

1998 Sports Medicine Committee Minutes

October 1, 1998

Action Items

*****The committee unanimously carried a motion to forward a statement to FINA's Sports Medicine Committee opposing drug testing in Masters swimming. The statement will include the committee's rationale for the opposition.**

Attendance

Number of committee members present: 8 Number of committee members absent: 8
Total number of delegates attending the meeting: 22

Minutes

I. Old business

A. Review of articles published with feedback regarding future articles stemming from those already published

1. Jim Miller thanked committee members who contributed articles in the past year.
2. Committee members are working on the following articles or suggested expanded publication of previous articles.
 - a. Use of prescription NSAIDs in swimming (new article; Ed Nessel).
 - b. Delayed onset muscle soreness (new article; Ed Nessel)
 - c. Ergogenic aids in swimming (expansion of previous article; Ed Nessel)
 - d. Pregnancy and swimming (publication in addition journals; Jane Moore)

B. Altitude Training Camp – results of planning and testing or surveys to be considered

1. The Altitude Training Camp has been approved and will begin as a small camp, as only 12 swimmers have applied.
2. The committee will decide what medical information it wants to obtain from athletes attending in the camp as a research aid. Within the next month, Jim Miller will send a draft athlete history form to committee members for revision and comment. Committee members should suggest any history data that should be collected from camp participants. In addition, Dr. Miller will send a draft physical data form. Committee members should revise and comment on the form and suggest physical information that should be obtained from camp participants

(e.g. information from blood draws; bone density measurements). Comments from members with exercise physiology and coaching involvement are especially solicited. All committee members must respond to the draft forms, even if the response is "no comment".

C. Extension of publication to include other journals

Discussion summarized in A.2. above.

II. New Business

A. New topics with assignment of authors and dates

1. Training energy systems
Author: Doug Huestis
Due date: 12/1/98
2. Diabetes and swimming
Author: Jane Moore
Due Date: 8/1/99
3. Hypothermia (especially with regard to open water swimming)
Author: Jane Moore
Due Date: 3/1/99
4. Swimming and the neck
Author: Jessica Seaton
Due Date: 5/1/99
5. Use of hydraulic equipment for dryland training
Author: Don Mehl
Due Date: 2/1/99
6. Swimming and osteoporosis
Author: Jim Miller
Due Date: Pending
7. Arrhythmia in swimmers
Author: Ed Nessel
Due Date: Pending
*Draft will be sent to committee members for comment due to liability issues.
8. Health effects of overtraining
Author: Doug Huestis
Due Date: 6/1/99

The following new article/research topics were suggested and will be addressed as described below.

1. Effects of cholesterol lowering medication on swimming performance. The committee believes there is little research on this topic but will check on what is available and pursue the topic if possible.
2. Effects of swimming training on adult ADHD. Alex Antoniou will do a literature search to determine if there is enough research to write on this topic. Phil Whitten will forward information recently presented on this topic at another meeting to Alex and they will determine whether there is enough information available to write on this topic.
3. Effects of hand paddles on carpal tunnel syndrome. Alex Antoniou will examine the feasibility of doing research generally on pulling patterns with various types of hand paddles and the possible effect of those pulling patterns on overuse injuries.

B. Impression and use of information gathered at Wellness Breakout Session on Day 1

The committee discussed the suggestion that a handout or booklet on holistic aspects of training (e.g. nutrition, balance) be included in the Coaches Manual. It was agreed that such a supplement is necessary, either in the form of a separate writing, copies of articles, or a bibliography of articles. Suggested topics to be covered were overtraining, ergogenic aids, diet, psychology, overuse injuries. The committee decided to come to next year's convention with some form of this product and solicit comment on it from the Coaches Committee. The product will be addressed in upcoming monthly correspondence to the committee initiated by Dr. Miller (see below).

C. Drug testing in Masters Swimming – policy statement to be forwarded to FINA

The committee discussed its concern about drug testing for Masters athletes because of possible interference with health-sustaining medication that the athletes are taking. For example, there is a concern that if Masters swimmers are subject to drug testing, they will forego necessary medications (e.g. blood pressure medication, chemotherapy) for fear of running into drug testing problems at major competitions.

**** The committee unanimously carried a motion to forward a statement to FINA's Sports Medicine Committee opposing drug testing in Masters swimming. The statement will include the committee's rationale for the opposition (summarized above).**

D. New projects

Discussed above.

E. New direction of the committee and implications of the Foundation upon Sports Medicine Committee 2000

The committee predicts being able to take on a new research-based focus with the benefit of funding from the Foundation. This will expand the committees focus beyond its current practical limitation to publishing articles based solely on review of existing research to self-directed or cooperative funded research projects.

F. Monthly committee communication

Beginning 11/1/98, Dr. Miller will initiate monthly communication with committee members. These will take place on the 1st of every month, and replies from committee members will be due on the 15th of the month. Interactive communication is required in the committee. Members must reply to monthly communications, even if the reply is "no comment".

Adjournment

Tasks for Upcoming Year:

1. Publication for Swim Magazine
2. Publication for other sources
3. Production of a Wellness section for the Coaches Manual
4. Institution of survey and testing of Masters athletes in the Masters altitude training camp.