

Sports Medicine & Science Committee
Conference Call Minutes
January 22, 2012

Chair Jane Moore started the call at 5:05 pm Pacific.

Participants: Bill Ewan, Sally Guthrie, Lisa Hiller, Jane Katz, Kristy King, Katherine Longwell, Jim Miller, Jane Moore, Mary Pohlmann, Diane Rothenberg, Jody Smith.

1. Health screenings at national championship meets
 - a. Bill Ewan – working with Chris LaBianco (USMS Swimming Saves Lives consultant) who lives near Greensboro; Chris has done lots of work already. Chris has lined up Dr Legaspi to repeat skin cancer screening as he did last year in Mesa for four hours. Dr. Legaspi is donating his time. Bill will work with Chris too get additional dermatologists from Greensboro area.
 - b. Chris & Kyle Deery (USMS Marketing Coordinator) will be visiting Greensboro in late February to review venue set-up.
 - c. Chris is also looking toward Summer Nationals in Omaha. Swimming Saves Lives has budgeted funds for the screening program. Dr L is donating time.
 - d. New screening ideas mentioned by Chris include chiropractic spine screening; diabetes screening, and blood pressure checks. Bill will work with Chris and remind him the committee member Jessica Seaton is a chiropractor and should be consulted to develop plans for chiropractic screenings.
2. Health information display for national championship meets
 - a. Sally talked to people who have done displays; she looked on-line and found display boards for \$400-600; some have fabric background so can Velcro items and change; could have set title and change content. Many different sizes; many would fit on a six to eight foot table.
 - b. Bill will check with Chris about display space; room for a table 3x6 feet.
 - c. Jody – it would be good to keep screenings & display space together; remember to include Championship Liaison in planning conversations (Jeff Roddin for Greensboro, Sandi Rousseau for Omaha).
 - d. Jane K – we should consider allowing people to market books, etc. on health-related topics.
 - e. Need to consider logistics of storing and transporting the display board; some have carrying case like briefcase. It might need to be shipped to meets. Could it be stored at national office?
 - f. Lo Knapp and associate e will work on osteoporosis display. Bill suggested an illustrated article on stretching by George Edelman from Swimmer magazine.
 - g. Sally should coordinate with Swimming Saves Lives and their display efforts so displays are compatible. There is funding in our committee budget for this project.
 - h. Jody – the USMS style guide is on-line; we should also coordinate display development with the national office.
3. Health Network
 - a. Jane M recently sent a message to previous members of the network asking about interest in continued participation. Response has been good. Most will continue although they have not been utilized very much.
 - b. Jim – USA Swimming sports medicine network has categories of topics – cardiology, pulmonary, etc.; he asks participants which areas they are interested in but doesn't let them serve in more than three. There are about 29 areas of interest; it is possible to keep more people involved that way. He will send the list of areas of expertise to Jane M.
 - c. A request for interested professionals to serve in the Health Network will be published in all versions of Streamlines. The Coaches version was sent a few days ago. Jane M has received three responses already.
4. Discussion forum set up
 - a. There are still a few committee members who have not given Jane M their user names.
 - b. Jane M will be starting discussion threads soon.

5. Other business – discussion of training, injuries, and how this committee might work with other committees. Details of discussion follow. No action taken.
6. Next conference call will be Sunday, March 11. 5 pm Pacific.
7. Call ended at 6:20 pm.

Discussion Notes

1. Swimming Injuries
 - a. Lisa – always hears from people who start too fast then get injured – have we addressed that in past or could we do so?
 - b. Jim – are these problems when swimming on their own or with a group?
 - c. Lisa - both; is there a basic protocol for someone new with no history of competition?
 - d. Jim more problems with past swimmers who come back and try to do what they did in past; could this committee with coaches committee put information into coaches training related to getting started – how do you do it?
 - e. Sally – it’s hard to come back later then realize you can’t do what you did when you were younger; consider asking swimmers about their past experiences.
 - f. Bill – many people starting are intimidated by articles in Swimmer; they are missing many basic things that we don’t address; lots of people who don’t really swim who are starting.
2. Dry-land coaches
 - a. Lisa – Do teams have dedicated dry-land coaches? Few teams have.
 - b. Sally – many teams are lucky just to have a coach.
 - c. Katherine – coaches committee has encouraged wrapping dry-land into training; elements in certification training; issue is that coach not always using proper technique even if has been doing it for 100 years. Might even be hazardous. Need more coordination between coaches and sports medicine re: exercises. Was underwhelmed by dry demo at convention.
 - d. Jim - sports medicine could be more involved in setting coaches curriculum; they need more accurate information; we should have voice in coaches training.
3. Jody – great information and feedback; looking at opportunities for committees to work together; find areas for committee members to work together. Would like ideas for cross-committee work.
4. Role of Sports Medicine & Science Committee
 - a. Jim – FINA asked sports medicine committee to create program for shoulder stability; USA-S also asks sports medicine for preventive exercises; should be our job. Culture with Masters very different – sports medicine should drive topics, probably better if we did.
 - b. Lisa – maybe we should develop dry-land protocol to disseminate, something more structured.
 - c. Jim – need to avoid stepping on toes; liaison should get chairs and co-chairs together to discuss safety of things we’re doing for different ages and abilities.
 - d. Jody – covers Sports Medicine & Science, Coaches and Fitness committees; great opportunity to shift and communicate; should be conversation and partnering on coaches certification; figure out best places to communicate, change routes. Will discuss at coaches certification subcommittee meeting next week and at BOD meeting next weekend. Make some set programs part of certification. Level 3 & 4 still being developed.
 - e. Jim – good opportunity to include strong section in Level 3; add mention of dry-land training in 1&2;
 - f. Katherine – there is currently a brief mention in level 2.
 - g. Bill - will we need study like Scott Rodeo did before we start this?
 - h. Jim – USA-S has committees to develop each protocol. But dealing with healthy athletes, trying to prevent injury. Masters totally different; need basic info on what’s safe for varied people; much broader scope. At beginning, need to work on functional movement, stretching.
 - i. Bill – that’s why likes Edelman’s exercises, conservative.
 - j. Jim - will take a while to clear, start with those of us who are already doing this.
5. Cross Fit

- a. Lisa – Level 1 certified Cross Fit instructor as well; added swimming component at last games. We will have influx of Cross Fit people to learn to swim – they don't know how.
 - b. Lisa – Cross Fit has group of “experts” travel around country teaching and certifying coaches how to teach proper movements. Maybe group of professional could go around country and teach different teams.
6. Jane K – is there a way to bring masters swimming forward in ACSM?