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| <b>Committee Name:</b><br>Sports Medicine &<br>Science | <b>Session #:</b>  | <b>Report #:</b> |
| <b>Committee Chair:</b> Jane Moore                     | <b>Vice Chair:</b> Sally Guthrie                           |                  |
| <b>Minutes recorded by:</b> Jane Moore                 | <b>Date/time of meeting:</b> Jan. 15, 2013 8:00 pm Eastern |                  |

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## Motions Passed:

1. None

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| <b>Number of committee members present: 13</b>   | <b>Absent: 2</b> | <b>Number of other delegates present: 2</b> |
| <b>Committee members present (list all, including chair and vice chair):</b> Jane Moore, Sally Guthrie, Jon Blank, Heide Crino, Laura Hamel, Lisa Hiller, Jane Katz, Katherine Longwell, Jim Miller, Ellen Parchen, Mary Pohlmann, Robin Tracy, Jody Smith – Executive Committee |                  |   |
| Others present: Sally Berry, Jenni Brozena   |                  |   |

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## Minutes

The meeting was called to order at 8:05 pm Eastern.

1. Each participant provided an introduction.
  - a. Jane Moore, chair of the committee, is a retired family physician from Tacoma, WA; she now works promoting physical activity for health and advocating for walking, bicycling, and trails. In the past, she was active in the USA Swimming Sports Medicine Society and served as National Team physician for two competitions.
  - b. Sally Guthrie, vice chair, is a pharmacist and faculty at University of Michigan.
  - c. Jon Blank is a physician in Raleigh; his specialty is anesthesiology and pain management.
  - d. Heide Crino is an RN in Denver but is not currently active in nursing; she was an athletic trainer in college and has been active in Masters at the local level.
  - e. Laura Hamel is Communications and Publicity Director for USMS in Sarasota, FL.
  - f. Lisa Hiller is a certified strength and conditioning coach with a masters degree in exercise physiology; she is an ASCA Level 2 certified coach and leads a dry land training program for a swim team in New York.
  - g. Jane Katz is a gerontologist at John Jay College in New York; she is recovering from Hurricane Sandy and has been active in Masters Swimming for 40 years.
  - h. Katherine Longwell is chair of Allegheny Mountain LMSC; she is certified as an ACSM personal trainer, an ACE group exercise leader, an ASCA Level 2 coach, and has other similar certifications. She works in physical fitness, health and wellness.
  - i. Jim Miller is a physician in Richmond, certified in family medicine and sports medicine; he is past chair of this committee and past president of US Masters Swimming. He has served as a USA Swimming national team physician, is on the FINA Sports Medicine Board and the UANA technical committee.
  - j. Ellen Parchen is a high school science teacher in Missoula, MT. She has a masters in science education; she is also an EMT and wilderness first responder. She coaches Masters and age group swimmers.
  - k. Mary Pohlmann is an MD PhD fro Carbondale, IL. She is a retired family physician; her PhD is in science education and she serves on research in human subjects committees. She is also on the officials committee and is a college swimming official.
  - l. Robin Tracy is a physical therapist and certified athletic trainer at the University of North Dakota in Grand Forks. She has been part of the USA Swimming Sports Medicine Committee.
  - m. Jody Smith is the USMS Vice President of Community Services; she brings the point of view of a lay person to the committee.
  - n. Sally Berry is a registered dietician in Prairie Village, KS (Kansas City area). She is in private practice and has a Sports Nutrition Certification. She works with endurance athletes.



13. Conference calls will be scheduled every two months this year. Jane Moore will send out another Doodle poll to schedule the next call in March.

The meeting was adjourned at 9:06 pm Eastern

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#### Sports Medicine & Science Committee Goals

(These are not really specific, time-limited goals, but describe the main work of the committee in each strategic area.)

Strategy #1: Enhance the volunteer experience and improve volunteer performance through role clarity, training, recognition, and recruitment.

1. Hold regular meetings through the year to accomplish committee work and keep committee members updated on activities.
2. Create and approve minutes; send to USMS Secretary within 2 weeks of meetings.
3. Complete the medical coordinator job description; post final description instead of current draft

Strategy #2: Create and enhance membership value through expanded and improved USMS products, services and delivery infrastructure.

1. Manage the US Masters Swimming Health Network
  - a. Maintain a database of network members, areas of expertise, and contact information
    - i. Distribute questions to members with appropriate expertise
    - ii. Review responses and return to swimmer who submitted the question
  - b. Develop web-based version of the network
    - i. Interested professionals can enter their information with areas of expertise
    - ii. US Masters Swimming members can search for professional with expertise in area of member's concern
    - iii. Members can contact professionals directly for information
  - c. Create a list of professionals in each local area that are willing to serve as resources for local coaches and swimmers.
2. Work with Swimming Saves Lives Foundation to provide health-related screening services and educational displays at national championship meets.
3. Educate members on topics of sports medicine and science
  - a. Arrange for and host a sports medicine presentation at convention on a topic of interest to swimmers.
  - b. Respond to requests from US Masters Swimming Communications and Publicity Director
    - i. Review health-related articles prior to publication
    - ii. Respond to questions submitted by swimmers – or refer to appropriate expert for response
    - iii. Write articles as requested
  - c. Respond to requests from other US Masters Swimming Committees for health-related information or opinions
  - d. Develop sample dry land training program
  - e. Seek input from swimmers to determine topics they would like addressed then write about common topics
4. Review sports medicine and science-related research projects requesting grant funding from US Masters Swimming.

Strategy #3: Increase awareness of and strengthen the U.S. Masters Swimming brand and image in targeted markets.

1. Search for opportunities for US Masters Swimming to participate in events related to health, sports medicine, or science; review information and recommend participation, if appropriate. (Example – World's Largest Swimming Lesson)
2. Compile information on health benefits of swimming and database of related resources to allow US Masters Swimming to easily serve as the premier resource for adult aquatic fitness.
3. Use the upcoming Pan American Masters Championships in Sarasota as an opportunity to present the unique activities of this committee to other federations
4. Budget funds to print extra copies of magazine for health care professionals to put in waiting rooms

Strategy #4: Engage and activate partnerships with organizations that align with the USMS mission, vision and values, for the purpose of increasing benefits to our members, enhancing and expanding the USMS brand, building USMS membership and improving access to swimming facilities.

1. Research national health, fitness, medical, science, or research organizations that are potential partners
2. Provide information on mission and goals of organization, costs and benefits of potential partnerships

#### Other Committee Work – done by chair

1. Annual report
2. Annual budget