

<b>Committee Name:</b> USMS Sports Medicine and Science	<b>Session #:</b> July, 2020
<b>Committee Chair:</b> Christopher Rieder	
<b>Minutes recorded by:</b> Christopher Rieder	<b>Date/time of meeting:</b> 7/14/2020 8:00pm ET

## Actions Taken:

1. Approved: Minutes June 2020 meeting

<b>Number of committee members present: 10</b>	<b>Absent: 3</b>	<b>Guests: 0</b>
<b>Committee members present (list all, including chair and vice chair):</b>		
<p>Aaron Schneider  Arlette Godges  Chris Campbell  Christopher Rieder  Daniel Pauling  Jane Moore, MD  Jessica Seaton,  Melodee Nubent  Rich Williams  Robin Tracey</p>		
<b>Not present:</b>		
<p>Clare Kubiak  Jim Miller  Kris Goodrich</p>		
<b>Guests:</b>		

## Minutes

The meeting was called to order at 8:05 pm ET.

1. Minutes were approved with a unanimous vote. Moved By Arlette Godges and seconded by Jessica Seaton.
2. Current Subcommittee Projects:
  - Sports Medicine Communication
    - The new communication method will be using the National Offices communication device “StreamLines.” The first article, a kickoff, focused on swimming over the age of 60. The article was authored by Dr. Miller with great feedback and interest. The next article will cover nutrition over 60 and in particular hydration. This will be authored by Jennifer Thayer a registered dietician and a member of our Peer review committee. (Appendix A).
    - Additional articles will be requested by both committee members and peer review members in order to have a “bank” of available article to publish both as needed and on demand.

- Convention Presentation
  - Further communication will be forthcoming.
- Nationals Booth staffing
  - The Topic is pending further guidance from the Board of Directors and National office regarding National meets.
- Committee – charter
  - Attached was submitted to Christopher Campbell for board approval. (Appendix B). Discussion ensued regarding the “Living” document and how this committee can add and delete as needed to the overall direction.

### 3. 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. The committee agreed to work with past members on a document that will be used as a template moving forward.

### 4. New Business

- COVID-19 (SARS-CoV-2) –
  - i. Committee member Aaron Schneider will take the lead on preparing a study using the swimming membership and a correlation of COVID-19 (SARS-CoV-2) traceability within swimming practices. Aaron will be following the new Terms and Conditions process moving this forward. (A. the Study Thesis, B. the Survey methods, and C. review of the resultant abstract)
- Background statement from each Committee member and Peer Review member
  - i. The committee agreed to self-prepare a 3-5 sentence listing of education and work/ research related interests. The chair will work with the Peer Review committee members to produce the same. This is for internal Committee and board dissemination only.

### 5. Questions/Comments from new and current members

- There were no additional items for questions or comments.

**Next meeting date August 11<sup>th</sup> 8 pm EST Zoom call**

Join Zoom Meeting

<https://us02web.zoom.us/j/4914893955>

Meeting ID: 491 489 3955

One tap mobile

+13017158592,,4914893955# US (Germantown)

+13126266799,,4914893955# US (Chicago)

The meeting was adjourned at 9:00 pm ET.

## Medical Review committee volunteers

<b>Name First</b>	<b>Name Last</b>	<b>Contact information</b>	<b>Specialty</b>
Lori	Srobl PT,DPT,PRC	<a href="mailto:lori_strobl@bshsi.org">lori_strobl@bshsi.org</a>	Physical Therapist and Rhab Manager
Christina	Sheridan	<a href="mailto:Drfish2009@gmail.com">Drfish2009@gmail.com</a>	Pediatric Cardiologist and Department chair
Thomas	Chew DC	<a href="mailto:bonedoctcc@yahoo.com">bonedoctcc@yahoo.com</a>	Chiropractic Care
Scott	Ispirescu MD	<a href="mailto:scottispirescu@gmail.com">scottispirescu@gmail.com</a>	Psychiatrist
Jennifer	Thayer	<a href="mailto:jenniferthayer@gmail.com">jenniferthayer@gmail.com</a>	Registered dietician
Caren	Stringe	<a href="mailto:ccstringe@hotmail.com">ccstringe@hotmail.com</a>	CRNP primary care / geriatric
Terri	Postma MD	<a href="mailto:brainrat@gmail.com">brainrat@gmail.com</a>	Clinical neurology, neuropsychopharmacological
Sean	Uiterwyk MD	<a href="mailto:seanuiteryk@gmail.com">seanuiteryk@gmail.com</a>	Family practice / geisel school of medicine
Kristen	Hamilton	<a href="mailto:kristenchamilton@gmail.com">kristenchamilton@gmail.com</a>	Critical care flight paramedic
Janie	Cole	<a href="mailto:horse3221@aol.com">horse3221@aol.com</a>	Nurse anesthetist
Omar	Awad	<a href="mailto:oawad@me.com">oawad@me.com</a>	Ophthalmologist
Greg	Sanchez RN	<a href="mailto:jordandgregory@hotmail.com">jordandgregory@hotmail.com</a>	RN
Cheryl	Wicker RN	<a href="mailto:cheryl.wicker00@gmail.com">cheryl.wicker00@gmail.com</a>	Professor at UNC-G teaching adult and geriatric NPs
Pogos	Ter-Stepanyan	<a href="mailto:pterstep88@gmail.com">pterstep88@gmail.com</a>	Board-certified geriatric pharmacist
Jane	Lombard	<a href="mailto:jchenlombard@gmail.com">jchenlombard@gmail.com</a>	Sports Cardiologist
Larry "Chip"	Bankston		Orthopedic Surgeon/Sports Medicine

**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.