

Committee Name: Sports Medicine	
Committee Chair: Megan Carlson	Vice Chair: Clare Kubiak
Minutes recorded by: Clare Kubiak	Date/time of meeting: September 27, 2018

Number of committee members present: 11

Absent: 2

Committee members present (list all, including chair and vice chair): Meg Carlson, Sally Guthrie, Jim Izzi, Robyn Tracy, Clare Kubiak, Skip Thompson, Jessica Seaton, Jane Moore, Melodee Nugent, Arlette Godges, Daniel Pauling

Not present: Carlos Rodriguez, Jim Miller

Audience Members: 30 committee members from Convention present

Minutes

The meeting was called to order at 3:15pm EST.

1. What has the Sports Medicine Committee done over the last year
 - a. Blog
 - i. Discussion Forums – forms.usms.org
 1. Trouble finding the blog- let's make that easier!
 - ii. Jessica Seaton taking suggestions - topics/what do you want to see?
 - b. OBGYN- Ben Kogutt, MD
 - i. Reached out from John Hopkins University- hoping to seek information RE: pregnant elite athletes
 - ii. Sports Med reviewed survey sent by Dr. Kogutt and made suggestions, have yet to hear back from Dr. Kogutt regarding next steps in process.
 - c. Convention Presentation
 - i. Sports Medicine Presentation, Tomorrow 12-1pm
 1. Conference Room A
 2. Dr. Tanaka- Presentation for tomorrow
 - a. Masters age athletes- variety of topics
 - b. Health benefits of swimming
 - d. Nationals Booth
 - i. Short Course Nationals- Indiana
 1. Sports Med booth
 2. Dryland- Carlos created a video 12-15min
 - a. Equipment on deck
 - b. Stretching techniques/strength training
 - c. Video not on website (animal locomotion)
2. Goals & New Business for 2018-2019
 - a. Discussion- “what do you want to see”
 - i. More information about a Swimmer Magazine article – Long distance A Fib vs general public
 - ii. Future IT – sports med data from meets/open water

1. Label individuals w/not really using the performance vs. sports medicine (HIPAA) use the information of “health indicator” – protected class, all sign letter egswim.com
- iii. Dryland - looking for 6-12 wk progression vs. daily items
 1. Injury/progression
 2. Suggestions- partner with nearby Yoga studio
 - a. Swimmers Edge Yoga
 3. Add to our blog/ get the video up (Animal Locomotion from Nationals)
 4. Possibly involve/work with Coaches Committee
- iv. Monthly Themes within the Sports Medicine Group
- b. Topics for Blog
 - i. Studies with decreased times over the ages with Masters Swimming
 - ii. Other topics
 1. Pre/post race day nutrition
 2. Cryo Therapy
 3. Bullet Journaling
 - c. Goals to provide information, just want to be sure it is the “right” information
 - i. Facilitate the conversation
 - ii. Not providing information
 - iii. To Research/look into: FINA shoulder injury article.

The meeting was adjourned at 4:06pm EST.

Next meeting has not been scheduled.