

Committee Name: Sports Medicine	Session #:	Report #:
Committee Chair: Cathy Fedako	Vice Chair: Meg Carlson	
Minutes recorded by: Meg Carlson	Date/time of meeting: June 7, 2015 7:00pm EST	

Motions Passed:

- 1.
- 2.

Number of committee members present:

Absent:

Committee members present (list all, including chair and vice chair):

Not present: Mary Pohlmann, Phil Whitten, Katherine Longwell, Terry DeBiase, Melinda Greg, Robin Tracy, Dan Wall, Jody Smith

Audience Members: Cathy Fedako, Meg Carlson, Sally Berry, Sally Guthrie, Jane Katz, Jane Moore, Ellen Parchen, Jessica Seaton, Laura Hamel, Jim Miller

Minutes

The meeting was called to order at 7:00pm EST.

1. LCM Nationals Sports Med Booth – Meg Carlson

i. Physical Therapy Demo

1. Sports Chiropractor
 2. Sports therapy organizations
 - a. Find one specifically geared towards swimmers/triathletes
 - b. Contact local entities
 - c. Spire institute as a contact
 3. Laura Hamel confirmed USMS Sports Med Banner approved
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2. Convention topics- Sally Berry

a. Dr. Mary Frye

- i. Speaker for sports psychology
 - ii. Short panel after main presentation, possibly with athlete, coach and Dr. Frye
 - iii. Small survey in the summer
 1. Less than 500 with funding through sports med
 2. Larger survey may require USMS funding
 3. National survey versus local to members at convention
 4. Waiting to hear back from Dr. Frye with more details on surveys/research
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3. Blog – Jessica Seaton

- a. Looking for ways to increase member participation.
 - b. All Committee members are welcome to submit articles and a brief synopsis attached to the article would be helpful
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4. PSA video – Jane Katz

- a. Dave Samuelson recruited a videographer to assist with PSA
- b. Several ideas presented- majority focusing on heart health

 - i. Race to win for your families

 - 1. Get heart checked out
 - ii. Put your heart into everything you do

 - 1. Take care of heart
 - iii. Make sure you have the heart of a champion
- c. Jim Miller – “economics of aging”

 - i. Concerns of focusing on only cardiac

 - 1. Should check with legal before proceeding
 - ii. Positive messages, benefits of aerobic/anaerobic exercise
 - iii. Focus on varies health topics
- d. Laura Hamel- how accurate are the tests we would be promoting

 - i. Checklist PSA: suit, goggles, kickboard, health physical etc.
 - ii. Audience is Swimmer magazine members, focus on targeting new members
 - iii. Approval for use of PSA outside of swimmer magazine?
- e. Cathy Fedako- committee in agreement to vary PSA topics and focus on positive health benefits and one positive ad on getting checked out

 - i. Follow up with Dave Samuelson regarding committee decisions for PSA

5. USMS Rule Book Article 106 ---

- a. Reviewing article 106
- b. Jane Moore- recommends deleting the first part of the clause

 - i. 106.1
 - ii. 106.2 Medical equipment
 - iii. 106.3
- c. Jim Miller recommends taking entire clause out of USMS rule book

 - i. Should be in meet director’s guide instead
 - ii. Concerns for liability
 - iii. Remove 106.1 entirely
- d. Jessica- sits on rules committee

 - i. Recommends proposal with rationale to be discussed by Rules Committee
- e. Jane Moore volunteered to write up proposal with rationale to be approved and submitted to rules committee

6. USMS Medical Coordinator for national meets ---

- a. Jim- line by line evaluation of document from Sports Med
- b. Cathy Fedako will proceed with revising the document and coordinating with Championship Committee.

The meeting was adjourned at 8:03pm EST.
