Session #:

Committee Chair:Jane MooreMinutes recorded by:Jane Moore

Vice Chair: Sally Guthrie Date/time of meeting: Jan. 15, 2013 8:00 pm Eastern

Motions Passed:

1. None

Number of committee members present: 13	Absent: 2	Number of other delegates present: 2
Committee members present (list all, including chair and vice chair): Jane Moore, Sally Guthrie, Jon Blank, Heide Crino, Laura Hamel, Lisa Hiller, Jane Katz, Katherine Longwell, Jim Miller, Ellen Parchen, Mary Pohlmann, Robin Tracy, Jody Smith – Executive		
Committee Others present: Sally Berry, Jenni Brozena		

Minutes

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

- 1. Each participant provided an introduction.
 - a. Jane Moore, chair of the committee, is a retired family physician from Tacoma, WA; she now works promoting physical activity for health and advocating for walking, bicycling, and trails. In the past, she was active in the USA Swimming Sports Medicine Society and served as National Team physician for two competitions.
 - b. Sally Guthrie, vice chair, is a pharmacist and faculty at University of Michigan.
 - c. Jon Blank is a physician in Raleigh; his specialty is anesthesiology and pain management.
 - d. Heide Crino is an RN in Denver but is not currently active in nursing; she was an athletic trainer in college and has been active in Masters at the local level.
 - e. Laura Hamel is Communications and Publicity Director for USMS in Sarasota, FL.
 - f. Lisa Hiller is a certified strength and conditioning coach with a masters degree in exercise physiology; she is an ASCA Level 2 certified coach and leads a dry land training program for a swim team in New York.
 - g. Jane Katz is a gerontologist at John Jay College in New York; she is recovering from Hurricane Sandy and has been active in Masters Swimming for 40 years.
 - h. Katherine Longwell is chair of Allegheny Mountain LMSC; she is certified as an ACSM personal trainer, an ACE group exercise leader, an ASCA Level 2 coach, and has other similar certifications. She works in physical fitness, health and wellness.
 - i. Jim Miller is a physician in Richmond, certified in family medicine and sports medicine; he is past chair of this committee and past president of US Masters Swimming. He has served as a USA Swimming national team physician, is on the FINA Sports Medicine Board and the UANA technical committee.
 - j. Ellen Parchen is a high school science teacher in Missoula, MT. She has a masters in science education; she is also an EMT and wilderness first responder. She coaches Masters and age group swimmers.
 - k. Mary Pohlmann is an MD PhD fro Carbondale, IL. She is a retired family physician; her PhD is in science education and she serves on research in human subjects committees. She is also on the officials committee and is a college swimming official.
 - 1. Robin Tracy is a physical therapist and certified athletic trainer at the University of North Dakota in Grand Forks. She has been part of the USA Swimming Sports Medicine Committee.
 - m. Jody Smith is the USMS Vice President of Community Services; she brings the point of view of a lay person to the committee.
 - n. Sally Berry is a registered dietician in Prairie Village, KS (Kansas City area). She is in private practice and has a Sports Nutrition Certification. She works with endurance athletes.

