

USMS Convention—Chicago, Ill. 2009

Committee Name: Sports Medicine & Science	Session #: 1	Report #: 8
Committee Chair: Jane Moore	Vice Chair: Jessica Seaton	
Minutes recorded by: Jessica Seaton	Date/time of meeting: September 17, 2009 2:00 p.m.	

Actions Requiring Approval by the HOD:

1. The committee requests a \$2000 allocation for the sports medicine lectures at Nationals and at the Convention. This will cover the costs of room rental, videotaping the lectures, and possibly broadcasting them.

Motions Passed:

1. Ask the Championship Committee to add to host requirements the provision of a room or space for sports medicine lectures at national championship meets.
2. The committee requests a \$2000 allocation for the sports medicine lectures at Nationals and at the Convention. This will cover the costs of room rental, videotaping the lectures, and possibly broadcasting them.

Number of committee members present: 7	Absent: 2	Number of other delegates present: 34
Committee members present (list all, including chair and vice chair): Jane Moore, Jessica Seaton, Jane Katz, Laura Kessler, Jim Miller, John Morales, ex officio Michael Heather		

Minutes

The meeting was called to order at 2:05 pm

1. Introductions of committee members.
2. FINIS Presentation: Mark Stephens from FINIS, maker of snorkels and Zoomers, spoke. As a USMS partner, FINIS would like to develop rehabilitation programs with USMS. He discussed use of a snorkel during recovery from injury. The snorkel helps keep body in line and helps people with issues around breathing. It can be good for back, neck, and shoulder injuries. Zoomers can be helpful for people with shoulder injuries. He requested feedback to help create formal programs and for programs where FINIS might leverage product use. A request was made for documentation that these products help swimmers who have been injured to get back into swimming as well as documentation that swimming and use of these products is safe during recovery. Jane Katz teaches swimming/aqua exercise for older indigent people. The water exercise helps them a lot. She thought these products might also help these groups of people.
3. USMS Swimmer Content and Articles: Members of the committee and the health network have been writing articles and answers to questions from swimmers. Ten people recently responded to a request for new members for the health network. Laura Hamel, new magazine editor, wants to have medical content reviewed by members of the Sports Medicine & Science committee. Jim Miller asked Laura to note issues or questions that arise frequently. If there are issues that arise repeatedly, we could consider establishing a task force of people with expertise to develop a response. USA Swimming has done this for several issues.
4. Lectures: John Morales arranged a lecture at National Short Course Championship. A professor from UC Davis spoke on training principles. About 25 people attended. The lecture was videotaped. A request was made to add the video to the video library at the National Office. There are also audio tapes from presentations at world championships at Stanford, but no other videos currently exist.
Should we continue to set up lectures in the future? Laura Kessler is willing to continue to get the speakers, but we need the cooperation of the facility. We could investigate live streaming the lectures. Jessica Seaton moved and Laura Kessler seconded a motion to ask the Championship Committee to add to host requirements to include a room or space available at the national championship meets for sports medicine lectures. Jim Miller moved and Jessica Seaton seconded a request for a \$2000 allocation for the sports medicine lectures at Nationals and at the Convention. This will cover the costs of room rental, videotaping the lectures, and possibly broadcasting them.
5. Budget: Our budget request is very similar to last year's request.

6. Research: A professor of epidemiology from Emory University in Atlanta sent a request for access to past USMS member databases. He would like to compare long-term members with the National Death Registry to look for correlation with deaths from bladder cancer. The initial stage of the study would not involve contacting individuals. A study relating chlorine exposure to bladder cancer from Barcelona Spain was published earlier this year. Several concerns were discussed. These included: not all swimmers swim in pools that contain chlorine; duration of exposure cannot be determined from database information; privacy issues abound. The consensus was not to support this request.
Dr. Stephen Blair presented research at the World Aquatic Health Conference in 2008 showing that swimmers have a longer life expectancy than runners or walkers. The study did not include a sufficient number of swimmers to be scientifically significant, but further research is planned. The committee chair will contact Dr. Blair to investigate possibilities for USMS to assist with the research. Dr. Blair's presentation can be viewed at www.nspf.org – 2008 World Aquatic Health Conference. USMS needs to receive feedback from Dr. Joel Stager regarding results of his research on Masters swimmers. The Endowment Fund Board of Governors will be addressing this issue.
7. Pertinent legislative proposals: none.
8. Goals for 2009-2010:
 - a. Videotaping and possibly broadcasting lectures next year. The Nationals are in Atlanta and Puerto Rico next year. We have a list of topics that we can ask presenters to address.
 - b. Look for sponsorship money for these lectures. This could also be in the best interest of the sponsors.
 - c. Work with ACSM Exercise is Medicine program. This could be expanded to participating with employee wellness programs and other groups or organizations.
9. The Sports Medicine presentation tomorrow will be "Exercise is Medicine"

The meeting was adjourned at 3:15 pm.
