

Sports Medicine and Science Committee
March Conference Call Minutes
March 21, 2010 7:00 pm Eastern

In attendance: Nan Destafney, Steve Erickson, Kristen Heath, Jane Katz, Laura Kessler, Jessica Seaton, Jim Miller, Jane Moore, chair; Nadine Day, ex officio.

1. Call started at 4:05 pm Pacific with introductions.
2. We need a volunteer to serve as vice-chair of the committee. Does not require a lot of time; might consider serving as chair in future if and when comfortable with that position. Serves as sounding board and back-up for chair. Anyone who is interested should contact Jane Moore.
3. We need someone who will be attending Short Course Nationals in Atlanta to participate in the Championship Committee meeting. Jane Katz and Nan Destafney volunteered as they will be attending.
4. Research proposal – review and comment. Steve Erickson, author of proposal, described the proposal and the pilot study done with Michigan Masters. The primary goal of the study is to collect information on chronic medical problems of committed exercisers and medications prescribed for those conditions. He would compare this data with data from NHANES (CDC survey of general population; in-home survey; oversamples minority groups). Certain medications effect exercise tolerance. If these are prescribed as much in exercisers as in the general population, prescribers could be educated about the effects and need to chose alternative medications.
Information on compliance could be collected in the survey. This could be used to determine if athletes have worse compliance than general population. General compliance is very bad – only 30-50%. Other additional information could be perceived impairment and use of complimentary or alternative medications instead of prescribed medications.
This sample will be of a higher socioeconomic status than the general population in NHANES data. If the sample size is large enough, this can be controlled for statistically, but results may not be generalizable to the general population. They will be valuable to committed exercisers.
Steve asked for ideas of other data to collect; survey is long enough without additional questions. He got a 35-40% response from Michigan swimmers in the pilot study. The survey was web based and not as long as it looks when written. He could consider working with the US Masters Swimming National Office to offer an incentive such as a sticker for returning the survey. He could also state in a cover letter how long the survey is expected to take. If this survey is successful, additional surveys could be done to collect other data.
The committee feels this is a valuable project and should be supported.
5. Articles and responses to swimmer questions
 - a. US Masters Swimming editor-in-chief Laura Hamel sometimes needs responses to questions or evaluation of articles. She needs a fast turnaround with a response within 48 hours. Jim has been doing most of this. Some questions and requests for articles can be forwarded to

members of the Health Network for responses. Jessica offered to be the contact. Jane M will send the current Health Network database to Jessica.

- b. Coaches – Jim and Jessica responded to Nadine’s request for nutrition information for a coach’s certification exam. Nadine will forward any future topics as they arise.
 - c. Other – Jan M will continue to respond to or forward questions received directly from swimmers.
6. Medical opinions related to swimsuit issues. Existing issues were discussed. Decisions will continue to be made on an individual basis. Jessica serves on the Rules Committee so also reviews issues there.
We may need to consider have a medical person serve on the protest committee at each national championship meet to review requests and/or protests received related to medical exemptions for swimsuits. Nadine will pass that idea on.
7. Sports Medicine Lectures
- a. Short Course Nationals – Rob Copeland has confirmed a speaker from Atlanta. Jane M will work with him to be sure details are worked out.
 - b. Laura Kessler will make arrangements for a talk at Long Course Nationals in Puerto Rico.
 - c. Convention in Dallas – tentatively scheduled for Saturday, September 18, 11:30-12:30. Jane M will send an email requesting someone to arrange this talk.
8. Other – based on the workload of this committee, meetings can be held quarterly unless urgent issues arise.
9. Next Call: Monday, June 7, 2010, 7 pm Eastern, 6 pm Central, 5 pm Mountain, 4 pm Pacific.
10. Call adjourned at 4:50 pm Pacific.