

Sports Medicine and Science Committee
Conference Call Minutes
April 7, 2011 7:00 pm Eastern; 4:00 pm Pacific

1. Participants: Jane Moore, chair; Jessica Seaton, vice chair; Nadine Day, executive committee; Hannah Caldas, Bill Ewan, Sally Guthrie, Kristen Heath, Jane Katz, Mary Pohlmann, Diane Rothenberg. Excused: Steven Erickson, Jim Miller.
2. Research requests
 - a. Previous request – needs more years of data than we have available in on-line registration records
 - b. Steven Erickson reported via email that he has conducted basic analyses of survey responses, but needs to confirm them with a more sophisticated analysis that uses population weights to account for the low response rate (USMS survey) and the complex survey design of NHANES (the comparator group). A few interesting things were observed in simple analyses.
 - i. It appears that USMS swimmers that have hypertension are prescribed beta-blockers and/or diuretics at a lower rate than the general US population (NHANES). This is controlling for age, gender, income, education, and concurrent diseases for which these drugs would be indicated. That is good news! However, I stress, further analysis must be done to confirm this.
 - ii. Another analysis that we are doing is examining the health status and functional status between USMS and NHANES samples...more to come on that.
 - iii. Third, there is a wealth of information that respondents gave us on supplements and alternative medicine. We will work this summer on further refining these data and again comparing use in USMS respondents to NHANES.
3. Articles
 - a. Ongoing review – Jessica reports rare contact from Swimmer magazine editor regarding articles. Nadine notes that the magazine has been in transition to a new publisher. Jessica will be out of the country with limited email access from the last week of April until the third week of May. Jane Moore will serve as back up for article review during that time. Jessica will notify Laura Hamel and send her schedule.
 - b. Bill is interested in information on increasing incidence of leg cramps with aging, particularly in the late 60's and 70's. Jessica notes that she reviews literature regularly and has found no new information. Mary notes that some swimmers are using mustard to prevent leg cramps.
4. Sports Medicine Lectures
 - a. We discussed the practice of providing reimbursement for speaker expenses and/or honorarium. We have a \$2500 budget for speakers. The consensus was to continue to evaluate need on an individual basis and not have a standard policy.

Generally each speaker has received up to \$500; we should continue to provide a similar amount.

- b. Upcoming lectures
 - i. Short Course Nationals – Mesa, AZ – Hannah Caldas has arranged for Carl Deering, assistant coach at ASU and a personal trainer to speak on injury prevention for swimmers. The talk will be on the second day of the meet (not the distance day). There will be information about the talk in the pre-meet newsletter and a handout with the welcome bag for each swimmer.
 - ii. Long Course Nationals – Auburn, AL – Sally Guthrie has contacted John Younger and emergency medicine physician. His topic will be drowning including physiology of drowning, disparities in drowning rates (higher in urban poor), and effect of water temperature. Sally will contact the meet director to arrange time and place for the talk.
 - iii. Convention – Jacksonville, FL – Jane Moore has spoken with Nancy Iverson of PATHSTAR. She will present information about her program teaching swimming and healthy eating to Sioux Indian youth. There was a short article about this in Swimmer magazine last year.
5. Open Water Safety Clinic report – Nadine attended. The conference had many professionals and experts who discussed race preparation, safety plans, risk management, hypothermia, and hyperthermia. No safety guidelines were issued. The US Lifesaving Association has had guidelines for about three years. USA Triathlon and USMS have recommendations. Safety should be considered not just at events but also at practices and for those who train alone. USMS will compile the information and post on-line. Panel presentations will be available. There is a plan to continue the conference annually. Funding will be requested from the House of Delegates and sponsors. USA Swimming did not participate this year but are likely to in the future. They do have guidelines posted on-line. Nadine will send web links to the various guidelines to the committee.
6. Other
 - a. The Rules Committee refers issues with medical concerns to this committee for review and advice. Jane Moore will share those with the committee as needed.
 - b. Representatives to attend Championship Committee meetings at national championships: Hannah will attend at short course. Mary or Sally will attend at long course, depending on timing of the meeting.
7. Next Call will be Thursday, July 14 at 4 pm Pacific, 5 pm Mountain, 6 pm Central, 7 pm Eastern.
8. Call adjourned at 4:40 pm Pacific.