

Committee Name:	Sports Medicine	Session #:	
Committee Chair:	Meg Carlson	Date/time of meeting:	7/10/2016 07:00 PM EST
Minutes recorded by:	Sally Berry		

Motions Passed:

1. .

Number of committee members present:	7	Absent:	8	Number of other delegates present:	
Committee members present (list all, including chair and vice chair): Meg Carlson, Sally Berry, Sally Guthrie, Skip Thompson, Jane Moore, Jim Miller, Jessica Seaton,					
Not present: Robin Tracy, Melinda Greig-Walker, Mary Pohlman, Tait Michael, Jane Katz, Claire Rudd, Laura Hamel, Cathy Fedako					
Guests:					

Minutes

The meeting was called to order at 7 PM EST.

1. Roll Call
2. Sports Medicine Blog – Jessica Seaton – There are no current updates. Posting will start back up again soon. Committee members are welcome to contribute to the blog with interesting topics/article links that appeal to swimmers.
3. Convention Presentation brief update - Cathy Fedako. (As communicated through Meg) Dr. Tanaka is set as the speaker. His flight has been purchased. Exact topic has not been confirmed but will be related to Master’s swimming. Discussion started on whether the presentation would be recorded. Most members were positive about this idea. The video recording logistics will be discussed with Tracy and Laura Hamel.
4. Nationals Booth for LCM Nationals
 - a. Yoga/Stretching – Lisa Ward, from fitness committee, volunteered her time for the yoga stretching sessions held at Nationals (Oregon). The committee discussed how these Yoga sessions would be communicated/marketed to the meet participants. There were these suggestions:
 - i. A flyer in the check-in packet. Everyone checks in and receives a packet. A notice and session times could be part of the packet. Comment - If you want to have something in the bags. You need to know who is assembling the bags ahead of time and plan well in advance.
 - ii. Put a poster board where National participants check in. Jane had a poster board at one of the Nationals and thought this helped.
 - iii. Lisa Ward was going to check when her swimming events were scheduled and to work her yoga stretching sessions work around her competition schedule.
 - b. Aug 17th-21st Gresham, Oregon
5. Update on PSA from David Samuelsohn – see link in email

After Meg posted the PSA sample link today, there was a lengthy discussion via email by committee members with comments regarding the current PSA samples. The general concern by the committee was the “negative” tone of the PSA when USMS desires a positive message for swimmers. There was also a general agreement that the statement to see a “cardiologist” was not appropriate for the flyer, but perhaps rather “your primary care provider”. Suggestions continued by the committee that the message should be positive such as “Swimming is great for your health and heart, but get checked out”. Question as to if this was our job (Sports Medicine committee and USMS) to recommend this to swimmers. In addition, we have just completed the new recommendations for USMS *not* to recommend to individuals whether a requirement to get medical checks to be a USMS participant. Committee’s general consensus was that there continues to be inaccuracies in the PSA messages. Our past suggestions to him regarding a positive message and other suggestions seemed to have been dismissed. However, this was the first time we have receive back for him an actual hard copy of a possible product.

We discussed Cathy’s email of the past history of this PSA project. The PSA’s have been discussed over the past two years. We have agreed that he could do a PSA, but were hopeful for a more positive swimming focus. This is the first time we have seen the end product. And the message is still negative.

Meg has volunteered to develop an email to David Samuelsohn communicating our committee's suggestions and concerns before approving the ad for disbursement. She will look to present an email to committee for approval before sending to David Samuelsohn.

6. Potential research study – see email summary Urologic study. No committee member had any major concerns with the study or questions. Researcher already had the IRB to the study. Researcher wanted all swimmers... not different types. This research would be send out in Streamlines.
7. Article 106 rule change summary submitted to Rules Committee - Jane and Mary's reply was submitted and will be coming in September.
8. USAS convention Discussed ways to bridge gap for those who don't go. Sally Guthrie mentioned desire to see a video of Dr. Tanaka's presentation. Others agreed. Jim will be there. Jane will be there... Skip Thompson will be there. Skip mentioned that there will be a joint committee meeting with committee chairs / vise chairs in 3 weeks (Coaches, Fitness and Sports Med). They want us to come up with a one hour presentation which will be held directly before Dr. Tanaka's presentation at Convention... a three committee presentation.
9. New business: Jim mentioned he has an access to British Journal of Sports Medicine possibly useful for future Blogs - Jessica
10. Next meeting will be September 4th, 2016 7pm EST

The meeting was adjourned at 7:40 PM EDT