

Committee Name:	Sports Medicine & Science	Session #:	Report #:
Committee Chair:	Jane Moore	Vice Chair:	Cathy Fedako
Minutes recorded by:	Jane Moore	Date/time of meeting:	March 3, 2014 7:00 pm Eastern

Motions Passed:

1. Approve expenditures within budget for items to hand out at national championship booth.

Number of committee members present: 11	Absent: 8	Number of other delegates present: 0
Committee members present (list all, including chair and vice chair): Jane Moore, Cathy Fedako, Sally Berry, Heide Crino, Melinda Grieg Walker, Sally Guthrie, Jane Katz, Katherine Longwell, Jim Miller, Robin Tracy, Laura Hamel – ex officio		

Minutes

The meeting was called to order at 7:05 pm Eastern.

1. Heide Crino is working on a display and screenings for Spring Nationals at Santa Clara. We have a 10' x 10' booth reserved in the vendor area. Heide has found a dermatologist willing to volunteer; he is available Saturday from 1 until 3 pm. He would like a female chaperone; Heide will do this but may need help based on the meet schedule. She would like to purchase trial size broad spectrum SPF 30 sunscreen from Rocky Mountain Sunscreen 500 for \$375 plus 500 free; Green Tree Lip Balm SPF 30 \$150 for 150 plus 150 free; ABCDE's of Skin Cancer bookmarks from American Academy of Dermatology 200 for \$28; and \$50 Skin Care Kit from the Skin Cancer Foundation with screening forms, handouts, flyers, posters and brochures.
Heidi has spoken with Kyle Deery at the National Office about signage; she could obtain a sign from Staples for about \$75; she will check on other bids.
Deadline for meet brochure information is April 2. We can probably have a quarter page. Cathy will help Heide with wording and they will get information to Laura.
Miller moved, Berry seconded motion to proceed with purchases for giveaways. MSA. **SEE NOTES
 2. Heide is willing to help with planning for screening and display at Summer Nationals but will not be attending. Sally Guthrie will be attending so will help with arrangements.
 3. Lecture at convention: Sally Berry has several potential nutrition speakers from Florida. A panel discussion with a nutritionist, an athlete, and a medical person would be good. Jim Miller can be the medical person. Laura will ask a teammate nutritionist, Alicia Kendig, if she would be available. Sally will check with a dietician/coach/athlete.
 4. An article on results from the dry land training survey is scheduled for the fitness issue of Swimmer Magazine in September-October. Laura will be contracting with a free-lance writer in the next month or so and will then connect the writer with Katherine.
 5. Sally Berry is working on questions for a video. She will send a rough draft to Jim and Laura. They will then create a script. They are thinking of using a committee member to film the video to add credibility; need to find someone who is good on camera and easygoing. Laura will see if Alicia Kendig might be able to do this. We could tie the videos in to Healthy Swimmer articles like technique articles that have click-on videos. Laura has some funding in her budget; we might also work with the Coaches Committee as an additional source of funds.
 6. Nothing has been finalized in terms of a Sports Medicine discussion forum. Laura has set up a Sports Medicine Calendar. Articles approved by the committee can be put on the calendar for publication. Articles can be labeled as coming from the Sports Medicine & Science Committee.
Jane Katz mentions a "Take 10" column that appears in every issue of the ACSM Health & Fitness Journal. We might be able to link to this.
The committee could approve articles on a regular basis then post or tweet information once a week or once a month. Articles could be stored in Google Drive for committee members to review and approve.
 7. Katherine reports that the Coaches Committee wants a one-hour convention presentation on Adaptive Programming – changes needed to coach swimmers with developed conditions such as traumatic brain injury or joint replacement. Jane Katz and Cathy Fedako will work with Katherine on this project. **SEE NOTES
 8. Next conference calls will be scheduled in June. Jane Moore will send out another Doodle poll to schedule. Some interest in holding call later – 8 pm Eastern.
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The meeting was adjourned at 8:07 pm Eastern

****NOTES**

1. Following the call, Heide requested \$183 for rental of pipe and drape for the skin care screening area at nationals. This expenditure was approved by email vote.

7. Following the call, Katherine reported corrections to her discussion of a convention presentation. The Coaches Committee is looking to put on clinics, akin to "High Performance" and USA Swimming's "Regional Coaching Clinics". These clinics would rotate around the country and the primary focus is to educate coaches. The Coaches Committee is asking the Sports Medicine Committee to come up with presentations (complete with slides, hand-outs, etc.) on "Nutrition", "Strength Training", and "Adaptive Programming". The concept is to have these presentations "ready to go" so that anyone can give the presentation. Think of it as "presentation in a box". They are looking for these presentations to be completed BY convention (not at).
