

USMS Sports Medicine and Science Conference Call Minutes  
December 4, 2011  
Approved

Committee Chair Jane Moore called the meeting to order at 5:05 pm PST. Committee members on the call were Bill Ewan, Kristen Heath, Lisa Hiller, Jane Katz, Kristy King, Lo Knapp, Markell Lacey, Jim Miller, Mary Pohlmann, Diane Rothenberg, Jessica Seaton, and Jody Smith - ex officio.

Each member briefly discussed background and LMSC.

- Jane Moore: chair for three years; retired family physician; Pacific Northwest
- Bill Ewan: PhD; interest in behavior therapy; current president of New England Masters
- Kristen Heath: public health, health education and promotion; Inland Northwest
- Lisa Hiller: exercise physiologist, strength and conditioning coach; Metropolitan
- Jane Katz: gerontologist, John Jay College of Criminal Justice, teaches adult aquatics; Metropolitan
- Kristy King: retired respiratory therapist at Stanford Children's Hospital, medical office manager, water wellness trainer; Pacific/Colorado
- Lo Knapp: doctorate in physical therapy and masters in exercise physiology; former professor of physical therapy at University of Utah, now works there in outpatient orthopedics; Utah
- Markell Lacy: director of sports performance enhancement at orthopedic clinic, Masters swim coach; Gulf
- Jim Miller: Family Practice and Sports Medicine, Past President of USMS, National Team Physician, USA Swimming, Chair, Sports Medicine Task Force, USA Swimming, FINA Sports Medicine Committee, Co-Editor of Sports Medicine for the FINA Aquatics World Magazine, Associate Professor of Medicine – University of Virginia and Virginia Commonwealth University, Virginia
- Mary Pohlmann: retired family physician, MD PhD, volunteers at Southern Illinois University School of Medicine, currently working on disaster preparedness; Ozark
- Diane Rothenberg: retired medical researcher; Lake Erie
- Jessica Seaton: chiropractor; past chair of this committee; SPMA
- Jody Smith: USMS Vice President of Community Services; Masters coach; recent move from Pacific to Oregon

Jane M would like to use the USMS Discussion Forum for committee communications. She will ask each committee member to supply a current user name so this can be set up. This will allow creation of threads on various topics to keep communications together and available to all committee members. Jane M will set up a thread for each committee project.

Committee projects include:

- Creating an expanded committee definition with member responsibilities and amount of time required from committee members

- Defining committee goals for 2012 and beyond; tie goals to USMS strategic plan; consider likely future changes in USMS and how goals could be adapted
- Compile and update committee policies
- Arrange for some type of health screening service for each national championship meet
- Create information on specific health topics for a display board to be used at events

Discussion of writing and reviewing articles for USMS publications.

Concern expressed that submitted articles are not being published. This committee reviews some articles for accuracy but does not determine when or if articles will be published. This might be because they do not fit with theme of a particular issue. An editorial calendar does exist.

Jim suggested that authors could ask about interest in specific topics and when a good time for the topic might be. Author could send introductory paragraph and outline for article and then write full article after finding out interest and amount of space that might be available. Jody notes that there have been many good points in this discussion; she will work on communications between the three committees in her division and the national office.

Ideas for topics:

- Nutrition and training
- Effect of sports on depression
- How to change behavior
- Specific strengthening exercises; how when and why to do each
- Common injuries - what to do, how to deal with them; general/generic advice
- Information on swimming and rheumatoid arthritis

Screening at National Championship Meets

Bill Ewan is working on arrangements for 2012 Spring Nationals in Greensboro. He has started a conversation with the meet directors. Jane M will send him contact information for the dermatologist who did screenings at Mesa. We should not ask national championship meet directors to set up the screenings as they have more than enough to do already. Jody noted that we should include championship committee chair Jeff Roddin in all communications. She also noted that Tom Boak, meet director for 2012 Summer Nationals in Omaha, is very interested in providing some type of health screening at that meet.

Topics for Display Board

Bill will talk with another New England Masters board member who does marketing and graphics to see if he would be willing to help develop a display board.

Bill suggested a previously published article on stretching that might be appropriate for display. He will send a link to the article

Lo will check with a colleague and may be able to work with her to create a display of general information on prevention of osteoporosis. Discussion of osteoporosis and swimming followed. Display would have general information, not information on swimming and osteoporosis.

Working with other committees.

We may be able to develop projects in conjunction with other committees particularly coaches and fitness.

Rules committee will ask for medical input on occasion. We will be asked for opinions on testing to be required of transgender swimmers after gender reassignment. IOC has rules but they require blood testing. If USMS begins to require blood testing, it could spread to testing in other situations; there are also issues of cost and who would pay. Another issue would be comparison of transgender swimmers to post menopausal women on hormone therapy including testosterone. Jane M will send out compilation of past discussions on this topic for further consideration.

Next Meeting

Conference call will be on January 22, 2012 at 5 pm Pacific.

Meeting adjourned at 6:04 pm Pacific.