

Committee Name: USMS Sports Medicine and Science	Session #: June 16 th , 2021
Committee Chair: Christopher Rieder	
Minutes Recorded by: Christopher Rieder	Date/Time of Meeting: 06/16/2021 08:00 pm EST

Actions Taken:

1. June minutes were approved unanimously. A. Godges made the motion, A. Schneider seconded.
2. The following committee members were assigned and reported to their respective areas of interests:
 - a. You Tube communication – Arlette Godges and Robin Tracey are continuing to champion this opportunity. Arlette Godges and Christopher Beach were approved as “actors” to help portray the ongoing communication. Their first video announcing the channel and the topics is expected within the August/September timeframe.
 - b. For future published written/authored topics Jessica Seaton and Robin Tracey are going to report on new topics and identify helpful authors moving this item forward.
 - c. A new Liaison responsibility was created between the USMS Coaches / Sports medicine committees and identified as Aaron Schneider. Terry Heggy is the Coaches committee representative. Updates were discussed with Aaron regarding a possible study using both the coaches committee and Sports medicine and Science. Further details will be provided.
 - d. Updates on the position description will be tabled pending any additional information.

Number of committee members present: 8	Absent: 1	Guests: 0
Committee members present (list all, including chair and vice chair):		
Chris Campbell		
Arlette Godges, Vice Chair		
Jane Moore, MD		
Daniel Pauling		
Christopher Rieder, Chair		
Aaron Schneider		
Jessica Seaton		
Robin Tracey		
Not present:		
Jim Miller, MD		
Guests:		

Minutes

The meeting was called to order by A. Godges, Seconded by A. Schneider at 8:02pm

The Minutes were approved by a unanimous vote for the March Meeting

1. Current Subcommittee Projects:
 - Sports Medicine Communication
 - The communication medium we will continue to use is the National Office device “StreamLines” and “Swimmer Magazine”
 - You tube communication discussion – Arlette Godges and Robin Tracey are going to champion this opportunity. We discussed looking for “actors” to help portray the ongoing communication. See Appendix E for detail ideas.

Future Topics - See Appendix A - Jessica Seaton and Robin Tracey are going to report on new topics and helpful authors moving this item forward.

- The national office was asked to have articles that have both medical and scientific implications to be reviewed by this committee or the peer review committee, prior to public release to USMS members.

2. Convention Presentation

- Further communication will be forthcoming.

3. Nationals Booth staffing

- Further communication will be forthcoming.

4. Committee – Charter

- Attached is the approved Charter from the Board. Appendix D

5. Research study requests

- Moving forward all new requests will have a standard Terms and Conditions that will be approved by this committee and the board prior to access to the membership. Some of the Terms and Conditions will be: the Study Thesis, the Survey methods, and review of the resultant abstract. This is a sample list and is not all encompassing. The final Terms and Conditions will be discussed at a subsequent board meeting.

6. New Business

- Upcoming Convention format and participation was discussed.
- 2021-2022 – items were beginning to be spoken about
- National offices focus on communication was defined and shared.

7. Any items/issues for the committee – Chris Campbell

- No updates were needed.

8. Questions/Comments from new and current members

Next meeting date 7/14/2021 8:00 pm – 9:00 pm EST Zoom call

Appendix A

Channel Topics (Youtube.com)

1. Arlette G and Chris Beach interview on Fri, Apr 16.
2. High Altitude Training: Katie Glenn
3. David Sims, 1980 Olympian in 1500
4. Fountain of Youth
5. Olympians such as Mel Stewart, Todd Tore, etc

Looking for ideas of what info/data from the Sports Medicine Committee, that coaches would benefit from and use.

