

# USMS Convention—Atlanta, Ga. 2008

<b>Committee Name:</b> Sports Medicine and Science	<b>Session #:</b> 1	<b>Report #:</b> 10
<b>Committee Chair:</b> Jane Moore	<b>Vice Chair:</b> Jessica Seaton	
<b>Minutes recorded by:</b> Laura Kessler	<b>Date/time of meeting:</b> Thursday Sept. 25, 2008 2:15 PM	

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## Action Items:

1. None

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<b>Number of committee members present:</b> 6	<b>Absent:</b> 4	<b>Number of other delegates present:</b> 35
<b>Committee members present (list all, including chair and vice chair):</b> Jane Moore, Jessica Seaton, Jim Miller, Suzi Green, Laura Kessler, Michael Heather – ex officio.		

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## Minutes

The meeting was called to order at 2:15PM

1. Introduction – The committee members were introduced.
2. Health Network – Jane asked for more volunteers to help with the Network. Bill Volckening said that we were off track with submissions to USMS Swimmer magazine for awhile but now we are rolling and on-track. He commended Jane for doing a great job with this feature. Bill mentioned that plans are for the magazine content to be seasonal and topics will be steered in that direction.
3. Sports Medicine Lecture Series – Jane asked for the audience to suggest topics for future lecturers. We want to continue to have these lectures at the Long Course National Championships. Audience member suggested that the Coaches Committee is interested in working in conjunction with the Sports Medicine Committee to have lectures be a part of the certification process. Jane asked WHEN to have the lectures. An audience member said it was hard to attend when trying to swim and suggested having them at clinics throughout the year or at Zone meets. Another coach in the audience agreed with the Zone concept and wanted them ‘scheduled.’ Webcasts were suggested. Videos, printed material, and web resources were all mentioned. Suggestion to present a talk, record it and offer it to the LMSCs. Jim Miller suggested doing the presentations on the afternoon of the warm-up day of nationals. Lots of feedback agreeing that the information should be recorded. It was suggested that this could be part of the members-only services on the web. Discussion about requesting funds to videotape lectures in the future. Changing the name of the series was suggested to Jane earlier to get away from the “Sports Medicine” name and to be more generic. Bill suggested coordinating the Health Topic in the magazine with a speaker that will be presenting at a future venue. There was a question about how to fund the travel portion for a speaker. Jane said that using the network, regional people could be tapped for lectures. There was a question about the quality control of the speakers. Jim said that USA Swimming has a network approach to the approval of speakers. USMS does not have an elaborate network but has experts on the committee that can redirect. Jim Miller will be presenting a lecture on the shoulder at tomorrow’s Convention session.
4. Stimulate Research – Bill said that Swimmer magazine is more than willing to provide coverage of any research done related to Masters Swimming. Committee wants to stimulate research and to help individuals get grant money to do their research. Jennifer Parks asked how the individual researcher goes about getting this done. Jane said that individuals should contact her directly and that she would provide information on Endowment Fund requests. The American College of Sports Medicine (ACSM) is located in Indianapolis and since the Long Course National Championship is scheduled to take place there in August 2009, Jane and Jessica said they would contact ACSM ahead of time to try to arrange a meeting to explore opportunities to partner.
5. Rules Proposals – There is one rule that references changing the term disabled to special needs. Marcia Cleveland says that the rules proposal is not ready and that she and the Rules Committee will continue to work on the proposal. Members of the Sports Medicine & Science Committee felt that “Special Needs” is too broad a category so the term disabled is preferred.

6. Goals for 2008-2009

- a. Use media to provide lectures and information to members.
- b. Set up resource networks, no matter how small, to offer to swimmers and coaches.
- c. Contact ACSM to partner with them to encourage research.

7. Other Business – Request for a Swimmer magazine survey to find out exactly what topics people want to know about. Bill suggested a coordinated effort to produce an online poll to get this information. Wayne suggested putting it on the Discussion Forum – that there would be lots of feedback overnight.

The meeting was adjourned at 3:15 p.m.

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