

Committee Name: Sports Medicine	Session #: 1	Report #: 1
Committee Chair: Megan Carlson	Vice Chair: Clare Kubiak	
Minutes recorded by: Clare Kubiak	Date/time of meeting: February 17, 2019 7:15pm EST	

Number of committee members present: 16	Absent: 0
Committee members present (list all, including chair and vice chair): Meg Carlson, Clare Kubiak, Sally Guthrie, Jessica Seaton, Robin Tracy, Arlette Godges, Kimmy Inverso, Chrisopher Rieder, Greg Stoner, Scot Raab, Jim Izzy, Jim Miller, Jane Moore, Carlos Rodriguez, Skip Thompson	
Not present:	
Audience Members: Daniel Paulling	

Minutes

After some technical difficulties, the meeting was called to order at 7:14pm EST.

1. First Meeting of the year- hello to our new members

 - a. Chris Rieder, Kimmy Inverso, Greg Stoner & Scot Raab
2. Sports Medicine Blog (Jessica Seaton)

 - a. Concerns with the blog- we need it to be easier to find.
 - i. Common complaint it is difficult to find (Jim mentioned he is going to take a look, & Daniel with USMS getting us some Streamline help)
 - b. Topics we would like to include/look at
 - i. Web articles w/studies or topics in blog
 - ii. Health & Nutrition - seems better/ research and get back to us
 - iii. Looking at things like a specialized audience (KETO Diet- not ideal for masters swimmers)
 - iv. Gretchen Renolds from NYT- do we want to expand into this sort of article? Do we have the time/resources?
 - v.
3. Convention Update

 - a. Genadijus Sokolovas, Ph. D. "Dr. G"/ Recommended – possible presenter for the September convention.
 - i. He came to Mission Viejo a few years ago, as well as worked in the past with USMS Performance camps. Dr. G would be a good resource.
 - ii. Would need to book him early & "channel him" for the presentation (if he says yes)
 - iii. Two committee members speak highly/recommend as well
4. Nationals- Booth

 - a. Summer only? Yes-
 - b. Topics/presenting- what do we think
 - c. Having open booth with foam rollers/mats/equipment
 - d. Foam rollers (cut) for ease/travel, foam balls. Adding in handouts for swimmers here – directions.
 - e. Dry Needling was a suggestion- not for booth, but perhaps added in as a blog topic
 - f. Members to help with booth (as things get closer) so those that are there can swim/switch off.
5. Research

 - a. Elite Athletes & Pregnancy
 - b. Ancient Mariner Request

- i. Asthma with indoor swimming. Lots of controversy with the committee. Committee is concerned to go forward until we know more details.

- 1. Infection with pool use- how do we know before? What is the true sample size? What other sources & how do you know these things happened as a result of swimming- not showing up prior?

- ii. Questionnaire on hold until we can get more information

- c. NCAA Athlete Survey- more for us to take/look at vs. needing to discuss

6. Spring Nationals ---

- a. USMS Medical coordinator- feels this should not be in committee scope. Would like follow up/more information about role here from USMS (Meg to clarify with Championship committee)

7. Goals/Action Items ---

- a. Meg to email Dr. G to see if he is available & able to help us with the presentation.
- b. Look at a new meeting time (not Sunday's) - Clare to make "doodle" poll for a new meeting time
- c. Members to check back/see if they will be attending/help with booth at Nationals (Arlette- yes)

The meeting was adjourned at 8:24pm EST.
