.

Committee Chair: Jessica Seaton

Vice Chair(s):

Number of committee members present: 12    Absent: 10    Number of other delegates at this meeting: 10

Committee members present : Jessica Seaton, , Kristy King, Jim Miller, Nadine Day, Laura Kessler, Fred Shinn, Lisa Watson, Jane Moore, Mark Wussler, Joel Stager, Mike Laux.

### MINUTES

The meeting was called to order at: 11:35 am.

1. Introductions. The year-end report was reviewed.
2. Research update and discussion. Joel Stager reviewed pilot studies. A) Estimation of energy expenditure while swimming using waterproof accelerometers. B) Quality of life study for swimmers. 400 people filled out the questionnaire. The average length of time that adults engaged in Masters Swimming was 17 years. In addition, assessments of BP, muscle mass, etc was made at Nationals at Indianapolis in 2004 and among the conclusions are that the age offset for swimmers has been about 15 years. Joel reports that there has been a lot of media attention regarding this study. C) Biological markers of aging in active adults, which also involves examining muscle mass in swimmers vs. the general population. Joel is working on funding for larger studies.
3. Review of the Speakers for the 2006 World Masters Games Sports Medicine Lecture Series. Handout was passed out. 7 speakers have been identified to date. Scheduling for the speakers series has not been established and the series will likely conflict with competition events to some extent. Discussions are being held regarding the facility and space. Multiple potential topics, additional speakers and funding discussed.
4. Website. Jane Moore reviewed activity with respect to the website. She organized a sub-committee that reviewed articles containing health information published on the website and appropriate changes were made.
5. Discussion occurred regarding the need for Sports Medicine to be a part of the Editorial review process from the start and involved to the end. As soon as the publication editorial calendar is set and Sports medicine related information is part of the article the committee needs to be notified. MSA
6. Liability concerns were discussed.
7. Web action item in the annual report. MSA
8. A designated member of the Sports Medicine committee will review all articles on the website to maintain accuracy. MSA
9. It was recommended that the committee name be changed from Sports Medicine and Safety to Sports Medicine, Health and Safety. Jane Moore and Jessica Seaton will attend the Legislation committee meeting to make a friendly amendment that the committee name be changed. MSA.
10. reviewed Sports Medicine involvement with the national publication.
11. The position of National Coordinator of Medical Care at the National Championships was discussed. Defining the position and including it in the rulebook is a project that will be worked on.

The meeting was adjourned at 1:00 pm.

## TASKS FOR THE UPCOMING YEAR

1. Sports Medicine lecture at the FINA World Masters Championships will be an ongoing project coordinated by Laura Kessler.
2. The Sports Medicine Committee designee will monitor all items with sports medicine or health content on the web.
3. The Sports Medicine Committee will work closely with USMS Swimmer, monitoring all items having to deal with sports medicine and health.
4. Jane Moore will define and describe the position of National Coordinator of Medical Care at the National Championships.