

USMS Convention — Dallas, Texas 2017

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| Committee Name: Sports Medicine & Science | Session #: 1 |
| Committee Chair: Meg Carlson | Vice Chair: None |
| Minutes recorded by: Jane Moore | Date/time of meeting: Thursday, September 14, 2017 1:30 pm |

Actions Requiring Approval by the HOD:

1. None

Motions Passed:

1. None

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| Number of committee members present: 8 | Absent: 3 | Number of other delegates present: 1 |
| Committee members present (list all, including chair and vice chair): Meg Carlson, Jim Izzi, Sally Guthrie, Jane Moore, Robin Tracy, Jessica Seaton, Jim Miller, Clare Rudd Kubiak, Skip Thompson (VP) | | |
| Committee Members Absent: Laura Hamel (national office), Conner Bailey, Ed Tiozzo, Sally Berry (resigned vice-chair) | | |

Minutes

The meeting was called to order at 1:36 pm.

1. Chair Meg reviewed activities of the committee this year. She relayed thanks from Dr. Tanaka for the great response to his survey last year. Discussed the Sports Medicine Blog which can be found in the blogs section of the USMS web site. Swimmers are welcome to submit questions (not related to individual medical conditions). Sally reviewed activities at booth at Summer Nationals with graduate student Jasmine Hanson from Concordia, studying shoulder issues, range of motion, and kinesio-taping. Grad student was pleased with participation and will send results when available. We also provide presentation at convention. We are working with National Office to create PSA related to health benefits of swimming to be shown in doctors' offices, health facilities, gyms etc. Looking for endocrine and rheumatology specialists to participate. We are collaborating with Fitness Committee on Fitness Initiative activities. There is a video on shallow water blackouts that Coaches Committee would like to include in coach certification that received recommendation from SMS Committee.
2. What we want to see for this committee in the future: continue blog; continue booth at nationals, when is appropriate time to start planning – NOW for spring nationals. Should have record of what has been done in past 4 years and how successful each was. Will only need to plan one event for this year; there will be no summer nationals due to Pan Am Games in Orlando; spring nationals will be in Indianapolis. Consider inviting graduate student kinesio-taping study again or person Meg met new delegate who would like to present easy, at-home dryland training. Other topics of interest include cupping, exercises not to do – contraindicated exercises, other exercises needed to be done as we age – balance, weight bearing, how to warm up outside of the pool – how to prepare for swim on land. Question about existence of web site where swimmers could post doctors who are good at particular issues; none exists; hard to create and harder to maintain as treatments and recommendations evolve. Certified personal trainer from Delaware notes that she did a fitness clinic with 15 attendees; described dry land exercises to benefit swimmers. Could be beneficial to combine a dryland program supported by fitness committee and piloted at Nationals Booth. Work on communication and collaboration between committees especially Fitness and Coaches.
3. Committee needs to evolve as USMS changes. What could we do better? Everyone seems eager for sports medicine information; question is how to get information out so swimmers can see it; better access especially for those who do not attend nationals. Maybe we could reach out to LMSCs with information on clinics they could hold; suggestions for topics for workshops. Delegate participant would like to be able to type in key words on USMS web site and get links from aggregator to information on that subject. Subscribe to a topic so get notification every time that topic comes up; broader than just sports medicine. Have someone do a critical review of articles on a specific topic and post a review with key points. Explain anatomy and physiology of specific strokes – what muscles are used. More research on post-menopausal women, hormonal therapy and sports performance, supplementation, etc.

4. Meetings for next year: have been bimonthly; may need more this year. Have first meeting before January and set work plan for year; Have special guest for each call like Fitness or Coaches Chair to discuss collaboration. New committees should be assigned by October; could set first call in November (between Halloween and Thanksgiving).
5. General discussion: would like information on recovery times and cycles with aging, variation with type of training; How to access information, where is it located, how to better market SMS Committee and our resources.

Tasks for the Upcoming Year

1. Establish topic for Spring National Booth 2018 Indianapolis

The meeting was adjourned at 2:16 pm.
