

Committee Name: Sports Medicine

Session #: 1

Committee Chair: Meg Carlson

Minutes recorded by: Sally Berry

Date/time of meeting: 01/24/2016 07:00 PM EST

Motions Passed:

1. .

Number of committee members present: 12

Absent: 2

Number of other delegates present: 1

Committee members present (list all, including chair and vice chair): Meg Carlson, Sally Berry, Jane Katz, Mary Pohlmann, Sally Guthrie, Claire Rudd, Robin Tracy, Jane Moore, Laura Hamel, Cathy Fedako, Jessica Seaton, Tait Michael

Not present: Melinda Greig-Walker, Jim Miller

Guests: Skip Thompson

Minutes

The meeting was called to order at 7 PM EST.

1. Introductions of Committee Members present and Meg Carlson gave overview
2. Brief Introduction of Research Project by Brett Baker (U of Texas-Austin). He is working for Dr. Tanaka, who could not make the call. Study on “to determine age-related declines in functional capacity as assessed by swimming performance times”.
 - Since Guest Brett Baker was not in attendance, the committee reviewed and discussed the research request to put a link to a survey in Streamlines. Laura Hamel explained the procedure and that the request was in line with other requests from the past, including Mary Fry’s survey (SM Committee speaker at USAS 2015). UT Researchers proposed a survey to determine injury questioning participants on how far and intensity of swimming. The survey would go through the Sports Medicine committee to review the questions. They would take the data and share with us. They are requesting approval from our committee.
 - Discussion questions: Sally Guthrie- Assume that they have IRB approval through their University? Response: Once UT researches gets go ahead researchers will write up IRB.
 - Action: Committee approved to go ahead on the study. Next, Sports medicine committee will be contacted to look at the questions for approval. There will be a link in Streamlines in the future
3. Current Subcommittee Projects

Sports Medicine Blog - Jessica just posted a few things. She was waiting on one of the articles for complete study review response from a question from Jim Miller. If members come across any articles for a blog post, send to Jessica. Cathy will look in Medscape. Discussion continued on type of article. It can be a casual article to post such as NY Times, etc. or other media source. Can link to references or original article. Keeping it light and informative is okay.

Convention Presentation- Suggested to start on this right away.

Suggested Topics: Sports Injury – Dr. Hiro Tanaka on the research interest. Sports injury. CV aging research lab at UT, Master athletes and aging athletes often studied. He appeared very interested in research the swimming population with enthusiasm. It was suggested that the committee contact him for a possible guest presenter for USAS 2016 in Atlanta.

Committee Member Volunteers: Robin Tracy, Cathy Fedako, and Sally Guthrie (can do lead up work).

Public Service Announcement - Meg asked for update re gathering PSA with Dave Samuelson regarding PSA. But no word back yet.

Jan 29th in Florida photo shoot. He would send up things to look at. Topics:

- Getting checked out
- Heart of a Champion
- Here’s one race you can win to your whole family

- May sure that you are cleared for take-off
- You put your heart in everything you do. Make sure you are ready to race.
- Inputs on 5th one Benefits on Master swimming- longevity, weight, mental health, etc. - Laura one of our articles Master swimming is the Magic Pills has these medical benefits for committee ideas on benefits to submit for this poster

Action: Ask if the photos will be culturally ethnically diverse. Committee Approved

Nationals Booth – Last year we had 2 Booths - Spring Nation was Blood Pressure check. Long Course was Athletic trainer, rollers, band,, and asked questions. May involve the fitness committee with this. Sally Guthrie top Spring Nationals.. willing to man the booth. Meg will be happy to repeat the athletic trainer at long course Nationals. We now have a Banner. Discussion continued on marketing and need extra advertisement? Laura commented on last year’s promotions through pre-event emails.

Action: Committee agreed with athletic trainer again this year. Do we need a table cover for this year?

Action: Need to ask USMS about fabric table cover. Meg will send description of table along to Kyle.

4. Recruitment and needed “experts” for article reviews/member questions- Laura needs email. Could use another cardiologist for article reviews.
5. Status of Article 106 rule change/rewording – Mary Pohlmann. Since now every year is a rules year. Committee discussed the need to expand on the “rationale” section with references. After Sports Medicine committee approves the revision of the rationale, we need to submit this to the rules Committee by June 2016. Jane Moore and Mary Pohlmann will look up research that we can approve and add to the rationale.

PROPOSED RULE CHANGE

Sports Medicine and Science Committee page 41 Delete.

ARTICLE 106:

Health and Safety Regulations for Competition

106.1 Medical Examination

Each competitor is strongly encouraged to have a complete medical evaluation before beginning Masters swimming training. In addition, it is recommended that each competitor have a physical checkup immediately prior to Masters swimming competition to ensure physical readiness for participation.

106.2 Medical Equipment

Meet directors are encouraged to investigate the use of appropriate emergency medical equipment and personnel for all meets.

Rationale: Article 106 should be deleted entirely. Section 106.1 is impossible to enforce: “immediately prior to Masters swimming competition” could mean just before climbing on the blocks. The Sports Medicine and Science Committee feels that continuing to include 106.1 could result in liability risks for US Masters Swimming.

6. Goals/New Business for 2016- Any New Ideas –New committee member Tait Michael introduction - psychiatrist. She was interested in the mental health side of swimming. Welcome Tait!

Next meeting date is set for March 6th, 2016 7pm EST

The meeting was adjourned 1/24/16 at 7:58 PM EST