

<b>Committee Name:</b>	Sports Medicine and Science Committee	<b>Session #:</b>	
<b>Committee Chair:</b>	Meg Carlson	<b>Date/time of meeting:</b>	05/15/2016 7:00 PM EDT
<b>Minutes recorded by:</b>	Sally Berry		

## Motions Passed:

1. None

<b>Number of committee members present: 11</b>	<b>Absent: 4</b>	<b>Number of other delegates present: 1</b>
<b>Committee members present (list all, including chair and vice chair): Meg Carlson, Sally Berry, Sally Guthrie, Jane Moore, Mary Pohlmann, Jane Katz, Skip Thompson, Robin Tracy, Jessica Seaton, Jim Miller, Cathy Fedako</b>		
Not present: Tait Michael, Laura Hamel, Melinda Greig Walker, Claire Rudd,		
Guests:		

## Minutes

The meeting was called to order at 7 PM EDT.

1. Roll Call:
2. Current Subcommittee Projects
  - Sports Medicine Blog –Jessica Seaton- no current updates
  - Convention Presentation– Dr. Tanaka accepted the request to speak. Sally G. Sally Berry and Cathy Fedako will reach out to Dr. Tanka to determine logistics, presentation topic etc.
  - Nationals Booth for LCM Nationals
    - Aug 17<sup>th</sup>-21<sup>st</sup> Gresham, Oregon

Discussion on topic for National Booths suggested that an interactive component to the booth increases interest. Megan asked for volunteers to help at the booth, coordinating with Mary Jurey, chair from Fitness Committee for a yoga/stretching theme for the booth at LCM.

Yoga was one suggestion for topic from a previous conversation. Skip Thompson mentioned demonstration with athletic trainer went really well. Discussion regarding if committee desired this activity again outside of sports medicine booth. There were question brought up regarding legality of hands-on work. Jim suggested to “pass on” hand-on” demo questions to legal counsel.

Regarding SCM Nationals, having the booth in the vendor village was an improvement from previous years, but discussion indicates booth was still hard to find. Jane requested asking for a more prominent place in the vendor village or on deck.

- Update on PSA from David Samuelsohn

PSA was delayed but is now in the final stages, and ready for review. The committee should receive final in the next month or so. Discussion regarding committee’s previous question of desiring a more diverse representative of ages, etc on the PSA. Information/ suggestions were sent to Samuelsohn.
3. Dr. Tanaka questionnaire update
    - a. Received IRB approval. It may be activated and ready to go.
    - b. They took a lot of the the Sports Medicine committee suggestions / recommendations in their changes.
  4. Update of Article 106 rule change/rewording
    - a. Deadline July 10<sup>th</sup> for rule changes.
    - b. Discussion and rationale for deleting the article was added for justification.
    - c. Mary and Jane made recommendation. Committee members needs to look at and approval or request changes. Megan will email this to committee in the next week.

5. Open Discussion

Jim Miller discussed “Temperature Rules”. Recommendations from FINA will be effective Sept 1 (after Rio). There is evidence that USA swim will adopt this. His comment from the report : Core body temperature gets colder 20-60 minutes post cold swim. Hot shower is inadvisable - slow warming is best.

Next meeting date is set for Sunday, July 10<sup>th</sup>, 2016 at 7pm EST

The meeting was adjourned at 730pm EST.