

Committee Name: Sports Medicine & Science	Session #:	Report #:
Committee Chair: Jane Moore	Vice Chair: Sally Guthrie	
Minutes recorded by: Jane Moore	Date/time of meeting: July 22, 2012 8:00 pm Eastern	

Motions Passed:

1. None

Number of committee members present: 9

Absent: 7

Number of other delegates present: 0

Committee members present (list all, including chair and vice chair): Jane Moore, Sally Guthrie, Lisa Hiller, Jane Katz, Kristy King, Mary Pohlmann, Diane Rothenberg, Jessica Seaton, Jody Smith – Executive Committee

Minutes

The meeting was called to order at 8:05 pm Eastern.

1. The committee definition and member responsibilities (Attachment 1) were approved.
2. The goals for 2012 and beyond as tied to the strategic plan (Attachment 2) were reviewed and approved. Note: the goals were listed in the order of the strategic plan as published on the USMS web site. The goals were not listed in priority order.
3. Committee policies (Attachment 3) were reviewed and felt to be complete.
4. Chair reported that annual report, agenda, and budget have been submitted.
5. Mary Pohlmann reported that she was unable to locate any health screenings or displays at the national championship meet at Omaha.
6. Mary Pohlmann also reported on problems serving as the medical coordinator in Omaha. This topic will be discussed further with the Championship Committee.
7. The Coaches Committee has shared information on dry land training for review. Chair has sent portions to appropriate members of the Health Network for review and comment. Lisa Hiller is willing to help with this. Chair will send information to her.
8. Sports Medicine presentation at convention was again discussed. Chair will check to see if there are any ACSM members in Greensboro who might be willing to speak. Committee members feel that an interactive presentation would be well received..
9. Chair responded to a letter to the editor regarding nutrition advertorial. Committee agrees with letter writer that articles would be more legitimate if written by a registered dietitian than by an advertiser.
10. The proposed disclaimer (Attachment 4) for use by Health Network members was reviewed and approved.
11. Next conference call will be at convention.

The meeting was adjourned at 8:38 pm Eastern

Committee Definition

507.2.17 Sports Medicine and Science Committee – The Sports Medicine and Science Committee shall educate members and the public on topics of sports medicine and science. The committee shall stimulate and encourage research pertaining to Masters swimming. The committee shall consist of the committee chair and sufficient members to execute the committee function.

Committee member activities generally include:

1. Arrange for and host a sports medicine presentation at convention. The topic should be of interest to swimmers.
2. Work with Swimming Saves Lives Foundation to create educational displays and arrange health screening services for national championship meets.
3. Respond to requests from US Masters Swimming Editor-in-Chief. These requests may be to write or review articles or to respond to questions submitted by swimmers. These are usually time sensitive requests.
4. Respond to specific questions or requests for information or articles from other committees.
5. Respond to questions from US Masters Swimming members submitted to the National Office and forwarded to the committee chair.
6. Review research projects requesting grant funding from the US Masters Swimming Endowment Fund.
7. Participate in three to six conference call meetings held throughout the year.
8. Attend the in-person meeting held in September at the US Masters Swimming Annual Meeting (convention).
9. Other activities as planned by the committee.

Committee chair activities include:

1. Schedule, prioritize, and communicate information related to the committee activities listed above as well as participate in all of these activities.
2. Produce and distribute agendas and minutes for all committee meetings.
3. Manage the US Masters Swimming Health Network.
 - a. Maintain database of members
 - b. Distribute questions to appropriate members
 - c. Review responses
4. Participate in activities of the Community Services Division (Coaches Committee, Fitness Committee, Sports Medicine & Science Committee, Vice President of Community Services) of US Masters Swimming.
5. Work with the US Masters Swimming Championship Committee as USMS Medical Coordinator to ensure adequate preparation for medical needs at National Championship meets.
 - a. Review championship meet bids
 - b. Work with meet liaison and meet director to ensure required medical arrangements are in place for each meet
 - c. Attend or appoint USMS Medical Coordinator to attend each national championship meet.
6. Other activities as needs arise.

Time required:

1. Committee members – about 6 hours of meetings/conference calls plus other activities – average probably 1-2 hours/month – 12-15 hours/year
2. Committee chair – average probably 2-3 hours/month – 25-30 hours/year

Attachment 2

Sports Medicine & Science Committee Goals

(These are not really specific, time-limited goals, but describe the main work of the committee in each strategic area.)

Strategy #1: Enhance the volunteer experience and improve volunteer performance through role clarity, training, recognition, and recruitment.

1. Develop definition of committee with chair and member responsibilities and time required.
2. Compile and share list of all committee policies.
3. Hold regular meetings through the year to accomplish committee work and keep committee members updated on activities.

Strategy #2: Create and enhance membership value through expanded and improved USMS products, services and delivery infrastructure.

1. Manage the US Masters Swimming Health Network

a. Maintain a database of members, areas of expertise, and contact information

- i. Distribute questions to members with appropriate expertise
- ii. Review responses and return to swimmer who submitted the question

b. Develop web-based version of the network

- i. Interested professionals can enter their information with areas of expertise
- ii. US Masters Swimming members can search for professional with expertise in area of member's concern; member can contact professional directly for information

2. Work with Swimming Saves Lives Foundation to provide health-related screening services and educational displays at national championship meets.

3. Educate members on topics of sports medicine and science

a. Arrange for and host a sports medicine presentation at convention on a topic of interest to swimmers.

b. Respond to requests from US Masters Swimming Editor-in-Chief

- i. Review health-related articles prior to publication
- ii. Respond to questions submitted by swimmers – or refer to appropriate expert for response
- iii. Write articles as requested

c. Respond to requests from other US Masters Swimming Committees for health-related information or opinions

4. Review sports medicine and science-related research projects requesting grant funding from US Masters Swimming.

Strategy #3: Increase awareness of and strengthen the U.S. Masters Swimming brand and image in targeted markets.

1. Search for opportunities for US Masters Swimming to participate in events related to health, sports medicine, or science; review information and recommend participation, if appropriate. (Example – World's Largest Swimming Lesson)

2. Compile information on health benefits of swimming and database of related resources to allow US Masters Swimming to easily serve as the premier resource for adult aquatic fitness.

Strategy #4: Engage and activate partnerships with organizations that align with the USMS mission, vision and values, for the purpose of increasing benefits to our members, enhancing and expanding the USMS brand, building USMS membership and improving access to swimming facilities.

1. Research national health, fitness, medical, science, or research organizations that are potential partners; provide information on mission and goals of organization, costs and benefits of potential partnerships

Other Committee Work

Annual report

Annual budget

Attachment 3
Committee Policies

1. The committee will arrange for a sports medicine and science presentation on a topic of interest to swimmers at convention.
2. Committee members will also serve on the US Masters Swimming Health Network.
3. Information provided in response to questions from swimmers is not personal medical advice and is not a substitute for professional medical advice.

Attachment 4
Disclaimer

In response to questions from swimmers, members of the US Masters Swimming Health Network provide information pertaining to swim training and technique, sports medicine, health, nutrition, and related subjects.

This information is not intended as a substitute for professional or medical advice. It is not intended to provide medical advice on personal health matters. For personal medical advice, consult your health care provider.

All information is the opinion of the author of that information. It does not represent an official view or opinion of US Masters Swimming. US Masters Swimming does not guarantee the accuracy of the information or its applicability to any particular individual's condition.

Responses to questions are not intended to be a substitute for medical care. If you are concerned about a particular medical condition or injury, please see your health care provider for evaluation and care.