

Sports Medicine and Science Committee

Committee Members

Christopher Rieder, Chair; Arlette Godges—Vice Chair

Jim Miller, M.D., Jane Moore, Aaron Schneider, Jessica Seaton, Robin Tracy

Ex Officio: Daniel Paulling

EC: Chris Campbell

Agenda

1. Welcome and announcements

Mission:

Create and enhance membership value through expanded sports medicine and science based USMS products, services and delivery. The Sports Medicine and Science Committee shall educate members and the public on topics of swimming related sports medicine and science. The committee shall stimulate and encourage research pertaining to Masters swimming.

2. Roll Call

3. Current Subcommittee Projects:

- a. Sports Medicine Communication

- The communication medium we will continue to use is the National Office device “StreamLines.”
- Marketing and information sharing strategy – C. Rieder
- You tube communication discussion – Arlette Godges and Robin Tracey are going to champion this opportunity. Update from Arlette Godges and Christopher Beach on ongoing communication.
- Future Topics - See Appendix A - -Jessica Seaton and Robin Tracey are going to report on new topics and helpful authors moving this item forward.
- Recovery nutrition for after practice
- Nutrition for before practice
- Elements of a good diet
- Principals of training aerobic and anaerobic systems
- Exercises for shoulder injury prevention
- Core Strengthening exercises
- When, where and how to foam roll
- You tube PSA and contributions – Assigned to A. Godges
- USMS Cardiologist / swimmer. Health benefits. – C. Campbell
- Reducing BP/ CV
- Reduce effects of arthritis.
- USMS Coaches / Sports medicine – Aaron Schneider will report

4. Annual Meeting Presentation
 - a. Further communication will be forthcoming.
5. Nationals Booth staffing
 - a. The Topic is pending further guidance from the Board of Directors and National office regarding National meets.
6. Committee – Charter
 - a. Attached was approved through Christopher Campbell at the Board.
Appendix B
7. Committee Bio's
 - a. Available information was provided to Chris Campbell for board consideration.
8. Research study requests
 - a. Moving forward all new requests will have a standard Terms and Conditions that will be approved by this committee and the board prior to access to the membership. Some of the Terms and Conditions will be: the Study Thesis, the Survey methods, and review of the resultant abstract. This is a sample list and is not all encompassing. The final Terms and Conditions will be discussed at a subsequent board meeting.
9. New Business
 - a. 2021 – 2022 – deliverables
10. Any items/issues for the committee – Chris Campbell
11. Questions/Comments from new and current members

Next meeting date TBD 8:00 pm – 9:00 pm EST Zoom call