

2019 U.S. Masters Swimming Annual Meeting — St. Louis, Missouri

Committee Name: Sports Medicine	Session #: 3
Committee Chair: Meg Carlson	Vice Chair: Clare Kubiak
Minutes recorded by: Clare Kubiak	Date/time of meeting: September 12, 2019: 3:15pm

Actions Requiring Approval by the HOD:

- 1.

Motions Passed:

- 1.

Number of committee members present: 10	Absent: 5	Number of other delegates present: 34
Committee members present (list all, including chair and vice chair): Daniel Paulling, Sally Guthrie, Arlette Godges, Jessica Seaton, Jane Moore, Christopher Rieder, Robin Tracy, Jim Izzi, Skip Thompson, Clare Kubiak & Meg Carlson		
Committee Members Absent: Greg Stoner, Jim Miller, Carols Rodrigues, Scott Rabb, Kimmie Inverson		

Minutes

The meeting was called to order at 3:17pm

1. Blog Update & information/ideas for the future
 - a. Jessica Seaton- Sports Medicine Blog worked with Daniel to make it more visible. July/August – presentation went out. 0 responses. Stories/ blog post that people can submit. Topics I am interested in,
 - b. Blog ideas- testing of products good for the swimmer.
 - i. Mental health aspects of swimming/competing
 1. Olympians who write books – all have the section on mental health.
 - ii. Recipe for re-entering the world of swimming. Guidelines/support group in the fitness world (bridge to help everyone) Golden ticket to before/after – showcase them coming back & link to scientific studies.
 1. Important to point out the disclaimer that “results not typical”
2. USMS Convention Presentation
 - a. Friday at 1:15pm- 2:15pm. Dr. G (11 Olympic Teams)
 - i. Topic: 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. Booth at Summer Nationals
 - a. Arlette. “Roll it out” Sold out of the foam rollers by day 2. Warm up pool Benefits of foam rolling – what to do/ what not to do. Suggestion to have it every year- sleep rollers/foam items. Wish better advertised. Yoga mats from a friend, gave away
 - b. Partnerships for the Summer Nationals (ex. Mile 20 NYC Marathon) traveling to cities, good partnership.
 - i. Adopt/meet with National Office about any legal items.
 - c. Can’t promote – just have to be careful (legal ramifications)

4. Ancient Mariners swimming- pool environment – findings not official. Chlorine levels high, but no direct correlation.
 - a. USA swimming – chloramines study (levels w/showers)
5. Dr. Moore – on site medical needs. Ambulance – looking at current language. Asked NO to take out. Dr. Miller helping one final year.
6. Research Study from Dr. Tanaka – sexual study in 2010. Masters athletes NO & Coaches committee to find the best way to send out the survey
7. Future: Sports Medicine & Fitness Committee joining forces. Backing from USMS, looking at the specifics of the joining of the committees. Could increase communication and bringing them together.
 - a. Concerns- Structure / functions – total “merger” talking about PROs & CONs.
 - b. Sports Medicine Booth great example
 - c. Bring research behind WHY? Moving projects forward
8. Future- Knowing what you are getting from your data. Reading data, starting to learn/ periodize your own workouts (Blog?)
 - a. Collecting data – stroke rate per 50 yds etc
 - b. Warning signs for plateau in times
9. Being careful for what you sharing the science, rules that we follow due to our fitness training – Rich Williams

Tasks for the Upcoming Year

1. Looking at the merger of Fitness & Sports Medicine
2. Looking into science with the K- tape
 - a. Rules says NO to K- tape, might have benefit.
3. USA swimming – presenter yesterday MINDSET

The meeting was adjourned at: 4:46pm
