

<b>Committee Name:</b> Sports Medicine	<b>Session #:</b> 1	<b>Report #:</b> 2
<b>Committee Chair:</b> Megan Carlson	<b>Vice Chair:</b> Clare Kubiak	
<b>Minutes recorded by:</b> Clare Kubiak	<b>Date/time of meeting:</b> January 21, 2018 at 7:00pm EST	

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## Motions Passed:

- 1.
- 2.

**Number of committee members present: 12**

**Absent: 2**

**Committee members present (list all, including chair and vice chair):** Meg Carlson, Arlette Godges, Sally Guthrie, Jim Izzi, Clare Kubiak, Jim Miller, Jane Moore, Melodee Nugent, Daniel Paulling, Carlos Rodriguez, Jessica Seaton, Skip Thompson & Robin Tracy

Not present:, Laura Hamel, Eduard Tiozzo

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## Minutes

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

1. Pregnancy research study survey
  - a. Melodee concerns for the survey, not enough time- lots of great feedback via email to Ben
    - i. Text fields minimized (too physical sports for pregnancy)
    - ii. Project mentor?
  - b. General thoughts
    - i. Four athletes pregnant in Olympics in Rio
    - ii. Too broad in topic/discussions
      1. Being athlete v.
  - c. Discussed ideas survey (goal of February)
    1. Opinion of swimmers given birth/training while pregnant & post partum.
      - a. Ideally within the more recent frame of time
    2. Meg will follow up with the Coaches Committee
2. Current Subcommittee Projects
  - a. Blog back up to speed (Jessica Seaton)
    - i. Posting with USMS was the issue, but that has been resolved.
      1. SPMS, want articles- they have publication
      2. Overhaul of website, perhaps that could help things
      3. Access issues, something to look towards
  - b. Convention Presentation
    - i. Dr. Tanaka said yes!
      1. Clare to help with facilitate Dr. T
      2. Sport Injury project - new research findings utilizing the Go The Distance program and sports injury project data, and a nice place to thank the members

3. Possibility of carrying over from Nationals workshop - presenting etc.
- c. Nationals Booth: Carlos - committee member
  - i. Goal: injury prevention (do at home, easy)
    1. Strength & stretch workout, no equipment needed
      - a. Moving like an animal (monkey, elephant etc)
      - b. Loosen up the body, you will feel relaxed
  - ii. Dryland topic/ideas
    1. Injury free/prevention
    2. Starting a theme through all aspects, Blog/work with other committee's
    3. If you are interested in shoulder, will they run right over to shoulder only?
3. Open Discussion
  - a. Health benefits w/swimming
    - i. Peer to peer & vice chair conference

The meeting was adjourned at 7:45pm EST.

Next meeting scheduled: February 11 @ 7:00PM EST.