

<b>Committee Name:</b> Sports Medicine	<b>Session #:</b> 1	<b>Report #:</b> 2
<b>Committee Chair:</b> Megan Carlson	<b>Vice Chair:</b> Clare Kubiak	
<b>Minutes recorded by:</b> Clare Kubiak	<b>Date/time of meeting:</b> July 30, 2019 8PM EDT	

<b>Number of committee members present:</b> 13	<b>Absent:</b> 3
<b>Committee members present (list all, including chair and vice chair):</b> Greg Stoner, Jim Izzi, Jessica Seaton, Sally Guthrie, Skip Thompson, Daniel Paulling, Arlette Godges, Jane Moore, Chris Rieder, Carlos Rodriguez, Scott Raab, Clare Kubiak, & Meg Carlson.	
Not present: Kimmie Inverso, Jim Miller, & Robin Tracy	

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## Minutes

The meeting was called to order at 7:02pm **EDT**.

1. Sub Committee Projects
    - a. Blog Committee (Jessica Seaton)
      - i. Update on Blog
        1. Volunteer July/August issue, pointed them to members idea what they want to write
        2. No one contacted Jessica
  2. Dr. G is our presenter, flight booked arrives 9/12 at 11am.
    - a. Will present Friday September 13: 1:15-2:30pm
    - b. Topics/presenters
      - i. Training Design for Masters based on the rate of adaptation & fatigue and recovery in Masters.
      - ii. Description: Presentation includes scientific data on rates of recovery for Masters using the lactate tests as well rate of adaptation in training. It will also include examples of training plans for Masters
3. National Booth
  - a. Sports Medicine Booth - Arlette (Summer Nationals)
    - i. Not in the sun! YAY
    - ii. Great area – spoke with Mark Moore- put us in the warmup area (diving well) where booth will be. (Not the vender village = grass, not good for foam rolling) Also, two nutrition people set up there.
      1. Covered on one side – tables/chairs on flat ground
        - a. 10 foam rollers (soft/ beginner ones)
        - b. Handouts
      2. Booth at Nationals- volunteers
        - a. Volunteers to hang at booth (some swimming/some not) Arlette teammate not swimming too much Kinesiology major doing some time. ~ 2 hrs each/ day
        - b. Mark Moore putting bags together for swimmers.
        - c. USMS bringing a banner
          - i. Daniel pre-meet email going out tomorrow (now Monday) heads up/making sure there is information in those emails.

- d. Skip, Sally & Clare also at meet and can help.
4. Research study requests
- a. Air quality in pools study
    - i. Air quality/ older pools-
      - 1. 160 responded (most coach/swim) ~ 30-40 years, demo similar to USMS
      - 2. Not large concern with pool ventilation
    - ii. OSHA standard? Need to research- possible blog post?
  - b. Dr. Tanaka study
    - i. Ready for his presentation 2020?!
  - c. Mariners study
    - i. Revised survey was approved by the committee
    - ii. Daniel had in Streamline for coaches issue.
  - d. No new requests
5. Medical Director to the meet (appointed)
- a. Previously discussed the EAP, group Follow up- Jane & Jim Miller, thank you.
  - b. Give to the National office, difficult for group of volunteers to make these decisions.
  - c. Sports Med committee- get moved to NO, or do we need to involve others (rules committee etc)
  - d. Daniel to confirm/let us know once he talks to those needed.
6. Goals & New Business for 2019
- a. Volunteer Task Force- fitness/sports medicine committee- combine.
    - i. Studies together in the next year. Given year
    - ii. Recommendation from task force- change title “volunteer coordinator” work with USMS/National office.
  - b. Meeting together with the Fitness Committee, More collaboration with committees within USMS. Expand/possibly meeting with the fitness committee at convention?
  - c. Right now set for convention- Thursday: 2pm Fitness Committee/ 3:15pm Sports Med committee
    - i. Skip mentioned, rules need to be changed. So perhaps informal would be the best.
  - d. Golden Roads Brewing- let’s meet there!

The meeting was adjourned at 7:47PM EDT.

Next meeting scheduled: See you at Convention!