- o. Jenni Brozena is a physical therapist in Philadelphia; she has been a USA Swimming coach and developed an underwater video coaching system. She is working on performance enhancement with the International Society of Swim Coaches.
- 2. The goals for 2012 as tied to the strategic plan were reviewed and discussed. Note: the goals were listed in the order of the strategic plan as published on the USMS web site. The goals were not listed in priority order.
- 3. Suggestions for additions to the goals:
 - a. Jane Katz: Ask input from swimmers on topics they would like addressed then write about common topics.
 - b. Jenni Brozena: Create a list of professionals in each local area that are willing to serve as resources for local coaches and swimmers.
 - c. Jim Miller: take advantage of the great variety of experience and the enthusiasm of current committee members.
 - d. Mary Pohlmann: Complete the medical coordinator job description. The draft description created last year is posted on the web site but is not labeled as a draft.
 - e. Jenni Brozena: Investigate collaboration with International Society of Swim Coaches; they have two journals and recently affiliated with FINA
 - f. Jim Miller: use the upcoming Pan American Masters Championships in Sarasota as an opportunity to present the unique activities of this committee to other federations. We would need to see if the meet directors are interested in supporting a presentation. Laura Hamel with discuss with Mel Goldstein tomorrow.
 - g. Laura Hamel: budget funds to print extra copies of magazine for health care professionals to put in waiting rooms. Doctors in Sarasota have asked about this. At least a couple of people have joined the team after seeing the magazine in a waiting room. Laura can let us know what the cost of printing would be; it would be fairly low because of the large number of magazines printed. Lisa noted that magazine could also be distributed by fitness professionals. The magazine is now available in digital format as a members-only benefit. There are about 300 or 400 non-USMS subscribers.
- 4. Jim Miller will be presenting the FINA shoulder injury prevention program at ASCA on Thursday hoping to get age group coaches to integrate the prevention program into their training programs. Katherine Longwell will also be presenting dry land training for Masters on Saturday and will incorporate the shoulder program in her talk.
- 5. Jody Smith wants to know what events at convention are important to this committee. Our activities are the committee meeting and the sports medicine presentation. If anyone has ideas for other things, they should let Jody know.
- 6. Educational displays at national championship meets: the osteoporosis poster did not survive shipping back to the national office. It could be recreated from the computer files. Jane Moore will check with Swimming Saves Lives chair Doug Church and the National Office to see if they will be continuing their support of displays and screenings at the 2013 national championship meets. She will also check with championship committee meet liaisons.
- 7. Katherine would like to see someone collect data on swimmers at national championship meets to compare the fitness level of swimmers with that of other athletes. Jon noted that this was done by Indiana University at 2006 World Championships and at some national championship meets.
- 8. 2013 convention presentation: Sally Guthrie volunteered to present results of the study she and Steve Ericson conducted several years ago. They now have two published articles with a third pending.
- 9. Sally Guthrie reviewed sports medicine and science articles currently on the web. Jim Miller added feedback. Laura Hamel has this and will act on it, deleting out-of-date articles and hiding those that need updating. She is willing to receive ideas for articles and written articles for the web site. Jody noted that on the Coaches Committee conference call there were many coaches interested in information on nutrition and supplements.
- 10. We will continue to coordinate activities with Coaches and Fitness Committees. Lisa is on the Fitness Committee; Katherine will follow the Coaches Committee. Jessica Seaton, committee member unable to join the call tonight, serves on the Rules Committee and will report on any pertinent issues. It would be good to have committee members to follow Long Distance, Open Water, and Legislation Committee activities. Jane Moore currently serves as liaison to Championship Committee and national coordinator of medical care. Jon is interested in learning more about this position.
- 11. Jim noted that FINA will hold a conference in the fall of 2013 on nutrition in the aquatic athlete. The conference is funded by a grant from Yakult Yogurt. Jim will present results of the conference to IOC in 2014.
- 12. Jane Moore will revise the goals and distribute them. She will ask for a leader for a subcommittee to work on each goal. Katherine and Lisa volunteered at convention to head a subcommittee to work on developing a sample dry land training program for Masters swimmers.

13. Conference calls will be scheduled every two months this year. Jane Moore will send out another Doodle poll to schedule the next call in March.

The meeting was adjourned at 9:06 pm Eastern

Sports Medicine & Science Committee Goals

(These are not really specific, time-limited goals, but describe the main work of the committee in each strategic area.)

Strategy #1: Enhance the volunteer experience and improve volunteer performance through role clarity, training, recognition, and recruitment.

- 1. Hold regular meetings through the year to accomplish committee work and keep committee members updated on activities.
- 2. Create and approve minutes; send to USMS Secretary within 2 weeks of meetings.
- 3. Complete the medical coordinator job description; post final description instead of current draft

Strategy #2: Create and enhance membership value through expanded and improved USMS products, services and delivery infrastructure.

- 1. Manage the US Masters Swimming Health Network
 - a. Maintain a database of network 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
 - iii. Members can contact professionals directly for information
 - c. Create a list of professionals in each local area that are willing to serve as resources for local coaches and swimmers.
- 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
 - a. Arrange for and host a sports medicine presentation at convention on a topic of interest to swimmers.
 - b. Respond to requests from US Masters Swimming Communications and Publicity Director
 - 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 as requested
 - c. Respond to requests from other US Masters Swimming Committees for health-related information or opinions
 - d. Develop sample dry land training program
 - e. Seek input from swimmers to determine topics they would like addressed then write about common topics
- 4. Review sports medicine and science-related research projects requesting grant funding from US Masters Swimming.

Strategy #3: Increase awareness of and strengthen the U.S. Masters Swimming brand and image in targeted markets.

- 1. Search for opportunities for US Masters Swimming to participate in events related to health, sports medicine, or science; review information and recommend participation, if appropriate. (Example World's Largest Swimming Lesson)
- 2. Compile information on health benefits of swimming and database of related resources to allow US Masters Swimming to easily serve as the premier resource for adult aquatic fitness.
- 3. Use the upcoming Pan American Masters Championships in Sarasota as an opportunity to present the unique activities of this committee to other federations
- 4. Budget funds to print extra copies of magazine for health care professionals to put in waiting rooms

Strategy #4: Engage and activate partnerships with organizations that align with the USMS mission, vision and values, for the purpose of increasing benefits to our members, enhancing and expanding the USMS brand, building USMS membership and improving access to swimming facilities.

- 1. Research national health, fitness, medical, science, or research organizations that are potential partners
- 2. Provide information on mission and goals of organization, costs and benefits of potential partnerships

Other Committee Work - done by chair

- 1. Annual report
- 2. Annual budget