Appendix B

Medical Review committee volunteers

Name First	Name Last	Contact information	Specialty
Lori	Srobl PT,DPT,PRC		Physical Therapist and Rhab Manager
Christina	Sheridan		Pediatric Cardiologist and Department chair
Thomas	Chew DC		Chiropractic Care
Scott	Ispirescu MD		Psychiatrist
Jennifer	Thayer		Registered dietician
Caren	Stringe		CRNP primary care / geriatric
Terri	Postma MD		Clinical neurology, neuropsychopharmacological
Sean	Uiterwyk MD		Family practice / geisel school of medicine
Kristen	Hamilton		Critical care flight paramedic
Janie	Cole		Nurse anesthetist
Omar	Awad		Ophthalmologist
Greg	Sanchez RN		RN
Cheryl	Wicker RN		Professor at UNC-G teaching adult and geriatric NPs
Pogos	Ter-Stepanyan		Board-certified geriatric pharmacist
Jane	Lombard		Sports Cardiologist
Larry "Chip"	Bankston		Orthopedic Surgeon/Sports Medicine
Richard	Levine MD		Psychiatrist

Appendix C

Daniel: Article Topics

- Nutrition: Food map
- Training: Resistance in am, Aerobic activity in pm
- sent to peer reviewer

60+ yo Article Topic Ideas

-these do well in Streamlines

1. Rest (sleep) and recovery
2. Balance for swimmers; getting on the blocks
3. Vertigo and flip turns
4. Knee/Shoulder surgeries/replacements
5. Atrial Fib and pacemakers
6. How to maintain his swimming at this age, get a good balance of exercise with swimming
7. How to reach goals without doing long term harm
8. How often should you work-out (frequency)
9. How many intense work-outs should you have in a week
10. How should you recover after a hard swim
11. Dietary for the "Fueling" article
12. Dietary/Sports Medicine for the "Hydration" article
13. Behavioral Therapist/Pulmonary for "Sleep" article
14. Exercise Physiologist/Strength Trainer for the "Strength" component which should definitely be reviewed since we have had ones printed that do not address swimmers or aging
15. Coach for Aerobic Training with MD review
16. Coach for Anaerobic Training which is more than simply holding your breath with MD review
17. Both of the last two could be a combo of Coach and Exercise Physiology
18. Loss of muscle mass with aging
 1. We lose 1% mu mass/year after 40(?)
 2. With continued training, 1/4 to 1/2% loss/year
 3. Jim Miller wrote a chapter on this topic for IOC; may check to see if we can access it

Topics for Every Age:

1. HIIT leads to increase mitochondria; how this applies to recovery during a workout.
 1. Aaron and a coach were going to work on this
 2. To market to younger swimmers
 3. Intensity/Rest/Recovery

Appendix D

Mission:

Create and enhance membership value through expanded sports medicine and science based USMS products, services and delivery. The Sports Medicine and Science Committee shall educate members and the public on topics of swimming related sports medicine and science. The committee shall stimulate and encourage research pertaining to Masters swimming.

Vision:

1. Manage the US Masters Swimming Health Network
 - a. Maintain a database of members, areas of expertise, and contact information
 - i. Distribute questions to members with appropriate expertise
 - ii. Review responses and return to swimmer who submitted the question
 - b. Develop web-based version of the network
 - i. Interested professionals can enter their information with areas of expertise
 - ii. US Masters Swimming members can search for professional with expertise in area of member's concern; member can contact professional directly for information
2. Work with Swimming Saves Lives Foundation to provide health-related screening services and educational displays at national championship meets.
3. Educate members on topics of sports medicine and science using peer review as a mechanism for validation.
 - a. Arrange for and host a sports medicine presentation at convention on a topic of interest to swimmers.
 - b. Create articles of interest for Masters Swimmers (e.g. over 65 training guides, dryland training etc.)
 - c. Respond to requests from US Masters Swimming Editor-in-Chief
 - i. Review health-related articles prior to publication
 - ii. Respond to questions submitted by swimmers – or refer to appropriate expert for response
 - iii. Write articles
 - d. Produce and respond to requests from other US Masters Swimming Committees for health-related information or opinions
4. Review sports medicine and science-related research projects requesting grant funding from US Masters Swimming.

Work with Swimming Saves Lives Foundation to create educational displays and arrange health-screening services for national championship meets.