

Committee Name:	Sports Medicine & Science	Session #:	Report #:
Committee Chair:	Jane Moore	Vice Chair:	Sally Guthrie
Minutes recorded by:	Jane Moore	Date/time of meeting:	04/07/2013 8:00 Eastern

Motions Passed:

1. None

Number of committee members present: 13	Absent: 2	Number of other delegates present: 3
Committee members present (list all, including chair and vice chair): Jane Moore, Sally Guthrie, Jon Blank, Heide Crino, Laura Hamel, Jane Katz, Katherine Longwell, Jim Miller, Ellen Parchen, Mary Pohlmann, Jessica Seaton, Robin Tracy, Jody Smith – Executive Committee		
Others present: Sally Berry, Jenni Brozena, Ken Rice		

Minutes

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

The first agenda item was updates for ongoing projects.

1. Katherine just emailed the latest version of the dry land survey. She needs any additional comments by tonight. She will send the final version to Laura Hamel and Traci Grilli to be distributed as a Survey Monkey poll. Katherine worked with Sally Guthrie to obtain swimming-related products from USMS sponsors; all survey participants will be entered in a drawing at the end of the survey.
2. Sally Guthrie has completed a review of on-line articles related to sports medicine and science. Four people have agreed to update articles: Lo Knapp, osteoporosis; Sally Berry, vitamins; Ken Leclerc, energy drinks; and Sally Guthrie, herbal supplements. Jim notes that he just finished an article on energy drinks; he suggest caution in the tone of the article; cardiac arrhythmias have been reported after use of energy drinks; some people may be on multiple cardiac drugs and could have adverse reactions to pharmaceuticals and nutraceuticals. Sally Guthrie plans to send article drafts to the committee for review and comment before publication.
3. Jim mentions the possibility of including a disclaimer relating to potential for positive drug tests. Laura thinks the current waiver language may not be thorough enough since it was designed to be all inclusive. We might need an additional sentence to address this new concern. She will send the current language to Jim and Jane Moore for review.
NOTE: After checking with USMS Legal Counsel, Jim reports that we should not include any disclaimer since USMS has never conducted drug testing and has no plans to do so.
4. One suggested topic for an article is information on water temperature appropriate for Masters open water swimming; this will not be written because there are too many nuances and variations in what may be appropriate. The topic would be good for the convention presentation; a panel discussion as a joint effort with Coaches and Open Water Committees. Each could give a 15 minute overview then present various situations and answer questions. Sally Guthrie and Jim agree to work on arrangements.
5. Job description for coordinator of medical care for national championship meets is almost complete. Jim suggests adding statement that on-site rescue squad must be ACLS certified and capable.
6. Jane Moore received email request for literature review and report as to how much training is too much. This again is a difficult topic due to the enormous number of individual factors and variations. The topic could be limited to how to diagnose overtraining in Masters athletes – how do you know when you've gone too far? It could also be approached from a coaching standpoint; we should ask Coaches Committee for input. Heide notes that Inigo San Millan, exercise physiologist at the University of Colorado, has done research and written articles on this subject. Laura will assign a writer to work on an article that can be published on the web. Reference articles are good for web site; they can be linked to repeatedly; could do a companion article for the magazine and link to additional information on-line.
7. There were no reports of pertinent information from other committees.
8. No one is willing to take on expansion of the Health Network. Jane Moore will continue to manage questions. Jim could see if any of the USA-S experts would be willing to cross over and respond to questions from Masters swimmers.
9. Jane Moore will send out another Doodle poll to schedule the next call in June.

The meeting was adjourned at 8:46 pm Eastern
