

USMS CONVENTION – Orlando, FL 2004

Committee Name: **Sports Medicine**

Session # (if more than one meeting): _____

Cmte. report #: 26

Minutes recorded by: Jane Moore

Date/time of this meeting: 9/17/04

ACTION ITEMS PROPOSED EXPENDITURES

- 1. MSA \$320 for a representative from the Sports Medicine Committee to attend the FINA Sports Medicine Committee Congress at Indianapolis in October 2004. The representative will submit a report to the committee.**

ACTION ITEMS

1. Actively pursue funding for the USMS Aging Study.

Committee Chair: Jessica Seaton

Vice Chair(s):

Number of committee members present: 18

Absent: _____

Number of other delegates at this meeting: 21

Committee members present: Jessica Seaton, Jane Moore, Laura Kessler, Joel Stager, Mary Pohlmann, Lisa Watson, Jean Fox, Jim Miller (Executive Liaison), Amy Patz, Joanne Wainwright, Mark Wussler, Jani Sutherland, , Doug Huestis, Nadine Day, Wayne McCauley, Ed Nessel, Dick Pitman.

MINUTES

The meeting was called to order at: 9:45 am.

1. Introduction of committee members.
2. Discussion of Rules Change Proposal from Safety Education 102.4.2 regarding prohibiting the use of hand paddles during Nationals warm-up. We will support the rules change. There are no other rules changes affecting Sports Medicine.
3. A report was given by Laura Kessler regarding the Sports Medicine Lecture Series on the Aging Athlete at 2006 World Masters Games to be held at Stanford Aquatic Center. There are 3 speakers lined up with additional proposed speakers. Michael Moore has been asked to include \$500 honorarium for each speaker in his budget for the 2006 World Masters Games. Laura will be working with Anne Cribbs from the Worlds Organizing Committee. Among other things they will be contacting Stanford Sports Medicine Department and Catholic Hospital regarding participation. Jim Miller also suggested getting speakers from the FINA Sports Medicine Committee.
4. Joel Stager reported on the status of 2 research projects.
 - a. The first research project was funded by USMS, and supported by Mini Mitter Corporation and Actical, on an omni directional accelerometer (similar to a pedometer). The goal was to develop a method to measure workout intensity during swimming workouts. The research established that it can be done. The results of the study will be presented at the American Physiology Conference and at the FINA Sports Medicine program in Indianapolis.
 - b. The 2nd project, the USMS Aging Study, does not yet have funding. Joel and assistants performed surveys and analysis of more than 200 swimmers at the Nationals at Indianapolis. The response was overwhelming and swimmers had to be turned away. A survey was also conducted through the website. Joel reviewed the results obtained which included demographics, pulmonary function, blood pressure, cholesterol and HDL, height and weight, vertical jump, skin fold thickness. The results to date are confirming what is known about the effects of other sports on the above parameters. The study is important because it provides data not previously available about the benefits of swimming as exercise. In order to expand the study to include larger numbers and to include longitudinal data (via presence at Nationals yearly) additional funding will be needed.
 - c. There is a grant from the Foundation approved pending Sports Medicine committee approval of the project.

- d. Joel was commended for his excellent work by Nadine Day with enthusiastic committee agreement.
5. There is no report from the Brian Morrissey Arizona Stroke Study. Videotape data was collected at Indianapolis Short Course Nationals.
6. Website: Wayne McCauley attended the Communications Committee meeting. At the meeting a list of priorities was presented regarding additions to the site, which is undergoing a major redesign. At the present time the Sports Medicine Committee section is not on the list of priorities. When the section is developed there are 14 Sports Medicine articles ready to be posted. The link to the USA-S Nutrition Tracker was also discussed. It will be determined whether the USMS membership number will be sufficient to access the Tracker. We will also need a review committee for articles to be posted on the web. Members will contact Jessica regarding their interest in participating. Jim Miller discussed the need for additional insurance coverage (\$10, 000/year) to cover media issues which includes the website. We do have a waiver regarding medical information but additional insurance coverage is still needed.
7. Articles for the National Publication. Two articles are ready or in process for publication. If the National Publication is changed we will still need articles. There may be format changes with shorter content and closer ties to the website (links for full-length articles). Potential articles were discussed including Benefits of Resistance Training, and Inflammation, both by Ed Nessel. Other articles will be decided via contact with Jessica.
8. Sports Medicine Lecture today at 12:15 by on Exercise and the Heart.
9. Meeting adjourned at 10:42 am.
10. **AMENDMENT TO THE MINUTES: MSA** \$320 for a representative from the Sports Medicine Committee to attend the FINA Sports Medicine Congress at Indianapolis in October, 2004. The representative will submit a report to the committee.

TASKS FOR THE UPCOMING YEAR

1. Pursue funding for the USMS Aging Study.
2. Review grant request from Joel Stager 's Muscle Mass Study that has already received provisional approval by the Board of Governors.
3. Solicit Sports Medicine articles for the National Publication.
4. Establish a review committee for the website articles.
5. Continue planning the Conference on the Aging Athlete at 2006 World Games.