

Committee Name:	Sports Medicine Committee	Session #:	1
Committee Chair:	Megan Carlson		
Minutes recorded by:	Sally Berry	Date/time of meeting:	01/22/2017 7:00 pm EST

Motions Passed:

1.

Number of committee members present:	Absent:	Number of other delegates present:
Committee members present (list all, including chair and vice chair): Meg Carlson, Sally Berry, Claire Rudd, Connor Bailey, Robin Tracy, Jane Moore, Jessica Seaton, Sally Guthrie, Laura Hamel, Jim Izzi, Jim Miller, Skip Thompson		
Not present: Dr Eduard Tiozzo		
Guests:		

Minutes

The meeting was called to order at 7:00 pm EDT.

1. Roll Call

2. Welcome new members:

Dr. Eduard Tiozzo
 Conner Bailey
 Jim Izzi

3. Current Subcommittee Projects:

- Sports Medicine Blog - Jessica Seaton does the Blog- She looks for article of interest to USMS members. She would welcome any feedback or article suggestions to post and review. She reviews and summarizes the article. Then, the article/blog is submitted to SM committee for approval. If there are no rejections, she will then post it. Laura Hamel receives a notification and posts/ tweets out to members.
- Convention Presentation - Meg summarized to committee our presentation responsibilities. Our committee oversees the sports medicine related presentation typically presented at convention on the 2-3 day. We need start thinking about topics and provide suggestion. Conner suggested a topic of addressing temperatures in OWS. Dr. Jim Miller shared possible information and updates for Canada paper and the current rules Fina passed regarding open water temp that we discussed at convention 2016 – and with USMS’s compliance to these standards. Dr Miller will be in Budapest (July) for Fina and should have any temperature regulation updates.
 Discussion continued regarding having this a presentation topic. Ideas of:
 - Current and updates regulations/changes
 - Science swimming with hot and cold water
 - Laura mentioned adding compelling case studies of actual incidence.... stories to add interest and prevent a “dry” topic. A possible discussion of Jim Miller and Connor Bailey’s help in this presentation, but no firm plans yet.
- Public Service Announcement - PSA – Laura and Jim provided a summary of their last effort to My Samuelson regarding the cardiovascular health PSA. Committee reaffirmed to encourage the positive aspect of the sport while also informing swimmers of any concerns. Samuelson infomercial was fairly concerning to the committee. There are athlete cardiac studies currently not yet completed looking at effects of swimming on the heart of the aging athlete. Right now, there is no hard research regarding swimmers. Most research is with runners. For Samuelson, we prefer to back with the current medical recommendations. We discussed that there may be more benefits that risks to swimmer compared to general population regarding CV health
- Nationals Booth - Start thinking of ideas....Past ideas can work including yoga demos and physical therapy. Asked for possible volunteers for both Riverside (short spring), And Minneapolis (long summer). Claire and Sally Guthrie may be

available at Riverside and possibly Robin for Minneapolis. Again, Ideas are needed along with contacting host team regarding space and local resources.

4. Shallow water black out video –request from Coaches committee for input

<https://www.youtube.com/watch?v=ODo0815FNK4> (link to Bob Bowman's video)

The video presents education on and dangers of hypoxic sets – potential for swimmer death.

Certification option would like a check off box on certification similar to: “ I want to be a coach and (check) “yes” I have seen this video and understand.

After discussion, this has sports medicine backing.

5. Goals/New Business for 2017

Let us know if you have any new ideas that we can work on.

6. Open Discussion

Next meeting date is set for March 5th, 2017 7pm EST

The meeting was adjourned at 7:58 EST