

Committee Name:	Sports Medicine	Session #:	1	Report #:	2
Committee Chair:	Megan Carlson	Vice Chair:	Clare Kubiak		
Minutes recorded by:	Clare Kubiak	Date/time of meeting:	April 2, 2019 8PM EDT		

Motions Passed:

- 1.
- 2.

Number of committee members present: 14

Absent: 2

Committee members present (list all, including chair and vice chair): Greg Stoner, Scott Raab, Kimmie Inverso , Jim Izzi, Jessica Seaton, Sally Guthrie, Carlos Rodriguez, Skip Thompson, Robin Tracy, Daniel Paulling, Arlette Godges, Jim Miller, Clare Kubiak, & Meg Carlson.

Not present: Jane Moore, Chris Rieder

Minutes

The meeting was called to order at 8:00pm EDT.

1. Sub Committee Projects
 - a. Blog Committee (Jessica Seaton)
 - i. One request, bone health study. Jessica wrote a follow up quickly!
 1. Louise said it was a great article.
 2. Looking for more topics- goal is 1 per month, shouldn't just fall on Jessica.
 - ii. Topic ideas
 1. Swimming is wonderful but you need to cross train
 - iii. Way to highlight the blog with new information.
 1. Looking for a webpage addition perhaps streamline for volunteers
 2. Daniel to email offline with some options
 - b. Convention Presentation
 - i. Dr. G- officially confirmed
 1. Will present Friday September 13: 1:15-2:30pm
 - ii. Topics/presenters
 1. Training Design for Masters based on the rate of adaptation
 2. Fatigue & Recovery in Masters
2. National Booth
 - a. Sports Medicine Booth - Arlette (Summer Nationals)
 - i. Foam rollers might be left for some of the times (when not manned by a person)
 1. Goals of what they can take back with them
 - ii. How to attract swimmers to the booth?
 1. Welcome pack for swimmers
 2. Meg to reach out for the National Office

3. Flyers from our committee for Nationals
4. Daniel – checking to see when email goes out to swimmers, if we can include information about the booth?
 - a. One a week leading up to Nationals (starting about 1 month out)
4. Research study requests
 - a. Athletes & Pregnancy study- nothing
 - b. Mariners study- Jody appreciated it
 - i. Revised survey was approved by the committee
 - ii. Daniel had in Streamline for coaches issue.
 - c. No new requests
5. Medical Group Follow up- Jane & Jim Miller, thank you.
 - a. Jim is still working on the Mission Viejo ambulance transport system
 - i. Ideal one ambulance system- normally A & B sent through two systems.
 - ii. Committee to be done: standard list of requirements that answers all the questions. Looking at safety requirements for open water/ getting something similar for Pool National Championships.
 1. Ambulance system to depend on traffic/ standard ambulance needs to be on site. Other ambulance needs to be waiting on site.
 2. *Normally not the same each meet... beach v. pool*
6. Goals & New Business for 2019
 - a. More collaboration with committees within USMS
 - b. Dryland 1776 – teaching how the body works – look at more options Kimmy ideally getting additional information.

The meeting was adjourned at 8:50PM EDT.

Next meeting scheduled: Clare to sent out via doodle – seems like this time might work for next meeting. Toward end of June.