

Committee Name:	Sports Medicine & Science	Session #:	Report #:
Committee Chair:	Jane Moore	Vice Chair:	Cathy Fedako
Minutes recorded by:	Jane Moore	Date/time of meeting:	Nov. 10, 2013 7:00 pm Eastern

Motions Passed:

1. None

Number of committee members present: 12	Absent: 7	Number of other delegates present: 0
Committee members present (list all, including chair and vice chair): Jane Moore, Sally Berry, Heide Crino, Melinda Grieg Walker, Lisa Hiller, Jane Katz, Katherine Longwell, Jim Miller, Jessica Seaton, Robin Tracy, Laura Hamel – ex officio, Jody Smith – Executive Committee		

Minutes

The meeting was called to order at 7:05 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.
 - b. Sally Berry is a registered dietitian in Kansas City; her work is mostly in sports nutrition with endurance athletes.
 - c. 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.
 - d. Laura Hamel is Communications and Publicity Director for USMS in Sarasota, FL.
 - e. 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. She serves as liaison to the Fitness Committee.
 - f. Jane Katz is a gerontologist at John Jay College in New York; she just entered a new age group when she turned 70.
 - g. Katherine Longwell is chair of Allegheny Mountain LMSC; she has many certifications in physical fitness, health and wellness. She leads dry land and aquatic exercise groups and is an age group swim coach. She is our liaison to the Coaches Committee.
 - h. 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. He represents Sports Medicine and Science on the current Open Water Task Force.
 - i. Jessica Seaton is a chiropractor in private practice in the Los Angeles area; she is also a past chair of this committee.
 - j. 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.
 - k. Jody Smith is the USMS Vice President of Community Services; she brings the point of view of a lay person to the committee and is our link to the Board of Directors.
 - l. Melinda Grieg Walker from Anchorage has a masters degree in exercise science from Indiana University. She work with the IU women's swim team. She has coached and is a retired school psychologist.
2. The goals for 2013 as tied to the strategic plan were reviewed and discussed. Note: the goals were listed in the order of the strategic plan as published on the USMS web site. The goals were not listed in priority order. No changes were suggested. Jim noted that if we are interested in higher exposure on a different stage, we should consider having a booth at the American College of Sports Medicine Annual Meeting. We would need to work with the National Office on this and might be able to share a booth with USA Swimming.
3. Heide Crino is working on a display and screenings for Spring Nationals at Santa Clara. We have a 10' x 10' booth reserved in the vendor area. Dermatology contacts through a local swimmer will not be able to help. Heide has checked a skin cancer resource website that may be helpful. They have volunteer dermatologists across the country; she will contact them. They

also have brochures and kits available at cost. They also have a PSA we might be able to use. We do have funds budgeted for this project.

4. Lecture at convention: FINA is working on videos on knee problems, low back problems, and concussion. There will be a symposium on nutrition and aquatic sports in London in late November. Jim will attend and will present a summary to IOC in April. He will keep us up to date. Sally Berry knows good sports nutrition contacts in Florida. Jim and Sally will work on a nutrition presentation for convention.
5. Laura will review the results of ranking topics for the Healthy Swimmer feature and may adjust the writing schedule. Jane Moore will check with Sally Guthrie about the need for ongoing review of on-line articles. A nutrition article after the convention presentation might be good.
6. An article on results from the dry land training survey is scheduled for the fitness issue of Swimmer Magazine in September-October. Article will be due July 1. Katherine will write and work with Laura on topics of interest from the survey. Sally Guthrie has graduate students working with the data; they plan to publish results.
7. Video: we need to choose a topic and develop a script. The project manager who does videos at national meets will shoot a video with a star such as Misty Hyman. We would need to pay a cameraman for one-half to one day. The video would be posted to the USMS website the night of shooting and would then be publicized through social media. Suggested topic: hydration and nutrition at meets; how and when to replenish for performance. Video is only 30 seconds so will need to stick to basic principles. Sally Berry will draft questions and work with Jim and Laura to develop.
8. A possible longevity study suggested by Sherwin Gormly was discussed. The concept sounds great, but we need more details before we could endorse the study. Jane Moore will direct him to the Swimming Saves Lives Foundation which has guidelines for grant proposals.
9. The idea of a Sports Medicine discussion forum was discussed. This could expand the current use of the Health Network so that questions and answers would be available to more people. The forum would need to be moderated to direct questions to an appropriate expert. A forum might result in a much higher number of questions and a greater exposure to liability risk. It would need to be set up so that every post would be reviewed before being made public to avoid lay people answering questions with personal experiences. It could be set up as a medical corner; submitted questions would be reviewed and one picked for response each month. This would provide a public presence for the Sports Medicine and Science Committee and show activity and expertise. Jessica thinks this would be a good member benefit; questions and answers would need to be kept very general; this could provide a place for links to and feeds from health care resources. She is willing to work on the project. Laura will check with IT on set-up and controls. We will also need to check with legal counsel regarding liability risks.
10. Work with other committees: Jim notes that the Open Water Task Force is currently working. Kathleen will join the first Coaches Committee call next week. Lisa will be working with Ali Hall on fitness blasts.
11. Conference calls will be scheduled about every two months this year. Jane Moore will send out another Doodle poll to schedule the next call in January before the Board of Directors meeting.

The meeting was adjourned at 8:17 pm Eastern
