

SPORTS MEDICINE COMMITTEE

September 29, 1994

Committee Members Present: David Costill (Chair), George Quigley, George Kenry, Ann McDermott.

Committee called to order at 9:00

Item 1: Members discussed future plans for annual sports medicine workshops at national meetings. **The committee agreed to request \$2500 for the 1995 budget to serve as seed money for next years workshop. (MSP)** The general consensus was that these workshops would be self-supporting in 2 to 3 years, though a working, annual budget should be available for planning and to enable to workshop organizers to invite speakers at least 6 months before the meeting.

Item 2: Discussed the need to advertise the sports medicine workshops in SWIM magazine, posters at the registration desk, flyers in the registration pack, and distribution to LMSC newsletters.

Item 3: Discussed the need to charge a fee for attendance at future workshops in order to make this program self-supported. It was approved that the fee for attending the 1995 workshop be set at \$10.00 for members who pre-register for the meeting. A fee of \$20.00 will be charged for non-registrants and those registrants who do not pre-register for the workshop.

Item 4: Discussed future topics for next years workshop. Suggested topics included the following:

- Body fat and nutrition.
- Psychological aspects of swimming.
- Injury prevention and rehabilitation.

Item 5: Discussed the educational goals of the committee. Members and guests were asked to submit ideas and/or articles for publication in SWIM magazine. Suggestions were made to develop a USMS national information resource bank for use by LSMS and individual swimmers. This information bank would include articles on injury prevention, a list of authorities on special topics of interest (e.g. training, nutrition, etc.), video tapes of swimming mechanics, etc. It was felt that this information bank could be initiated within the next

year and could be announced to LSMS early in 1995. It was **unanimously agreed that \$500 be requested for the 1995 budget to cover all copy and information gathering for this center. (MSP)** No decision was made regarding the location for this information resource bank.

Item 6. Discussed removing "Safety" for the responsibilities and title of this committee. **It was recommended that Safety be a separate ad hoc committee for 1995. (MSP)**

Item 7. Discussed the possibility of changing the name of the "Sports Medicine, Health and Safety Committee" to "Sports Medicine and Science Committee." It was agreed that any action on this name change should be acted on in 1995.

Item 8. Mary Lou Schultz requested that the Sports Medicine Committee provide an information statement regarding special need and expectations in coaching Masters swimmers. This statement will be included in a "Guide for Masters Swim Club." The committee agreed to send a brief statement to M.L. Schultz within the next two weeks.

Meeting was adjourned at 10:00 a.m.

Respectfully submitted,

George Quigley, M.D.

ACTION ITEMS:

- 1. Request \$2500 for 1995 to serve as seed money for next years sports medicine workshop.**
- 2. Request an additional \$500 for 1995 to cover the cost for business associated with an information resource bank.**
- 3. Recommended that the "Safety" be established as an ad hoc committee for 1995.**